

## Private interest in rehab unit confirmed

**Brisbane Waters Private Hospital has made a proposal to take over of the closed Woy Woy Hospital rehab unit to run its own rehabilitation service.**

However, Central Coast Health Service has said no discussions had been held with the private hospital.

The proposal was revealed after a meeting between Member for Gosford Ms Marie Andrews and several representatives from the Anglican Parish of Woy Woy and Central Coast Health general manager Mr Matt Hanrahan on February 25.

The revelation adds weight to community criticism of the closure and the argument that the service is viable in its own right.

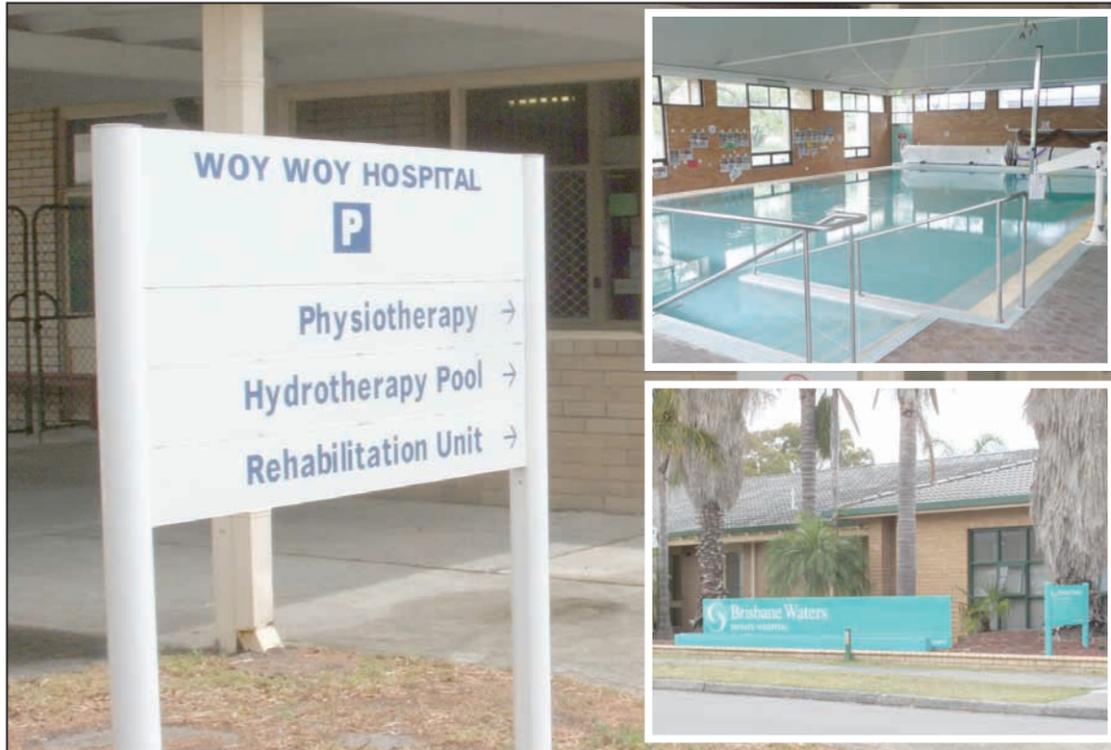
Anglican Parish of Woy Woy Rector, the Reverend Penny Jones, said after the meeting that it was confirmed to representatives from the Anglican Parish of Woy Woy that the private hospital had shown interest in taking over the unit to run its own rehabilitation service.

"However, Central Coast Health Service said no discussions had been held with the private hospital and there was no intention of turning the public hospital into a private hospital," Ms Jones said.

"We also asked about the ongoing commitment of the health authority to the after-hours service available at Woy Woy Hospital and were reassured support of this service would continue so long as GPs were prepared to do so.

"We were advised that the options for post-hospital care in the community are expanding and that this or transitional care may well take the place of rehab for patients who do not require this intensive therapy.

"We were also told that the decision to move the rehab was founded on the advice of a team of clinicians, including



Healthscope, owners of Brisbane Waters Private Hospital, has made a proposal to take over the former rehabilitation ward at Woy Woy Hospital

nurses and physios as well as doctors, who believe that the best place for rehabilitation to occur is in conjunction with an acute hospital."

Ms Jones said the question was put forward to government members as to why Woy Woy Hospital could not be upgraded to an acute hospital.

"It was explained that with limited funds, and the expense of acute facilities, it was not a good use of taxpayers' money to have four emergency departments on the Central Coast, but better to concentrate these at Gosford and Kanwal where Wyong Hospital is located," Ms Jones said.

"Concerns were then raised about the use of the existing, presently empty, facility and reassurances were given that the best possible alternative uses for

the site were being sought."

Ms Jones said the meeting was a good opportunity to voice the community's concerns at the closure of the facility.

"We were able to voice our concerns at the closure of an essential facility and expressed dismay at the speed of the decision and the failure of representative government to consult with the community," Ms Jones said.

"We also raised many questions about the adequacy of the Wyong Hospital unit located at Kanwal, so far from public transport at Wyong, and about the limits this placed on the ability of family and friends to visit and provide active support to the often difficult process of rehabilitation.

"We questioned the nature of the Transitional Care Unit now in place and pointed out problems of

funding for those needing to use this unit.

Meanwhile, State Shadow Minister for Health Ms Jillian Skinner and Shadow Minister for the Central Coast Mr Chris Hartcher continue to attack the Labor Government for the rehab ward closure.

"Health minister John Della Bosca should be ashamed of himself, closing frontline hospital services in his own local area," Ms Skinner said.

"John Della Bosca's decision to close Woy Woy rehabilitation ward makes no sense."

Ms Skinner referred to the May 2007 report issued by Northern Sydney Central Coast Area Health Service which stated: "The current 15-bed rehabilitation ward at Woy Woy Hospital should be expanded to 30 beds".

The report also stated: "Expansion of the Woy Woy rehabilitation ward from 15 to 30 beds should be accompanied by the recruitment of an additional rehabilitation physician and an advanced trainee in rehabilitation medicine registrar".

Mr Hartcher said only an incompetent State Labor Government would close a rehabilitation ward in an area whose population is rapidly ageing.

"Woy Woy rehabilitation patients, who are already in need of treatment for their frailty, are now carted in buses to Gosford eating into valuable treatment time," Mr Hartcher said.

"Even the State Government's own report states: 'the amount of time spent travelling [is] impacting on actual therapy activity'."

"The Health minister should explain why he thinks Woy Woy is better off without its rehabilitation ward."

A community meeting held on February 28, resulted in the amalgamation of Save Woy Woy Rehab.Org headed by Mr Edward James and Save Woy Woy Rehabilitation Action Committee led by Mr Bob Mudge.

Mr James said that it served no good purpose to have two organisations fighting for the return of the rehabilitation beds to Woy Woy Hospital.

Members of the Anglican Parish of Woy Woy will hold another community meeting at St Luke's Church in Blackwall Rd, Woy Woy, from 2pm on Saturday, March 14.

All members of the community are welcome to attend.

Press release, 26 Feb 2009  
 Rev Penny Jones, Anglican Parish of Woy Woy  
 Press release, 26 Feb 2009  
 Jillian Skinner, Shadow Minister of Health  
 Chris Hartcher, Shadow Minister for the Central Coast

THIS ISSUE contains 64 articles

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## Money management course is offered

A new course to help young families manage and understand their finances will begin on March 16, at the Beachside Family Centre, Umina.

Centre facilitator Ms Debbie Notara said the course would teach the essentials of money management at a time "when it is becoming harder and harder to make ends meet".

Smith Family financial literacy program coordinator Mr Geoff Hynd will run four evening sessions on March 16 and 30 from 6pm to 8pm.

He will also undertake sessions on May 4 and 18 from 6pm to 8pm.

"It is important for young families to have the tools and techniques

that will help them achieve their financial goals," Mr Hynd said.

Ms Notara said the course is free and those attending will receive a workbook, satchel, calculator, budgeting spreadsheet and certificate of participation.

"But for those wanting to receive a Certificate I in Financial Services a course fee of \$60 can be paid," Ms Notara said.

"This fee may also be covered by Centrelink for those eligible for a one-off education payment."

Enquiries about the course can be made on 4343 1929.

The Beachside Family Centre is located on the grounds of Umina Public School, Sydney Ave, Umina.

Press release, 26 Feb 2009  
Debbie Notara, Beachside Family Centre

## Literary event

Author Ms Mandi McIntosh will discuss her latest book *Hope Endures* as part of the literary event at Acqua Vista Restaurant in Trafalgar Ave, Umina, on March 7.

The last edition of Peninsula News incorrectly stated that the literary event organised by Book Bazaar was to be held in-store.

Clare Graham, 26 Feb 2009

## Environment meeting

The Peninsula Environment Group (PEG) will hold its annual meeting at the Woy Woy Environment Centre on Tuesday, March 3.

The meeting will commence from 6.30pm followed by light refreshments.

"PEG is a small, friendly group set up to get green-minded people in the Woy Woy Peninsula area together to support each other in living more sustainably, and to raise awareness of green issues," group

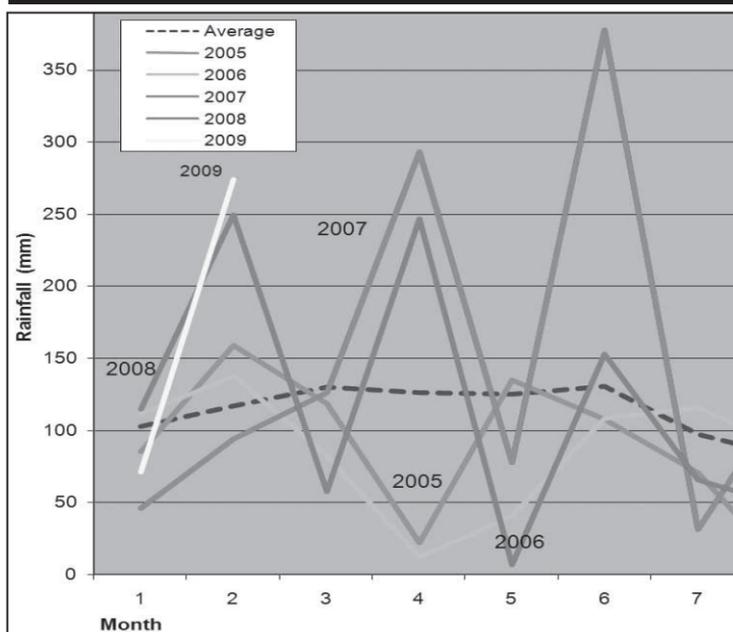
president Mr Mark Mann said.

"We've got some great little initiatives going but we're always looking for new members.

"This is a good chance to come along and join PEG and do something positive about the environment - think global, act local!"

The Woy Woy Environment Centre is located at 267 Blackwall Rd, Woy Woy.

Press release, 26 Feb 2009  
Mark Mann, Peninsula Environment Group



## Highest rainfall in five years

Rainfall last month totalled 274.2mm, the highest February rainfall in five years, according to figures supplied by Mr Jim Morrison of Woy Woy.

The rainfall was more than twice the February average of 117.9mm and brings the total for the year to 345.3mm, well above the year-to-date average of 220.4mm at the

end of February.

The total rainfall figure is similar to that at the same point last year, the first year in more than four years that rainfall remained above average for the entire year.

Last year, the Peninsula had recorded a total of 365.8mm at the end of February, 20mm more than this year.

Spreadsheet, 27 Feb 2009  
Jim Morrison, Woy Woy

## Trailer winner

The Rotary Club of Woy Woy has announced the winners of its Australia Day Box Trailer Raffle.

First prize was won by Mr John McGhee of Blackwall, second prize by Ms J. Thorrington of Empire Bay and third prize by Ms Elizabeth Taylor of Ettalong Beach.

Publicity officer Mr Ross Pearse said the club would like to thank everyone who purchased a ticket.

He said the amount raised was to be split evenly between several Peninsula charities and groups.

Press release, 24 Feb 2009  
Ross Pearse, Rotary Club of Woy Woy

# Peninsula News

Community Access

Peninsula News is owned by Peninsula Community Access Newspaper 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.

Association President and Editor: Mark Snell

Commercial operator: Cec Bucello for Ducks Crossing Publications

Journalist: Clare Graham

Graphic design: Justin Stanley

### Declaration of interests

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Owner and managing director, Open Windows Consulting Pty Ltd  
Convenor, Burrawang Bushland Reserve Committee  
President, Australian Conservation Foundation Central Coast branch  
Chairman, Equilibrium Community Ecology Inc  
Vice-President, Central Coast Bush Dance & Music Association  
Vice-president, Brisbane Water Secondary College Umina Campus P&C

Journalist: Clare Graham

Public relations assistant, Brisbane Waters Private Hospital

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### Contributions

Letters to the editor and other contributions are welcomed and should be addressed to: Peninsula News PO Box 532, Woy Woy 2256. Contributions should be in Word format sent via email to: mail@peninsulanews.asn.au, on disks or by handwritten letter if these facilities are not available to you. Contributions must include the date, your name, address and phone numbers. Name and Suburb will be published. Anonymous contributions will not be included. Submissions may be published in edited form. All accepted contributions also appear on our website.

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# Town planner calls for new channel strategy

A town planning consultant has called on Gosford Council and the State Government to examine the causes of sand movements along the Ettalong channel and to try low-cost environmentally-friendly measures before dredging.

Wagstaffe town planning consultant Dr Helen Monks said that dredging Ettalong channel would have unpredictable, unsustainable and expensive results.

Her comments came after it was revealed that dredging was now proposed for a section of the channel near Lobster Beach, as well as near Ettalong Beach.

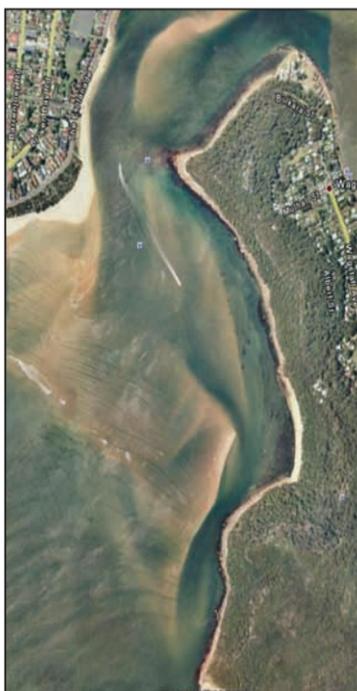
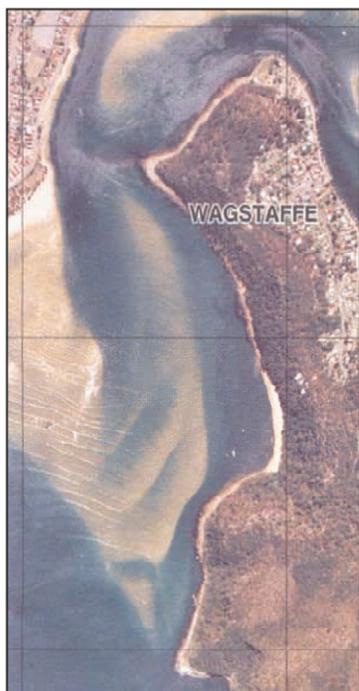
"The cause of movements in sandbars between Lobster and Umina-Ettalong beaches has not been publicly addressed, so any solutions seem premature (much less who should pay for them)," Dr Monks said.

"Both beaches are eroding and vulnerable to predicted sea level rises, so they need consideration in the current debate.

As operator of Highlight Consulting Integrated Town Planning and Property Services, Dr Monks said she has extensive knowledge of the location and of planning procedures having studied the sand bars for several years.

Dr Monks claimed Palm Beach Ferry Service has blasted a tertiary channel diagonally north-west from Lobster Beach to Half Tide Rocks across shifting sandbars and holes.

"As the biggest vessel and most frequent user of the channel between Little Box Head and Half Tide Rocks (about 6800 trips a year), the Palm Beach ferry does



Aerial photograph on left taken in 1998 compared to the aerial photograph of the same location taken in 2008 reveals an incomplete channel across the main sand bar

not use the primary channel along the eastern shore for two-thirds of that distance," Dr Monks said.

"It has for many years tried to blast a tertiary channel diagonally north-west from Lobster Beach to Half Tide Rocks across shifting sandbars and holes.

"In low swell and at high tide, it occasionally uses a shifting secondary channel due south from Ettalong sand spit.

"A possible consequence of the ferry's use of this new tertiary channel is movement of sand into the primary channel, which has affected other estuary users especially yachts."

According to Ms Monks, aerial photos taken 10 years apart reveal an incomplete channel across the

main sand bar which did not exist 10 years ago.

"This seems to be the ferry's route of choice," Dr Monks said.

"This is not the marked, natural channel.

"The tertiary channel is not the deepest part of the estuary, so when the ferry does kiss the

bottom, it must agitate the sand (as well as the passengers)."

Dr Monks suggested several free of cost, environmentally-friendly solutions.

"Solutions to be looked at include: education of the ferry company about its choices of routes and speed from Little Box Head northwards; education of waterway users about boating rules (pass to starboard, give way to commercial craft); and enforcement by NSW Maritime," Dr Monks said.

"If we get flooding rain and all boats use only the primary channel, then it will quite likely re-establish itself naturally at no cost, for the benefit of all estuary users including humans and marine fauna like dolphins.

"Dredging is not sustainable, it is expensive and as an engineering solution with an unpredictable result, it should be the last solution."

However, owner and operator of Hardy's Bay Yacht Charters Mr Kent Sheppard has urged Gosford Council to stop its "political banter" and get on with dredging after an incident at Little Box Head on February 8.

Mr Sheppard said his chartered yacht Lasal, carrying eight passengers, ran aground on a sandbar near the channel entrance.

"The safety of our passengers was put at risk whilst making the journey along the chartered channel exiting the Brisbane Waters," Mr Sheppard said.

"The yacht hit hard on the silted up sand bar near the channel entrance near the lateral markers at Little Box heading out to Broken Bay.

"The passengers were jerked forward and the yacht was then spun 90 degrees and we lost all steerage.

"The vessel was then bumped sideways for a period of minutes and approximately 20 metres still side on to the swell and wind as it continued to be bumped over the valley and peaks of the sand bar.

"We don't care who pays for the dredging of the entrance to the Brisbane Waters whether it be local, state or federal as we pay taxes to all three, we just want it to happen now and stop the political banter that is risking the safety of our passengers as well as the success of a local business that brings critical tourism dollars to the local business precinct in a time of economic uncertainty."

Letter, 19 Feb 2009  
Helen Monks, Highlight Consulting  
Letter, 16 Feb 2009  
Kent and Anna Sheppard, Hardy's Bay Yacht Charters

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**Forum**

## Council is not willing to learn

**For some 21 years I removed litter from Umina and Ocean Beaches, removing two to three tonnes of litter yearly which included 20 to 25 syringes per year.**

More than 70 per cent of these occurred in the drain overflow areas, after rain.

In fact, there was a one in three chance of finding syringes after four millimetres of rain in the drain catchment.

The most of remainder of the syringes were found on the tide line.

The council claimed that it

**Forum**

machined the beaches to remove this hazard but I helped perform an experiment in which 17 needless syringes were placed in the sand prior to machining and we retrieved 15 of them after the beach had been machined for 20 minutes.

After an athlete competing on Elwood beach on Port Philip Bay suffered a needle stick despite the beach having been raked, the Victorian Government established a taskforce to investigate the problem.

They concluded that no cleaning

practice could guarantee removal of all syringes.

They identified rain as a major factor and stormwater drains as major sites and stated that stormwater drain areas should be cleaned daily after rain events.

Gosford Council should be aware of this as they have been advised regarding the Victorian Beach Cleaning Best Practice.

However, they do not follow the guidelines.

The worst form of ignorance is not willing to learn.

**John Harrison,  
Umina Beach**

## Drive the yobbos from the beach!

**Forum**

complement Rie Lester's choice of Barry Manilow.

Together, we will drive the yobbos from the beach.

Antiquarians unite.

Onwards, upwards, outwards!

**Richard Bell,  
Point Clare**

**Next Australia Day I intend to join Rie Lester (Peninsula News, 16 Feb, 2009) at Umina Beach.**

I will be feasting on cold chicken and cucumber sandwiches.

I will be drinking homemade lemonade, and I will be wearing a natty Edwardian business suit.

I will be playing Bach's Requiem Mass in B minor, and this should

## Simple measures for caravan park

**We would like to take this opportunity to thank the community and the authorities for the large number of responses and help we received over the incident at Umina Beach Caravan Park recently.**

In doing so we would like to see the authorities, as part of their investigations, address the following matters:

1. Explain why the "private property" signs been placed on the foredune of the public reserve and have these signs removed to the edge of the tarred road, where the caravan park lease area begins.

**Forum**

In that way, the public and caravan park visitors can both enjoy this area as they are entitled to do.

2. If the caravan park so desires, construct an aesthetic fence along the tarred road boundary with locked gate access to prohibit vandals entering the caravan park at night.

3. Cease forthwith of allowing tent camping on the public reserve beside the creek.

Members of the public are challenged if they use this public reserve while camping is taking

place.

4. Allow the public to freely walk along this riparian reserve or walkway without hindrance.

5. With respect of managing treed vegetation, which is a remnant of Umina Coastal Sandplain Woodland, an endangered ecological community, consult with the NSW Department of Environment and Climate Change at Newcastle and their recovery plan, with respect to best practice guidelines.

It is as simple as that and these measures will avoid any conflict.

**Robert and Maggie Payne,  
Umina**

**Forum**

Umina Beach", Peninsula News, February 16) would have no trouble rallying community support for a Reclaim Umina Beach Day for families.

Umina Primary School is the largest primary school on the Central Coast and a lot of families live in Umina and Ettalong.

Name the date and venue and I'll be there with you and my family.

**Pat Brophy,  
Umina Beach**

**The report in Peninsula News of a six-year-old and 15-year-old having stepped on used needles on Umina-Ettalong beach is very disturbing news to most parents who use our beautiful foreshores with their kids.**

The behaviour of aggressive drunks on our national Australia Day is disrespectful to our forefathers who fought for so we can have the freedom we enjoy this great country of ours.

I am sure Ria Lester ("Reclaim

**See more forum page 16**

## Capture carbon

**There are some 120 million cattle, horses and sheep in Australia contributing 17 per cent of the country's total greenhouse gas emission.**

In parts of North America and Europe, plants have been established to utilize this gas by converting the animal waste, or manure, into methane gas which is then burned and converted into electricity.

Academics recognised this problem years ago, and warned the Australian Government that something should be done to utilise this commercially viable product.

Nothing was done about it, other than to form a committee which subsequently disbanded after three years of meetings and trips to Bermuda, the Bahamas and Las Vegas, without forming a strategic plan.

**Roy Spence,  
Woy Woy**

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## Commercial rehab would cost more

**Forum**

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PO Box 532,  
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mail@PeninsulaNews.asn.au  
See Page 2 for  
contribution conditions

**It has been months since I was invited to become involved in the fight to have our rehabilitation ward returned to our Woy Woy Public Hospital.**

We have held our fourth meeting at the Anglican Church Hall on February 28, with plans for another meeting to be held at the same place on the Saturday, March 14,

at 2pm.

Most people asking for assistance from their elected representatives are being supplied with the standard and dated media release and nothing much else.

My own inquiries have revealed that Healthscope Ltd, owners of Brisbane Waters Private Hospital, have harboured their own plans to open a private rehabilitation ward on the Woy Woy Peninsula.

Certainly Healthscope Hospitals NSW state manager Ann Maguire explained to me there was not enough space on the footprint, and that her manager had informed her of the newly vacant area at Woy Woy Public Hospital.

Residents on the Woy Woy Peninsula and in the surrounding suburbs need to understand without a strong reaction, their level of medical amenity will be downgraded to all except those with a capacity to pay for private.

It has been rumoured that private commercial interests have inquired about space in the now vacant Woy Woy rehab ward.

I wonder why, with more than 9000 people over 65 here on the Woy Woy Peninsula, our hospital has not been elevated to the standard of acute care which we need close by.

Let's face it:

The cost of rehabilitation here will increase if private commercial interest take over in filling what locals know is an obvious need.

**Edward James,  
Umina**

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## Mixed fortunes with property prices

**House prices on the Peninsula have had mixed fortunes over the last six months, with Blackwall and Ettalong showing better returns than other suburbs.**

Ettalong and Umina have the higher median house prices, which remain above the regional figure.

Median house prices in Blackwall have seen an 11 per cent rise since July last year, and a 10-year average increase of 10 per cent a year, according to Australian Property Monitors.

Last July, the average house selling price in Blackwall was \$315,000 compared to \$350,000 in January.

Ettalong Beach had a two per cent increase in its median house prices from \$328,000 to \$335,000.

However, the median price of

housing in Umina dropped by four per cent to \$328,000.

This was in line with the Central Coast as a whole, which dropped four per cent to \$325,000.

Woy Woy also saw a decline in median house prices of eight per cent or \$26,000 to \$304,000.

Over the last 10 years, Umina has seen an average increase of 6.9 per cent a year, while Woy Woy has averaged 5.4 per cent, compared to a regional average of 6.9 per cent.

Unit sales in both suburbs over the past 10 years have averaged around 6.9 per cent, outperforming the regional average of 5.3 per cent.

Figures can be seen at [www.homepriceguide.com.au](http://www.homepriceguide.com.au).

Website, 27 Feb 2009  
Australian Property Monitors



An artist's impression of the upgraded Woy Woy commuter carpark resulting in 292 extra car spaces

## Work to start for commuters

**Work on improving Woy Woy commuter carpark and Woy Woy railway station has been scheduled to start within six months.**

The \$10 million expansion of Woy Woy commuter carpark is expected to commence in July, while external and internal painting will be carried out at Woy Woy station between April and June.

The expansion of the commuter carpark will involve the addition of two decks over the entire existing carpark building, resulting in 292 extra car spaces.

A small portion of carpark spaces is "likely to be closed" as a result of the upgrade.

According Gosford mayor Cr Chris Holstein, the expansion of the Woy Woy commuter carpark will be a welcomed upgrade for commuters in the area.

"With around 30,000 people commuting to Sydney and Newcastle, workers, students and day-trippers will benefit greatly from these much-needed works," Cr Holstein said.

"By reducing the number of commuters driving on the F3, we're not only minimising the risk of traffic-related incidents on a volatile stretch of road, but we're also removing the stress of parking far away from the station and having to walk to the platform – particularly in peak hour periods

and unpredictable weather."

The project is expected to be completed by July next year.

Meanwhile, Minister for Transport Mr David Campbell has announced Woy Woy Station will be among 25 CityRail and CountryLink stations in the state to receive a facelift.

"Train stations are an important part of the CityRail network and the Rees Government is committed to ensuring that they are clean and comfortable," Mr Campbell said.

Press release, 18 Feb 2009  
Cr Chris Holstein, Gosford Mayor  
Press release, 20 Feb 2009  
David Campbell,  
Minister for Transport

## Trivia night for Jamboree

**The Broken Bay Scout Group will host a trivia night at Ettalong Bowling Club raise money to send its members to the 22nd Australian Scout Jamboree in Sydney.**

Fundraising coordinator Ms Judy Battese said the scout group needed to raise \$20,000 to send 19 members to next year's Jamboree.

"Jamborees are jam packed with adventure, fun and excitement all over a 10-day period," Ms Battese said.

"The Scouts who will be attending will experience rock climbing, laser skirmish, air and water activities and endurance testing.

"To get these Scouts to the Jamboree, the group needs your help.

"Mayor Chris Holstein has generously donated his time to be MC for the evening.

"If you are a business or individual that might like to donate prizes for the night, then please contact us on 0438 417713 or via email at [fundraising\\_brokenbayscouts@yahoo.com.au](mailto:fundraising_brokenbayscouts@yahoo.com.au).

"We appreciate any assistance we can receive."

The trivia night will start from 7pm on Saturday, March 28.

Tickets are \$12 per person including light refreshments.

The Broken Bay Scout Group was formed with the amalgamation of the Umina and Blackwall Scout Groups.

Press release, 12 Feb 2009  
Judy Battese, Broken Bay Scout Group

**The Royal Volunteer Coastal Patrol was called to assist a yacht that had run aground near Hardy's Bay on February 22.**

"The volunteers at Coastal Patrol Central Coast Division were only called out once for assistance

on the weekend of February 21 and 22," publicity officer Mr Ron Cole said.

"Around 10.30am on Sunday, an 11-metre yacht with a family of three onboard called the Point Clare radio base seeking help as they had run aground near the exit

from Hardy's Bay.

"The matter was somewhat urgent as the tide was falling and their situation could only get worse.

"Skipper Ted Leeson and his crew on Brisbane Water Lifeboat hurried to the location and used various techniques to help free the yacht's keel from the mud and tow the boat safely to deeper water.

"The relieved family decided to return to their mooring rather than risk a further grounding."

Press release, 23 Feb 2009  
Ron Cole, Royal Volunteer Coastal Patrol

### Belinda Neal MP



### Federal Member for Robertson

Belinda Neal MP will be available for appointments at her Woy Woy Information office at 3B Blackwall Road Woy Woy on Thursdays by appointment

Please call 02 4322 1922

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## Victorian Bush Fire Appeal



Staff member of Peninsula Village Ms Patricia Best helps raise more than \$3800 for victims of the Victorian bush fires

### Village raises \$3800

Staff, residents and visitors of the Peninsula Village Retirement Centre have raised more than \$3800 for the Victorian Bush Fire Appeal.

The centre raised a combined total of \$3821.95 from donations over the last two weeks.

CEO Ms Terri Parker said the village motto "together we care"

was very much evident in the generosity and support shown by staff and residents.

"Over the next weeks even more money will be raised to go towards this worthy appeal," Ms Parker said.

To make a donation, contact Peninsula Village on 4344 9199.

Press release, 25 Feb 2009  
Lisa Dalton, Peninsula Village Retirement Centre

### Rotary raises \$16,000 for bushfire areas

The Rotary Club of Woy Woy has raised \$16,700 in cash donations for families affected by the Victorian bushfire tragedy.

Club member Mr Ross Pearse said the Rotary Club was overwhelmed by the public's response.

"We raised \$6700 from the generosity of our own members and members of Umina Surf Club.

"The appeal was then opened to the general public via a collection at Deepwater Plaza, Woy Woy.

"This raised a further \$10,000

making a total \$16,700."

Club president Mr Peter Mote said: "The public response was sensational, especially given the down turn in the economy.

"We had donations from little children of 50 cents from their pocket money, and one lady who gave us \$100 and then returned with a cheque for a \$1000.

"We had a never-ending procession of the elderly giving us \$20 to \$50 and many, many people who gave what they could afford, many giving \$100.

"Some of the money raised has been used to buy shelter boxes.

"This is a Rotary project that provides shelter in the form of a tent and cooking supplies to those in immediate need.

"The rest of the money will be donated to the Rotary district in the affected area.

"The members of that Rotary district live in the area and will use their local knowledge to ensure the donation is used to help those locals who fall through the cracks of the programmes of the major donors such as the Red Cross."

Press release, 23 Feb 2009  
Ross Pearse, Rotary Club of Woy Woy

### Surf clubs raise \$10,000

Killcare, Ocean Beach and Umina surf clubs contributed to the Surf Life Saving Central Coast Victorian bushfire appeal fund recently.

A total amount of \$10,000 was raised for the appeal.

"Surf Life Saving Central Coast has thrown its support behind volunteers and victims of the Victorian bushfires by urging its members to donate to a special fund," branch CEO Mr Chad Griffith said.

"With countless Victorian communities devastated, and the rest of the country still in shock over the worst natural disaster in Australia's history, the Central

Coast branch has asked its affiliated clubs to support by contributing \$600 each and the branch \$1000."

Branch president Mr Jim Myers said all surf lifesavers appreciated the beauty and danger of nature, but few would have encountered the natural ferocity unleashed on Victoria.

"Surf lifesavers have always had a great sense of community spirit, which is why we encouraged our clubs to donate to the appeal," Mr Myers said.

"This is an example of volunteers helping volunteers at a time of extreme need."

Press release, 18 Feb 2009  
Chad Griffith, Surf Life Saving Central Coast

### Parish donates \$5000

The Catholic Parish of the Woy Woy Peninsula has donated more than \$5000 to the St Vincent de Paul Victorian bushfire appeal.

Parish priest of St John the Baptist Church in Woy Woy Fr John Hill said the parish had collected a total of \$5759.90 for the appeal.

"All monies will go direct to St Vincent de Paul local conferences in the affected areas of Victoria," Fr Hill said.

Newsletter, 22 Feb 2009  
The Voice, Catholic Parish of Woy Woy Peninsula



Have your say over the loss of our hospital

Next Public Meeting 2 pm Saturday March 14, 2009 at Saint Luke's Anglican Church Hall, Blackwall Road Woy Woy

Premier Rees, your Office of Premier and Cabinet must be finding it hard to ignore the increasing political embarrassment which is Health Minister and Minister for the Central Coast, John Della Bosca and Marie Andrews, Member for Gosford.

Their months of recalcitrance in refusing to exercise their influence in the best interest of their constituents and more importantly their fellow citizens is certainly alerting those disenfranchised residents to the sly, even underhanded, removal of important medical amenities. This pair of book ends are not loyal Woy Woy locals but members of The Two Parties Not Much Preferred.

Edward James

P.O. Box 3024 Umina NSW

02 4341 9140

It is becoming more and more offensive to witness these senior and long serving politicians, locals whom we have given our votes to in trust, consistently fail to do the people's business, while hiding their poor performance behind a firewall of tax payer funded bureaucrats.

Your constituents are not well served when they are either ignored or fobbed off to unelected public servants after bringing you our important political business.

For more information see <http://sydney.indymedia.org.au/story/woy-woy-residents-fight-return-thirty-beds> <http://woywoyrehab.org/>

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## PCYC to take church hall

**Gosford Council has approved the lodgement of a development application to relocate a church hall onto the Umina PCYC site in Osborne St.**

The church hall is currently located in Wells St, Springfield, and can hold around 100 people.

According to a council report, the Umina PCYC is a council-owned building leased by the PCYC.

"An opportunity has arisen for the PCYC to obtain the hall free of charge, and they wish to take advantage of the hall to expand their services," the report stated.

"The PCYC intend to use the

hall to provide a safe all-weather environment for activities such as indoor archery, music workshops, arts and crafts, more holiday activities, a place for mothers and children to meet and network, and for use by various community members and groups.

"It would also allow for the relocation of the police office to accommodate their greater need to have a private place for children and their families to attend as part of their new role as case managers under youth command.

"In the past, much of the police programming was done in off-site trips, but the new case management model will help to

build positive relationships and behaviours with young offenders and their families.

"Umina Beach PCYC also facilitates a traffic offenders intervention program which could be run from the new hall.

The report stated Umina PCYC would take full responsibility for all on-going operation and maintenance costs associated with the hall as well as transportation, relocation and service connection costs.

Council also resolved to waive the development application and council fees.

**Council agenda COM.12, 24 Feb 2009**



The church hall in Springfield proposed to be relocated to the Peninsula for use by the Umina PCYC

## Workshop for native plant propagation

**Students and other members of the Peninsula community will have the opportunity to learn native plant propagation and be involved in restoring rare bushland at Brisbane Water Secondary College Umina Campus on Wednesday, March 4.**

A free full-day workshop will be held as part of a project funded by a \$10,000 grant from the Hunter Central Rivers Catchment Management Authority, according to Umina campus P&C vice-president Mr Mark Snell.

"Running until the end of May, the project aims to revegetate the southern side of the creekline at the campus," Mr Snell said.

"The revegetation will take place in three stages and students will participate as part of their ordinary school curriculum."

A specialist native plant nurseryman will present the propagation workshop and advise

on equipment needed to undertake native plant propagation.

A professional bush regeneration team will be engaged to ensure weeding, erosion-control and planting out are successful.

Students will germinate locally-collected seed to grow species that form part of the rare Umina Coastal Sandplain Woodland.

"The school is fortunate to have one of the few remaining examples of this woodland," Mr Snell said.

He said a total of less than 13 hectares of the Umina Coastal Sandplain Woodland, which is on the State's list of endangered ecological communities, remains in existence.

As places were limited, bookings for the workshop were essential, he said.

For further information, contact Mark Snell on 4342 5333.

**Press release, 24 Feb 2009  
Mark Snell, Brisbane Water  
Secondary College Umina Campus  
P&C**

## Council gives road to Fisheries

**Gosford Council is to give the Department of Primary Industries part of Brick Wharf Rd in Woy Woy without receiving any compensation.**

The Department will acquire a section of road near Fisherman's Wharf "for the purpose of Fisheries NSW operations".

According to a council report, the Fisheries NSW boat storage shed, part of the fisheries jetty and the underground fuel storage facility, is located on land formerly part of a Crown Reserve for wharf and access.

"The reserve was extinguished in 1927 when the land was resumed as public road," the report stated.

"The facility encroached onto Brick Wharf Rd.

The road is owned by Council.

"The boatshed restricts the public right to use the public road but Fisheries has used the site without objection for many years, therefore there is no necessity to relocate the road to accommodate



The boatshed used by Fisheries NSW at Fisherman's Wharf, Woy Woy the shed."

The report stated Gosford Council will not receive compensation from the Department of Primary Industries.

"If the Crown acquires a public road, the council as the owner of the public road is entitled to compensation, but any compensation received by a council may be used only for acquiring land

for the purposes of the new road or for constructing the new road and erecting or constructing new conduits, poles and structures," the report stated.

"The provision of a new road is not necessary, therefore no compensation is payable by the Department of Primary Industries to council."

**Council agenda COR.23, 24 Feb 2009**

## Parishioners picnic at Bobbin Head

**The Catholic Parish of the Woy Woy Peninsula will hold a picnic lunch at Bobbin Head on Monday, March 9, to allow parishioners to interact and socialise outside the church.**

A bus will leave from St John the Baptist Church, Woy Woy, from 8.45am.

The cost of the picnic is \$20 including morning tea and lunch.

An Irish Luncheon and Singalong will be held at the Walter Baker Hall in Blackwall on Sunday, March 15.

The event will begin from 11.30am for a 12pm lunch.

Tickets will be on sale before and after mass (until March 8) for \$20 per adult and \$10 per child.

Stations of the Cross will be held every Wednesday at 4pm from March 4, during the Lenten period.

The ceremony will also take place every Friday from 7.30pm.

**Newsletter, 22 Feb 2009  
The Voice, Catholic Parish of Woy Woy Peninsula**

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## Neal warns of email scam

**Member for Robertson Ms Belinda Neal has warned local residents to be vigilant in giving out personal and banking information following reports of a Centrelink email scam.**

"These emails are a scam perpetrated by unscrupulous individuals who prey on people's trust," Ms Neal said.

"The hoaxers suggest that to receive payments under the Federal Government's Household Stimulus Package (including the recently announced bonuses of up to \$950), people need to provide

personal and bank account details.

"This is not a Centrelink request but a fake, designed to con innocent people."

Ms Neal said Centrelink already has the information it needs to complete the one-off bonus payments, which will be paid directly into people's bank accounts from March.

"Centrelink never asks for personal or bank details via email," Ms Neal said.

Ms Neal said anyone who had already disclosed their personal information in reply to such an email should contact Centrelink

immediately on 1800 050 004.

**Press release, 20 Feb 2009  
Belinda Neal, Member for  
Robertson**

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## Student conducts eczema survey

A student from the Queensland University of Technology School of Nursing is calling on Brisbane Water Secondary College Umina Campus parents and caregivers to take part in an eczema management study.

According to university student Ms Amy Mitchell, she is conducting a study to examine parent management of childhood eczema.

"Managing a child's eczema can be difficult, frustrating and time-consuming task for a parent or caregiver," Ms Mitchell said.

"I am seeking parents of children aged up to 12 years with medically diagnosed eczema to complete an online questionnaire about managing childhood eczema.

"I am keen to hear from parents of children with eczema of any severity, from mild to severe.

"In recognition of their contribution to the study, participants will be entered in a draw to win one of five one-year subscriptions to the Eczema Association of Australia worth \$30 each.

"Details about the study and how to participate can be found at [www.quteeczemastudy.com](http://www.quteeczemastudy.com) or by phoning (07) 3138 3856 to request a printed information sheet and survey."

Newsletter, 26 Feb 2009  
Brisbane Water Secondary College Umina Campus

## Entertainment chosen for relay

Organisers for this year's Peninsula Relay For Life have announced entertainment for the March 14 to 15 event.

Activities coordinator Mr Alan Phillips said the charity relay at Woy Woy Oval would provide "something for the whole family" to enjoy this year.

He said entertainment would include the all-girl band Housework Can Wait.

"The girls from the band, Kerrie Garside, Jeanie Fordham, Wendy Walker and Jude Hulson-Calvert have been terrific supporters of The Cancer Council with this year's relay bringing their sixth performance at a Cancer Council event."

Band member Ms Kerrie Garside said the band was looking forward to their upcoming performance on the Peninsula.

"We believe it is a superb cause,

so we love to help where we can", Ms Garside said.

"One of our members Jeanie Fordham is a cancer survivor herself and we've all been touched by cancer in one way or another so the cause is very close to our hearts."

Entertainment will commence from 2pm to 10pm on Saturday, March 14, and kick start on the following day from 8am to 10am.

Other entertainment will include Beat'n'Sweet, Rock Hot Four, a variety of local soloists, African drummers and the Singing Hands Choir.

"There'll be massage, Tae Kwon Do demonstrations and a Laughter Workshop by Vibrance.

"Fizzics will be putting on a Liquid Nitrogen Show, Brisbane Water Secondary College will entertain us, and there will be a range of food."

Peninsula Relay For Life chair Ms Viv Corcoran said team registrations were still open for local residents and businesses to get involved.

"Relay For Life is a community event where teams consisting of family, friends and work colleagues take turns to walk or run around a designated track," Ms Corcoran said.

"We encourage people of all ages to register a team, pitch a tent and enjoy the atmosphere."

All funds raised from the Peninsula Relay For Life go to The Cancer Council.

For further information on Relay For Life or to register a team contact call 4336 4500 or register online at [www.relayforlife.com.au/nsw](http://www.relayforlife.com.au/nsw).

Press release, 3 Feb 2009  
Alan Phillips, Peninsula Relay For Life

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## Volunteers wanted for support service

**The Multicultural Support Service is seeking volunteers willing to join others on the Peninsula offering a free social support service to migrants in the area.**

Residents who are over 65 years, who live with a disability or who are carers can gain assistance with shopping and other social activities through the service, according to office manager Ms Trudy Wahl.

The service provided a great way to meet people and keep active in the local community, she said.

"One of volunteers, Marilyn Perez Cabrera from Umina has been volunteering with the Multicultural Social Support Service for four years," Ms Wahl said.

"Marilyn was born in the Canary Islands in Spain, came to Australia in 1995 and is married with two children.

"Marilyn provides visits to two Spanish speaking people who live on the Peninsula and are house-bound and also helps them with medical appointments.

"She also visits a lady from South Africa and accompanies her on walks along the waterfront at Woy Woy.

"Marilyn has assisted other elderly clients from various

countries with their shopping.

"She also transports clients to monthly social days and helps with activities on these days.

"Marilyn provides a valuable contribution to the service and those it supports."

According to Ms Perez Cabrera, volunteer work with the Multicultural Support Service is a very rewarding opportunity.

"I love helping to ease the isolation many people from other countries feel, especially those who do not speak English," Ms Perez Cabrera said.

"The thing I like most about volunteering is that it is such a rewarding experience for me.

"In helping others, I find that I am receiving more than I am giving.

"I love what I am able to do."

Ms Wahl said the service also provided monthly social days.

"Client social days are held monthly at Bateau Bay and are a great way for people from different language groups to meet together, share their stories, have fun and socialise with each other," Ms Wahl said.

For more information, phone 4334 3877.

**Press release, 12 Feb 2009  
Trudy Wahl, Multicultural  
Social Support Service**

## Mental health service for Woy Woy

**A mental health service will be established in Woy Woy with funding of \$1.2 million from the Federal Government.**

The Aftercare group received \$1,210,800 to provide mental health service from offices in Woy Woy, as part of the Government's Personal Helpers and Mentors program.

The organisation will be funded for five full-time equivalent staff positions.

Member for Robertson Ms Belinda Neal said she welcomed the announcement from Minister

for Families, Housing, Community Services and Indigenous Affairs Ms Jenny Macklin.

"The Personal Helpers and Mentors program provides support and mentoring for those whose lives are severely affected by mental illness," Ms Neal said.

"The program assists people who cannot manage their daily activities or live independently in the community because of the impact of having a severe mental illness.

"It's very important to provide as much support as we can for people

who have a mental illness."

Director of Aftercare Mr John Malone said full-time staff for the Woy Woy office would be employed as soon as possible.

He said the office must open at a site in Woy Woy within three months.

"It is expected that the Personal Helpers and Mentors program will be fully operational in the Woy Woy area by May 2009," Mr Malone said.

**Press release, 25 Feb 2009  
Belinda Neal, Member  
for Robertson**

## Blood donors give more

**Woy Woy Blood Service collected above average blood donations on February 10, following the Victorian bushfire disaster, according to figures released by the Australian Red Cross Blood Service.**

Marketing coordinator Ms Jacqui Raadsma said the Woy Woy donor centre "did very well" on its designated appointment day compared to previous weeks.

"We collected 48 donations on

Tuesday compared to 32 the week before and 18 the week before that.

"Next week is looking good too.

"However, there are still appointments available for anyone wanting to donate over the coming weeks, as the need for blood is ongoing.

"From across the state, and indeed around the country, the blood service has been inundated with calls from the public wanting to donate and help the bushfire victims.

"We sincerely thank everyone who has contacted us wanting to donate blood."

Woy Woy Blood Service is open every Tuesday for blood donor appointments between 1pm and 7pm.

The centre is located along Ocean Beach Rd, Woy Woy, next to Woy Woy Hospital.

For more information or to make an appointment phone 4320 3401.

**Press release, 9 Feb 2009  
Jacqui Raadsma, Australian  
Red Cross Blood Service**

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Chicken, Pork or Beef - \$8.90

**OPEN 6 DAYS (Monday closed)**  
Lunch 11.00am to 3.00pm  
Dinner 5.00pm to 10.00pm

471 Ocean Beach Road. Umina Beach 2257  
Ph: 4342 2879 Mob: 0434 411 057

### YumYum Eatery

A Fusion of Flavours

*Modern Australian fine dining on the waterfront*

Sunday breakfast 9am-12pm

**4360 2999**

Trading Hours: Lunch Wed-Sun - Dinner Wed-Sun, Breakfast Sun  
www.yumyumeatery.com.au  
60 Araluen Drive, Hardys Bay

**Wednesday nights**  
2 Course Curry Night - \$25

Takeaway Curries  
Wed-Sun \$15

Where only the best will do!

### Bremen Patisserie

Home of the AWARD WINNING PIES AND PASTIES

Our pies have been judged "2008 Best Pie in NSW".

Come and try one for yourself - you be the judge. While you're at it try our freshly ground coffee Roasted Daily!

302 West St Umina ~ Ph: 4341 4177  
www.bremenpies.net.au

### Del's Let's do Lunch

Breakfast Specialists  
'DEL'icious Lunches

Restaurant Quality  
7 Days - 7:30 am  
Comfortable warm inside dining now available!

The Rocks Arcade - 4341 1434  
7A/216 Memorial Ave, Ettalong Beach

### K.B. THAI

Eat In or Takeaway  
One Restaurant only

Open 7 Days  
Lunch: 11.30am to 3pm  
Dinner 5pm to 10pm

**4341 0441**  
**4343 1392**

Shop 1, 115 Blackwall Rd Woy Woy

Simple but Delicious  
Everchanging Display Fridge  
Coffee Roasted by Central Coast Roasters  
Shelves full of Gourmet Products & Condiments

Thanks so much for your support for my opening week.

My aim is to give you a Meeting Place where great coffee & great conversation can take place!  
See you soon,  
Jodie

Corner Blackwall Road and Victoria Road Woy Woy  
We are here

Tuesday to Friday  
9am to 3pm

### 4 SHORE CAFÉ & TAKE AWAY & DELI

FRESH, SIMPLE GOURMET DELIGHT

4342 2636

DINE IN OR TAKEAWAY

FRESH SALADS to order

1/206 WEST ST UMINA - OPEN 7 DAYS - CATERING AVAILABLE

OCEAN BEACH SURF CLUB - ON THE ESPLANADE UMINA

- Drinks
- Icecreams
- Coffee
- Chips
- Burgers
- All Day Breakfast
- Undercover Seating

**NOW OPEN!**

**OUT**

Ocean Beach Kiosk

### The Old Killcare Store

On the bay water views with alfresco dining

Open for breakfast and lunch 7 days  
Dinner Friday & Saturday  
Bookings preferred

**4360 1667**

Peninsula Food Guide

# New coffee bar opens

A new coffee bar, serving local brands of coffee, has opened its doors in Woy Woy.

Manager of Coffee 115 Ms Jodie Davidson said customers were already complimenting her and making repeat visits to the shop.

"We use coffee from Peak Coffee in Tuggerah and products from Guava Gourmet in Woy Woy and other brands such as Doodle Creek," Ms Davidson said.

With more than 20 years in customer service Ms Davidson said she enjoys the social interaction that comes with the role and strives for a continued passion in the industry.

"I think this industry suits me and I feel the most comfortable in this type of role," Ms Davidson said.

"You're always meeting new people and finding more out about the customers you already know. It's great.

"Our aim at Coffee 115 is to provide the community with a meeting place where great coffee and great conversation can take

place at a price that people can afford."

Coffee 115 is located in Blackwall Rd, Woy Woy, and is open Tuesday to Friday from 9.30am to 2.30pm and Sundays from 3pm onwards.

Clare Graham, 26 Feb 2009



**See Lion cafe**  
 Enjoy lunch and dinner on the beach!  
 Fresh steaks 'n' seafood  
 Friday and Saturday till 9pm  
 7 days a week - 7.30am to 5.00pm  
 At the carpark of Umina Beach Surf Life Saving Club 4341 6435



**Surf Sun Sand**  
 Cafe ~ General Store  
 175 Ocean View Road Ettalong Beach  
 Warm sunny alfresco courtyard with Australian cuisine  
 All day breakfast, lunch, afternoon tea, great coffee, yummy cakes  
**Friday, Saturday and Sunday**  
 Join us for special seafood evenings  
 Hand made "Beach Art" & restored "Shabby Beach" furniture on sale  
 Bookings Welcome  
**4341 1123**



**The New Bay View Brasserie**  
 The Boulevard Woy Woy  
 Monday Nights \$10 Mixed Grill  
 Tuesday Nights \$9 Chicken Schnitzel  
 Thursday Nights FREE POKER \$100 Prize Money  
 Enjoy a selection of the finest food at pub prices  
 Live music every Sunday afternoon in our beer garden  
 Open 7 Days - Lunch and Dinner  
**Bookings 4344 1137**  
 Lunch - Monday to Sunday 12pm - 2.30pm  
 Dinner - Monday to Saturday 6pm till close



**CHOCOLATE FISH CAFE**  
 Try one of our Gourmet Pizzas  
 Sydney Avenue Umina Beach inside/next to the Ocean Beach Holiday Park  
 Umina's best kept secret on the beach, tranquil outdoor setting to enjoy your breakfast and hot coffee or try our home made gourmet burgers for lunch  
 Go for a stroll down the beach only metres away  
**4344 2503**  
 OPEN 7 DAYS  
 A SUPPLIER OF GLUTEN FREE ORGANIC PRODUCTS



**Impact Plants**  
 Nursery and Café  
 The café is located within Impact plants nursery and features al fresco dining from a menu of contemporary Australian cuisine. The expansive deck area is surrounded by dense lush tropical gardens featuring many rare and unusual exotic foliage plants. This ambience coupled with exceptional coffee and fine food combine to create a truly unique and memorable dining experience  
 The cafe is open for breakfast and lunch from 8.30am till 5pm seven days but is closed public holidays  
 Poole Close Empire Bay NSW 2257  
 Phone: 4369 1422 Fax: 4369 1485



**De Olde Meeting Place**  
 Cafe - Nursery - Gift Shoppe  
 Ettalongs best open burgers and all day breakfast  
 Sunday to Thursday 8am - 4pm or Friday and Saturday 8am - 8pm  
 Cnr Broken Bay Rd & Uligandi St Ettalong Beach - Ph: 0409 880 658



**the THEIN THAI**  
 Authentic Taste RESTAURANT  
**4343 1851** 19-21 Broken Bay Road, Ettalong Beach  
 Try our special set menu and mid week specials  
 Open 7 Nights Take away & home delivery from 5.30pm

# What's On in and around the Peninsula

Listings in this section are free to not-for-profit community groups although a subscription to help support Peninsula News would be appreciated.

Many events listed take place at the following locations:

**BFC**, Beachside Family Centre, Umina Public School

**CWA**, Country Women's Association Hall, Anderson Park, Brick Wharf Rd, Woy Woy

**EBACC**, Ettalong Beach Arts & Crafts Centre, Kitchener Park, Cnr Picnic Pde & Maitland Bay Dr, Ettalong, enq: 4341 8344

**EBWMC**, Ettalong Beach War Memorial Club, 211 Memorial Ave, Ettalong, enq: 4341 1166

**ECC**, Everglades Country Club, Dunbar Rd, Woy Woy, enq: 4341 1866

**EMBC**, Ettalong Memorial Bowling Club, 103 Springwood St, Ettalong, enq: 4341 0087

**EPH**, Ettalong Progress Hall, Memorial Ave, Ettalong

**ESCC**, Ettalong Senior Citizens Centre, Cnr Karingi St & Broken Bay Rd Ettalong, enq: 4341 3222

**MOW**, Meals on Wheels Hall, Cnr Ocean Beach Rd and McMasters Rd

**PBPH**, Pearl Beach Progress Hall, Diamond Rd, Pearl Beach, enq: 4342 1459

**PCC**, Peninsula Community Centre, 93 McMasters Rd, Woy Woy, enq: 4341 9333

**PCYC**, Osborne Ave, Umina Beach, enq: 4344 7851

**PWHC**, Peninsula Women's Health Centre, 20a McMasters Rd, Woy Woy, enq: 4342 5905

**RBG**, 207 West Street Umina - 0409774467

**UCH**, Umina Community Hall, 6 Sydney Ave, Umina Beach, enq: 4343 1664

**WH**, Wagstaffe Hall, Cnr Wagstaffe Hall & Mulhall St, Wagstaffe

**WWAC**, Woy Woy Aged Care, Kathleen St, enq: 4353 4224

**WVEC**, Woy Woy Environment Centre, 267 Blackwall Rd, Woy Woy, enq: 4342 6589

**WWLC**, Woy Woy Leagues Club, 82 Blackwall Rd, Woy Woy, enq: 4342 3366

**WWPH**, Woy Woy Progress Hall, 76 Woy Woy Rd, Woy Woy

## DAILY EVENTS

Woy Woy Pelican Feeding, 3pm Pelican Park, Fishermans Wharf.

Playtime Mon-Fri 9am, Little Gym PCYC

Better Hearing Class Mon-Fri 1.45pm, ESCC

## TUESDAY

First Tuesday of every month

Buffalo Primo Lodge No 9, 7pm, UCH.

The Peninsula Environment Group (PEG), 6.30pm, WVEC

Second Tuesday of every month

True Blue Meeting, 1.30pm; Toastmasters, 7pm, EBWMC

Get Together afternoon tea, ESCC

Pearl Beach Craft group, 1.30pm, PBPH

Stroke recovery group, 11.30am, MOW.

Diabetics Support Group, 10am, ECC

## CC Animal Welfare League

Woy Woy-based group monthly meetings from 11am at CC Leagues Club, enq 4344 6650.

Third Tuesday of every month

Burrawang Bushland reserve bushcare, Nambucca Dr playgrnd, 9am, enq: 4341 9301

Buffalo Lodge Knights Chp9, 7pm, UCH

Woy Woy Peninsula Arthritis Branch, 10am, enq: 4342 1790, MOW

ACF meeting, 7.30pm, WVEC

Fourth Tuesday of every month

Toastmasters, 7.15pm, EBWMC

Combined Pensioners assoc afternoon tea, enq: 4341 3222, ESCC

Every Tuesday

Living with Teens course 10am runs until 26th August PWHC,

Woy Woy Blood Bank @ Hospital Ocean Beach Rd, Woy Woy, 1-7pm

Chess Club, 1pm, enq: 4341 8748, EBWMC

Silk craft 10am

Mums & bubs playgroup 1pm

Pastel classes for kids 4pm RBG

Scrabble 9am, Empire Bay Progress Hall, enq: 4369 2034

Free Tax Help by appt; School for Seniors Have a Chat, 10am;

U3A Discussion Groups, 11am;

Cards, 1pm-3pm; Over 55s Learn to Play Bridge, 1pm; Stroke Recovery, 2pm; Playgroup, 9am;

Occasional Care, 9am-3pm; The Web, From 2pm;

Dance & Theatre School, 3.45pm; Brophy Circus Academy, beginners 5pm;

Kids Belly Dancing, 4.30pm; Physical Culture Ladies, 7.15pm-9pm; Pre/Post Natal Yoga, 9.30am;

Motivation & Empowerment classes, PCC,

Rotary Club of Woy Woy, 6pm, ECC

Handicraft, 9am; Latin Dancing, 9.15am; Cards, 12.30pm ESCC

Alcoholics Anonymous, 6pm, John the Baptist Church Hall, enq: 4379 1132

Carpet Bowls; 10am; Card Club 7.15pm; Chess Club, 1pm, EBWMC

Tai-Chi classes, 9.30am (ex sch hols), enq: 4360 2705, WH

Folk Art, 9.30am; Silk Dyeing, 1pm, EBACC

Children's story time, Umina library, 10.30am (Except Jan).

Sahaja yoga meditation, 10.30am only, enq: 4368 2847, CWA

Playgroup, 10am, Kids 0-5yrs, enq: Juhel 4342 4362, WWPH

Woy Woy Blood Bank, 11.15am to 8.45pm, session time 1pm to 7pm, Ocean Beach Rd, Woy Woy

Tap Dancing, 6pm, enq: 0438 033 039, EPH

Tai Chi, 9:30 am, enq: 4360 2705, WH

Supported Playgroup for first time and single parents, 12.30pm-2pm, enq: 4340 1111, BFC

## WEDNESDAY

First Wednesday of every month

CWA 10am, handicrafts, enq:

4372 2069

Coffee Morning, social get-together, 10am, PWHC

Second Wednesday of every Month

Red Cross, Umina branch meeting, Umina Uniting Church Hall, 1.30pm.

Woy Woy Auxiliary, 10am, enq: 4344 2599

Probus Club Umina Beach, 9.30am, ECC

CWA 10am, handicrafts, enq: 4372 2069

Fourth Wednesday of every month

Woy Woy CWA 10am craft, 1pm business meeting, enq: 4372 2069

CWA

Everglades Probus Club, 10am, ECC, enq: 4341 0664

Drumballa Drum Circle 7.30 RBG

Every Wednesday

Al-anon/Alateen family support group, Uniting Church Hall, Picnic Pde, Ettalong, 7pm.

Woy Woy Women & Children's domestic violence group runs until 24th September PWHC,

St John's Ambulance, 7pm, -St John's Ambulance; Brisbane Water Cadets, 6.30pm-8pm, enq: 0404 748 471 MOW

Craft for love & Garden club 10am RBG

Free Tax Help by appt; Occasional Care, 9am; School for Seniors Oil Painting, 9am-12;

Multicraft Needlework, 10am-12; Playgroup, 10am - 12;

Bridge Club, 9.30am & 7.30pm, The Web, 2pm;

Physical Culture Club, 4pm; Coast Care Counselling; Judo, 5pm; Weight Watchers, 6pm;

Belly Dancing, 7.30pm; Dance & Theatre School, 3.30pm;

Motivation & Empowerment classes, PCC

Peninsula Choir rehearsal, 7.30pm, St Andrews Hall, Umina.

Brisbane Waters Scrabble Club, 6pm, enq: 4341 9929,

MOW -Seniors fitness, 9am, enq: 4332 8550, EPH

Oils & Acrylics, 9am; Pastels & Drawing, 11.30am, EBACC

Children's story time, Woy Woy library, 10.30 (Exc Jan)

Alcoholics Anonymous, 12.30pm & 7pm, St John the Baptist Hall, Blackwall Rd, Woy Woy

Handicraft, 9am, enq: 4341 1073, CWA

CWA Umina Beach craft day, 9am-12, CWA Hall, Sydney Ave, Umina, enq: 4341 5627

Rotary Club of Umina, 6pm, enq: 4369 2275 ECC

Dance Club, 1pm, EBWMC

Empire Bay Tennis, 9am-12am, Shelley Beach Rd, Empire Bay, enq: 4341 4125

Leatherwork, 9am; Table Tennis, 9am; Bridge, 12.15pm; Scrabble, 12.45pm; Group Fitness, 1pm;

Yoga, 2.30pm ESCC

## THURSDAY

First Thursday of every month

Brisbane Water Senior Citizens, 1pm, EBWMC

Second Thursday of every month

Women's Health Clinic, enq: 4320 3741, PWHC

Australiana Bus Trips, PCC

Third Thursday of every month

Brisbane Water Senior Citizens, 1pm; EBWMC

Fourth Thursday of every month

Free immunization clinic, Aboriginal & Torres Strait Island children 0 - 5 years, 9am BFC

Umina Peninsula Mixed Probus Club, 10am, new members welcome, enq: 4343 1039 ECC

Women's Health Clinic, enq: 4320 3741, Craft and creativity group - women in stiches 1pm PWHC

Women's Friendship Group, women with disabilities, 10am-12pm, St Lukes Church, Woy Woy

Every Thursday

Al-anon/Alateen family support group, Uniting Church Hall, Picnic Pde, Ettalong, 12:30pm

Creative Writing, enq: 4369 1187, CWA

Occasional Care, 9am; Yoga, 10am; School for Seniors, Australiana, 10.30am; Tai Chi, 11.30am & 7.30pm; Bridge, 12pm; The Web, 2pm; Brophy Circus Academy, 4pm; Yoga, 10am; Belly Dancing, 7.30pm;

Coast Care Counselling, Dance & Theatre School, 3.30pm; Motivation & Empowerment Classes, PCC

Free entertainment, 6.30 pm; Ballroom Dancing, 10am; Trivia, 7pm; Indoor Bowls, Fishing Club Raffle, 5.15pm, EMBC

Bouddi Women's Drumming, 2pm, 73 Highview Rd, Pretty Beach, enq: 0425 229 651

Scrabble, 12.30pm, WWPH

Children's art classes, 4.30pm, EBACC

Card Club, 1pm; Chess Club, 7.30pm, EBWMC

Tai Chi 11.30am & 3.45pm; Dancing 9am; Indoor Bowls, 9am; Table Tennis, 1.45pm; Cards noon, ESCC

Social Tennis, 9am-12pm, Pearl Beach Courts, enq: 4369 3195

Adult tap dancing, 10am, enq: 4342 3925, EPH

Fairhaven Services Cash Housie, Ettalong Bowling Club 7.30pm

Dance, 9am; Cards, 12pm; Tai Chi, 1pm; Table Tennis, 1pm, ESCC

Pilates, 9:30am, enq: 4384 5005; Mah-jong, 2pm, enq: 4360 2178; Yoga, 5:30pm, enq: 4323 1859, WH

FRIDAY

First Friday of every month

Legacy Ladies, 9am, EBWMC

Second Friday of every month

Book Bazaar, book Club, 10:30am, enq.42422482

RSL Sub Branch meeting, 2.30pm, EBWMC

Third Friday of every month

Legacy Ladies, 9am, enq: 4343 3492, EBWMC

Fourth Friday of every month

South Bouddi Peninsula

Community Assoc, 1.30pm, enq: 4360 1002, WH

Civilian widows, 1pm, ESSC

School for Seniors Bushwalking, PCC

Every Friday

Kids entertainment, Yrs 7-12, 7.30pm; Playgroup, 10am, Umina Uniting Church

Bingo, 11.30am, enq: 4343 1664, UCH

Lollipop Music Playgroup (0-4 years), enq: 4343 1929, BFC

Old Wags Bridge Club, (except 4th Fri) 1:30pm, enq: 4360 1820, WH

Aqua-fitness, Woy Woy Hospital Hydro Pool, 1:30pm & 2.30pm, enq: 4325 1869

Active Over 50's Exercise Class, 9.15am, enq: 4342 9252, EPH

Watercolour Painting, 10am, EBACC

Painting, 9am; Line Dancing, 9am; Bridge, 12.15pm; Scrabble, 12.45pm ESCC

Gym Sessions, 8am; Gym Circuit, 9am; Circuit Boxing (Women), 9am; Boxing/fitness training, 4pm (Junior) & 5pm (Senior), PCYC

Peninsula Pastimes, Ettalong Baptist Church, Barrenjoey Rd, 9.30am, (Ex sch hols), Primary Kids Club, 4.30pm, enq: 4343 1237

Alcoholics Anonymous, 12.30pm, St John the Baptist Hall, Blackwall Rd, Woy Woy, enq: 4342 7303

Hardys Bay Community Church, indoor bowls, canasta, scrabble, morning tea 10am, enq: 4363 1968

Occasional Care, 9am; Kindy Gym, 0-3s, 9.15am, 3-5s, 10.20am; Weight Watchers, 9.30am; Smart Recovery, 10am; Samaritans Support Group, 10.30am; Bridge Club, 12pm; The Web, 2pm; Brophy Circus Academy, 5pm; Kempo Karate, 5.30pm; Judo, 7.15pm; Dance & Theatre School 4pm U3A Courses, PCC

Women's walking group, 9am-11am, PWHC

Fishing Club, EBWM

Krait RSL Day Club, 10:30am, Kooina Village, enq: 4341 8151

Fairhaven Services

Cash Housie, East Gosford Progress Hall, 7.30pm

Old Wags Bridge Club (except 4th Friday of month), 1:30pm, enq: 4360 1820, WH

Friendship for Seniors, Hardys Bay Community Church, 10am-12pm, enq: 4360 1598

SATURDAY

First Saturday of every month

The National Malaya & Borneo Veterans Assoc. meet, 2pm, enq: 4340 4160, EBWMC

Second Saturday of every month

Book Club, 10:30am, enq: Mandy 4342 2482 Alliance Française, French conversation, 11am, enq: 0412 252 709

Melaleuca Wetland Regeneration Group, Boronia Ave, Woy Woy, 8am

# What's On in and around the Peninsula

**Bushcare group**, Pretty Beach, end Araluen Track, 8am  
**Ex-Navalmen's Assoc**, Central Coast Sub-Section, 10am, **WWLC Scrapbooking**, 12pm, enq: 4342 3712, **PCC**

**Third Saturday of every month**

**Umina P&C Bushcare**, 9am, Umina Campus of BWSC, Veron Rd, Umina, enq: 4341 9301  
**Peninsula Residents Association (PRA)**, 3PM **WVEC Market Day**, 9am, Sydney 2000 Park, **UCH**

**Fourth Saturday of every month**

**Troubadour Acoustic Music Club**, 7pm, enq: 4341 406, **CWA Last Saturday every month**  
**Bushcare** Wagstaffe group, meet Half Tide Rocks sign, 8am  
**Melaleuca Wetland Regeneration Group**, Boronia Ave, Woy Woy 8am

**Every Saturday**

**Vision Impaired Woy Walkers** Fisherman's Wharf, Woy Woy, 7.15am, enq: 4325 3686  
**Chess Club**, 1pm, enq: 4341 8748, **EBWMC Children's Pottery**, 9am;  
**Silvercraft Class**, 1pm **EBACC Weight Watchers**, 8.30am;  
**Dance & Theatre School**, 9.30am; **Bridge Club**, 12pm; **Soft Stone Sculpture** (monthly); **The Web** 4.30pm-9.30pm; **School for Seniors** social outings arranged throughout year, **PCC Cash Housie**, St Mary's Hall, Ocean View Rd, Ettalong, 7.30pm  
**Chess Club**, 1pm, **EBWMC Gym Sessions**, 9am; **Drama & Discovery**, 9am, **PCYC Brisbane Water Bridge Club**, 12.30pm, enq: 4341 0721, **WWLC Al-anon/Alateen** family support group Community Health building, Woy Woy Hospital, 2pm, enq: 4344 6939  
**Woy Woy Environment Centre**, 10am, enq: 4342 6589, **WVEC Social Dance**, New vogue, old time, \$3 (inc. afternoon tea), 1pm, enq: 4344 3131, **ESCC**

**SUNDAY**

**First Sunday of every month**

**Umina Boardriders** meet at Umina Beach at 7am. All ages, male and female. All experiences welcome

**Second Sunday of every month**

**Ladies Auxiliary of Vietnam Vets**, 10 am; **Vietnam Vets**, 11am, **EBWMC**  
 Umina P&C Bushcare, 9am, enq: 4341 9301, **BWSC**

**Third Sunday of every month**

**Bushcare Group**, Tennis Courts, Empire Bay, 9am, enq: 4369 2486  
**Ettymalong Creek Landcare**, Ettalong Rd, Umina, 8am, enq: 4342 2251  
**EBWM Fishing Club** competition, Club House in Beach St, Ettalong.  
**EBWM Vietnam Veterans Peacekeepers, Peacemakers** meeting, enq: 4344 4760

**Fourth Sunday of every month**

**Old Time/New Vogue Dancing**,

1pm-4pm **ESCC**

**Last Sunday of every month**

**Alliance Française** "La Petanque" (the game of boules), 11am-5pm, enq: 0415 309 074  
**Lions Club** Boot Sale & Mini Market, Rogers Park Woy Woy, enq: 4341 4151

**Every Sunday**

**Fijian Cultural Group**, 11am-4pm, **PCC Coast Community Church Services**, 9am & 5pm, enq: 4360 1448  
**Al-anon/Alateen** family support group, Uniting Church Hall, Picnic Pde, Ettalong, 7pm  
**Patonga Bakehouse Gallery**, 11am, enq: 4379 1102

**MONDAY**

**First Monday of every month**

**RSL Womens' Aux**, 9:30am, **EBWMC Endeavour View Club Luncheon**, enq: 4342 1722, **ECC Pretty Beach PS P&C**, Resource Centre, 7:30pm, enq: 4360 1587  
**Grandparents Parenting Support Group**, Web Riley Room, Catholic Church, Woy Woy, enq: 4342 9995  
**Country Women's Association meeting**, 10am, CWA Hall, Umina, enq: 4341 5627

**Second Monday of every month**

**Book Club**, 7pm, enq: Mandy 4342 2482  
**Women 50+ Group Chat**, **PWHC RSL Women's Auxiliary**, 9am; **RSL Sub Branch**, 2.30pm; **Card Club**, 1pm, **EBWMC Wagstaffe to Killcare Community Association**, 7:30pm, enq: 4360 1546, **WH Killcare Heights Garden Club**, 10:30am, enq: 43601595  
**Coastal Crones (over 50's)**, Friendship group **PWHC Labor Party** Umina/Ettalong Branch, 7.30pm, Umina Library Tearooms, Bullion St, Umina, enq: 43417323

**Third Monday of every month**

**War Widows**, 1pm, 43410286, **EBWMC**

**Fourth Monday of every month**

**Toastmasters Speechcraft Classes**, 6pm, **EBWMC Labor Party** Peninsula Day Branch, 1pm, **CWA Carers support group**, Group room, Health Service Building, Woy Woy Hospital, enq: 4344 8427

**Last Monday of every Month**

**WWLT Playreading**, Woy Woy PS, 7.30pm, enq: 4341 2931

**Every Monday**

**Kidz Drumming** .4-5pm, Rainbow Gate, 207 West St,  
**Umina Cash Housie**, 7:30pm, enq: 4323 3566, **EMBC Walking with other Mums** enq: Liz Poole 4320 3741  
**Early Childhood Clinic and Koori Cuppa for Aboriginal families**, (0-5 years) inc. immunisation, 9am-10.30am, enq: 4343 1929; **3Cs-Craft, Coffee & Conversation**, 12.30pm, child care avail, enq: 43 431929, **BFC**

**Yoga**, 9.30am, Ph.4360 1854, **WH**

**Mums Meditation** 10am, Drumming classes 4pm **RBG Dancing**, 9am; **Mahjong**, 12.30pm;

**Fitness**, 1pm, **ESCC Gym Sessions**, 8am; **Tiny Tots**, 9:15am; **Circuit Boxing (Women)**, 9am; **Boxing/fitness training**, 4pm (Junior) & 5pm (Senior), **PCYC**

**Carpet Bowls**, 9am; **Card Club**, 1pm, **EBWMC**

**Fairhaven Cash Housie**, 7.30pm; **Bingo**, 11am, enq: 4323 3566, **EMBC**

**Arts and Crafts** for people with a disability, 11am, enq: 4341 9333  
**Patchwork & Quilting**, 10am; **Pottery**, 10am & 1pm, **EBACC Children's Story Time**, Woy Woy Library, 10.30am

**Occasional Childcare**, 9am; **Central Coast Volunteering**, 9am;

**Over 55's Gentle Fitness**, 9am; **Supported Playgroup**, 9.30am & 12.30pm; **Yoga**, 10am; **Mad Monday** Craft & Cooking, 11am;

**Bridge Club**, 12pm; **Hysical Culture Club**, 4pm;

**Coast Care Counselling**, 3.45pm; **Dance & Theatre School**, 3.45pm;

**Judo**, 5pm; **U3A Courses**, **PCC Craft group**, 1pm, **BFC**

Fairhaven Services **Cash Housie**, 7.30pm, **EMBC**

**Yoga**, 9:30am, enq: 4360 2705, **WH**

**Pilates**, (except 2<sup>nd</sup> Monday of month) 6pm-7pm & 7pm-8pm, **WH**

**Tai Chi**, Empire Bay Progress Hall, 9:30am, enq: Clare 4369 1075

**Sea scouts**, 6pm, Nth Burge Rd, Woy Woy, enq: 0437 590 354

**Girl Guides**, 4pm, Cnr of Lurline & Memorial Ave, Blackwall, enq: 4328 3247

**Indian Dancing for Kids**, 3.30pm, enq: 4342 4395, **WVEC**

## Promoted in Melbourne



Overlooking the pool at the Mantra Ettalong Beach

Central Coast Tourism has named the Mantra Ettalong Beach as one of the Central Coast's top conference

venues.

The tourism body identified several facilities, including the Mantra Ettalong Beach, at the Australian Incentives, Meetings and Events conference in Melbourne on February 17 and 18.

Sales and marketing manager of Central Coast Tourism Ms Sarah Kerrsmith said representatives met with event planners, professional conference organisers and association directors.

"Those who previously overlooked the region are now showing refreshed interest in the destination," Ms Kerrsmith said.

Press release, 25 Feb 2009  
 Sarah Kerrsmith, Central Coast Tourism

If you would like your community not-for-profit event listed here, send the details to the Peninsula News  
**Details Page 2**



**North Burge Rd, Woy Woy**  
**4341 7598**

**Tuesdays**

**Pool Comp from 6pm**  
**\$2.00 to play - great prize's**

**Wednesdays**

**Free Pool from 6pm**

**Thursdays**

**Twilight Bowls from 5pm,**  
**Members' Badge Draw**  
**Surf n Turf Raffle from 5.30pm**  
**followed by Kazza's Karaoke**

**Fridays**

**Lingerie Waitress, Poker 8.30pm,**  
**Umina Bunnies Raffle from 5.30pm**

**Saturdays**

**Cash Poker from 8pm**  
**Fisho's Raffle from 5.30pm**



• **Courtesy Bus available from 5pm Thursday to Saturday**  
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**Forum**

# Not an English hater

I'm a republican, Keith Whitfield (Peninsula News February 16), but I don't hate the English. In fact, I am English.

Nor do I hate the royal family. It's just that monarchy is ridiculous and embarrassing in the 21st century and we believe Australia should have an Australian head of state.

And most of the English people I speak to agree.

Yes, it's easy to point to a few bad republics.

It's even easier to find bad monarchies, and it's worth noting that the majority of countries with high standards of living are

**Forum**

republics. On the same letters page, Beryl Robertson disingenuously asserts that the 1999 referendum result was "a resounding no".

I'm sure she knows that the question was deliberately phrased so that a "yes" result was not possible.

If the question had been (as it ought to have been) "Should Australia become a republic?" the answer would have been a resounding "yes".

Barry Riley, Umina

# Bring back 'Difference of Opinion'

**Forum**

so concerned about for ABC programs, especially the Howard appointees, is a direct product of Australia's dysfunctional two-party system which itself lacks diversity.

The so-called "balance", between Government and Opposition, is itself an imbalance because of the lack of diversity in political representation, a direct consequence of Australia's undemocratic electoral system.

That system should be replaced

by proportional representation used in a very large number of modern states.

Q and A now presents the same phony and boring adversarialism Australia's political establishment and the commercial media are engaged in on a daily basis.

It is still a mystery why the ABC shelved Difference of Opinion as this excellent program, presented by Jeff McMullen, was highly regarded by the public.

Klaas Woldring, Pearl Beach

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**Forum**

## Stop making excuses

It's time for Gosford Council to stop denying responsibility for shared funding of the dredging off Ettalong Beach.

By adopting the Brisbane Water Management Plan, they acknowledge the shared cost of maintaining the channels.

These were the guidelines in 1995 when they contributed to the cost of dredging and these are still the guidelines today.

Flooding the community with excuses for not contributing to the dredging is not acceptable and is treating us with contempt.

If the council is not responsible, why are their officers recommending they contribute financially?

Increased federal funding has at least partly offset Mayor Holsteins' claims of cost shifting from the State, some of which is untied in order for council to prioritise its use.

Dredging is a priority.

Stop making excuses, accept your responsibility and do it.

Amanda Ross, Ettalong Beach

**Forum**

Letters to the editor should be sent to:  
 Peninsula News  
 PO Box 532,  
 Woy Woy 2256 or  
 mail@PeninsulaNews.asn.au  
 See Page 2 for contribution conditions

## Choice was never offered

I'm sorry Ms Beryl Robertson (Peninsula News, February 16) but the plebiscite of 1999 was never a choice between a monarchy or a republic for Australia.

Our then pro-monarchy Prime Minister Howard ensured that the simple choice was never offered to the public.

Instead we were offered a monarchy or a particular form of republic.

This split the pro-republic choice so that a genuine answer to a simple question of the one versus the other was simply not possible.

Kevin Wilson, Killcare

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For all enquiries and registrations, contact Sarina on 0403 879 772 or email [kellybellydancer@hotmail.com](mailto:kellybellydancer@hotmail.com)

## Pleasant memories

Nancy-Bird Walton, the aviation pioneer who passed away in January, was of such a positive personality and attitude that she could have been regarded as a giant among men and women.

My mother told me the circumstances of Nancy-Bird's involvement in my early life in 1980 and I met her for the first time a few days later.

As one of Nancy-Bird's earliest passengers in 1935, as a hefty three-and-a-half pound baby, Nancy-Bird displayed a keen interest in my progress.

This progress was understandably gradual, as I did not walk until I had reached the

**Forum**

age of three-and-a-half years.

My later acquaintance with her has left me with everlasting memories of this wonderful person.

I had the pleasure of meeting her on a few occasions since learning of the circumstances of our first meeting.

I wasn't able to attend her memorial service.

However, I have very pleasant memories of her that will last forever.

Ray Bride, Woy Woy

## True blue?

The politicians and the other do-gooders want a bill of rights.

What a joke.

You can be sure that the minority groups and elites will have all the rights, no one else.

You can be sure the frail aged, who are shoved into nursing homes with conditions worse than a dog kennel, won't get a mention.

And how about pedestrian rights?

They can't use the footpath - that's owned by the cyclists. And

**Forum**

they can't use the road - that's owned by the motorist.

We won't even talk about the animals, particularly those fed crap and kept in torture cells, all in the cause of greed.

If these groups get any rights, I'll paint my ass blue and sing True Blue on the steps of Parliament House.

Keith Whitfield, Woy Woy

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# Activities for Seniors Week

## Gosford Council has planned a number of events and activities in and around the Peninsula as part of NSW Seniors Week.

Council's senior citizens coordinator Ms Rhondda Gibson said council has endeavoured to provide "something for everyone" over the age of 50 throughout Seniors Week.

"All up there is plenty to choose from whether it's an active event or an entertaining one," Ms Gibson said.

Member for Gosford Ms Marie Andrews will host a concert at Ettalong Beach War Memorial Club on Thursday, March 19.

Tickets to the concert will be available at the club from March 13, at a gold coin donation.

Proceeds from the concert will go to Woy Woy Hospital Auxiliary.

For more information phone Marie Andrews' office on 4342 4122.

A cruise travelling through Woy Woy to Broken Bay will depart Gosford wharf from 10.15am on Friday, March 20.

The cruise will also depart Woy Woy wharf to collect passengers from 10.35am.

Space is limited to 150 passengers and tickets can be sold for \$5 each from Gosford, Ettalong

and Terrigal Senior Citizens Centres.

Friday, March 20, also offers local seniors the chance to try line dancing classes at Ettalong Senior Citizens Centre from 9am.

Participants are encouraged to wear pink and bring along morning tea to share.

Tickets are available for \$5 per person and can be purchased by phoning 4341 3222.

According to Ms Gibson, the Ettalong Senior Citizens Centre 30th birthday celebration set for March 17, has been postponed to a later date.

A slow-pace bike ride between Gosford and Woy Woy has also been organised as part of the week-long event.

The two-hour bike ride will take place on Saturday, March 21, and is free to participants.

Bookings are essential and can be made by phoning 4325 8929.

Woy Woy and Umina libraries will also hold several activities in conjunction with Seniors Week in the Gosford Local Government Area.

Grandparents Story Time will be held at Woy Woy Library on the Monday and Wednesday during Seniors Week.

The event will be held from 10.30am to 11.30am both days.

The Woy Woy Library will

also be holding a Seniors CPR Workshop with St John Ambulance on Thursday, March 19, from 9.30am to 1.30pm.

For bookings, phone 4324 6047.

The Central Coast Family History Society will host two internet research workshops at Woy Woy Library on March 19.

The first session will take place from 10am to 12pm while the second will begin from 1pm to 3pm.

Ms Anne Blythe from Ettalong Beach Senior Citizens Centre will speak at Umina Library on Wednesday, March 18, from 10.30am.

Ms Blythe will give seniors living in the area the opportunity to come along and learn about the activities on offer at the centre and how to join.

Mr John Fearon from the University of the Third Age will also speak about programs on offer.

The Peninsula Choir will perform following morning tea.

The Peninsula Leisure Centre will also be holding a number of free "come and try" senior classes throughout the week.

Letter, 3 Feb 2009

Rhondda Gibson,

Gosford Council

Booklet, 25 Feb 2009

Seniors Week, Gosford Council



## Proceeds to helicopter and other Rotary charities

### The Rotary Club of Woy Woy will host its fourth Opera in the Arboretum in Pearl Beach on Saturday, March 28.

Event coordinator Mr John Greenway said the community had the opportunity to enjoy opera under the trees at the Crommelin Native Arboretum from 3pm.

Proceeds from the event will go towards the Telstra Child Flight Helicopter and various Rotary charities.

"The event will include lyric tenor Ben Makisi who made his debut last October to rave reviews and standing ovation in Lucia at the Sydney Opera House," said Mr Greenway.

"Not only has Ben performed at the Sydney Opera House, but has sung in Italy, Spain, New York, Berlin and the USA.

"He will sing arias from La Boheme and Rigoletto.

"Mezzo soprano Daniella Ehrlich, who is based in England, has been invited to perform at the Arboretum.

"She has made a name for herself the United Kingdom, Europe and the USA. "Daniella will sing arias from Puccini, Mozart and Verdi.

"Shannon Foley, a great baritone, studied at the Queensland Conservatorium of Music and the Royal College of Music in London.

"He returned to Australia to perform in Opera Australia's production on Bitten's Billy Budd.

"He continues to share his time between Australia and Europe."

Mr Greenway said the community was thrilled to welcome Pearl Beach resident Ms Michaele Archer to perform at the annual event.

"Pearl Beach's very own soprano

Michaele Archer has worked with Opera Australia, Australian Theatre for Young People and The Martinis," Mr Greenway said.

"Recently she performed at the Opera in the Cathedral at the majestic Jenolan Caves.

"Accompanying the singers will be Jem Harding, who has returned due to popular demand from being the pianist last year.

"He won the Outstanding Accompanist at the Mietta National Art Song Award in Melbourne and was a finalist in the international piano competition The Concours D'Andorra in Spain.

"Guest artist on the cello will be Rachel Whealy, a really wonderful musician.

"Local talent will not be forgotten, with the Central Coast Conservatorium String Orchestra accompanying the artists in a number of songs.

"This is a group of wonderful talented young musicians from the area who played at the event last year and was greatly enjoyed by the rapt audience."

Mr Greenway said all visitors and community members were welcome to attend.

Participants are encouraged to bring their own picnic, drinks and chairs.

Tickets start from \$15 for children and \$45 for adults.

For bookings and more information, phone 4341 6004.

"As on previous years, it is not necessary to be an opera buff to appreciate this gig, anybody who loves to listen to great singers will enjoy the event," Mr Greenway said.

Press release, 12 Feb 2009

John Greenway, Rotary

Club of Woy Woy

# Celebrate Seniors Week on the Peninsula!



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**THURSDAY 19 MARCH 2009**

10am Morning Concert or 1pm Afternoon Concert

**For:** Peninsula Senior Citizens

**Where:** Ettalong Beach War Memorial Club

**Tickets:** Available from Club from Monday 16 March 2009

**Cost:** Gold coin donation with proceeds to Woy Woy Hospital Auxiliary

## Woy Woy in the age of steam

**Back in the 50s many local residents were already commuting but their mode of transport was rather different.**

The age of steam was still with us, and to witness the Newcastle Flyer come though Woy Woy, pulled along by a 38 engine, was certainly an awesome sight.

At night, when more coal was being shovelled into the firebox, a red glow would illuminate steam from the engine, reminiscent of a living, breathing monster.

Commuters soon got to know everyone in the carriage.

You shared magazines, played cards and people smoked like chimneys.

Passengers actually talked to each other, unlike today when they are either on their mobiles, plugged into their iPods, or looking at movies or games on their laptops.

At Christmas time, some of the commuters even decorated the carriages.

Upon arrival at Hawkesbury River, one of the local oyster farmers would be walking briskly along the platform selling fresh bottled oysters for "two bob".

If it was raining, the engine would occasionally have a problem with the wheels slipping on the rails in the climb south of the station.

Another engine, already steamed up, would come up



*Island railway platform as used at Woy Woy after 1910 (photo courtesy of Gosford Council)*

behind the train and help push it up the hill.

You could forget wearing a white shirt or frock to work because by the time the train emerged from the Woy Woy tunnel, your Persil whites would have turned a nice shade of grey from all the ash and soot.

Occasionally, a train with box carriages would arrive at Woy Woy Station instead of the usual "rattler".

These were pre-war carriages affectionately called "boxies".

Each carriage contained individual compartments.

These were really comfortable with buttoned upholstery, carafes of water with glasses and beautiful luggage racks which were later highly valued by collectors.

Framed photos of the Hawkesbury adorned each compartment and pull-down blinds

ensured absolute privacy.

Approaching Central station, one would observe numerous billboards indicating how many miles to "Griffiths Teas".

Goodness knows what these signs meant as no-one ever offered me a cup of tea upon arrival at Central.

Who can forget that wonderful cake shop in the middle of the concourse at Central? Everything

was baked in the basement below the shop and their pies and sausage rolls were reputed to be the best in the state.

However, for me the apple pie with lashings of cream was sheer bliss, although lamingtons the size of house bricks came a close second.

Woy Woy Station boasted a parcel office lorded over for a time by a very genial Dave Egan. Most supplies and parcels for local businesses and the general public were sent by train and then distributed by Bob's Taxi Truck, for a reasonable fee.

Both Bob, who is now 90 years of age, and his adored wife Heather, aged 88 years, still live in Ettalong.

Coming back to Woy Woy, you were usually greeted by a bunch of young boys eagerly offering to carry your bags up the stairs and down the other side.

This was much appreciated, particularly by older people for whom the stairs were a struggle.

The romance and drama of steam came to an end on January 12, 1960, when electric trains finally arrived at Woy Woy.

Commuters were able to book seats, but train travel was never the same again.

**Letter, 12 Feb 2009**

**Fred Landman, Daley's Point**

## Alice Baines - the passing of an era

**Much has changed in Woy Woy in the past century.**

Life moves so quickly now, that people may forget the Woy Woy of old, where soft drinks were purchased from the local Margin family, where shopping was done in the 'Mother Skekos' store which later became the Horsnells local shop, where the local Woy Woy bus company was owned by the Riley family, and where one family worked hard to keep the local Woy Woy taxis on the road, 365 days a year, for over 50 years.

That family was the Baines family, and Gordon and Alice Baines hold a special place in the hearts of all long time locals who remember the Woy Woy of old.

For them a special era passed this week.

Alice Francis Baines, wife of Gordon Edward Baines, and mother of five loving children, 16 grand children, and 15 great grand children, passed away peacefully at Chamberlain Gardens on Wednesday, February 18.

Alice was born on August 10, 1914 to local Woy Woy grocery store owners John and Alice Bird.

She had two brothers, John and Thomas Bird, and one sister Irene Bird.

All of the Bird children made a valuable contribution to the Woy Woy business community as their parents had done.

Alice's brother was a local business identity, owning numerous businesses including "The Pacific Cabaret, and roller-skating rink on the Ettalong Esplanade, while Alice



*Alice Baines and daughter Toni*

worked in her parent's grocery store on Blackwall Road.

Alice married Gordon Edward Baines in October 1933, in the St John the Baptist Church on Blackwall Road, where Alice had been one of the first school girls who not only worshipped in the church, but also attended their schooling there.

The house they were eventually to live in, and raise their family in for most of their lives was purchased beside this historic building.

Gordon and Alice were a successful business team, who embodied the spirit of service to the community, and a love of family, while successfully building their local Woy Woy business.

In his early career, Gordon

worked for the Riley family bus company, served on the ferries, and built a career in local politics becoming Deputy President of the local council.

He was on numerous important committees for the area which oversaw the creation of the Woy Woy Hospital, the electrification of the railway lines to the Central Coast from Sydney.

They were among the Woy Woy business people who gave assistance to the creation of the Everglades Country Club in its early days.

Gordon and Alice Baines developed the taxi company at Woy Woy, as well as establishing the Woy Woy Travel agency.

All this was done in a loving

husband and wife partnership.

Alice Baines, or "Lally" as she was known to her friends, or simply Nana Baines, which she was affectionately known as to many in Woy Woy, not just family, but also friends and people she came in contact with.

She lived a full life, and enjoyed every moment of it.

An adventurous spirit, she travelled the world three times with her husband Gordon.

She attended the Olympic Games in Tokyo in 1964. They loved the horses and owned various race horses - "Speedy Baby", "BallyTime", Chataine Belle", "Paris in Spring", "Sounds of Morning".

Together they shopped in Hong Kong, enjoyed the theatres of Broadway, the spirit of London, and kissed the Blarney stone in Ireland, from where her ancestors came - County Cork.

She proved that the sky is no limit by paraflying in Thailand, at the grand age of 77.

They were a partnership in every way, and Alice was the solid rock behind "her man" Gordon at all times, always offering support, loyalty and love.

Love and support were unconditional, and were a hall mark of her relationship with all of her family and friends.

Family was the most important thing in Nana Baines' life.

Her children, grandchildren, and great grandchildren have gone on to contribute broadly in what ever field they chose to pursue their

dreams, knowing and feeling that Nana Baines was their source of inspiration and encouragement.

Helping "my mob to get to the top of the post" at everything they chose to do was one of Nana Baines missions in life.

Life speeds by so quickly that many people may forget the Woy Woy of old.

The Pacific Cabaret and Roller Skating rink on the Ettalong Esplanade, has long gone, replaced by a car park.

The Baines family taxi company, while still in the family through the work of Toni and Neil Mottlee since 1959, along with the work of Alice's son Warwick Baines, has now become a part of the much larger Central Coast taxi operation

Service to the community sometimes gets waylaid, as people today fret over superannuation and the stock market crashes, and small local business people, whose sweat and struggle gave so much to the local Woy Woy community are sometimes overlooked, as national chains, franchises, and department stores, make every town a carbon copy of every other town in the country.

For those who remember the days of old, and the business leaders who contributed so much to Woy Woy, its past, its living history, and its future, a tear will be shed this week, as the generous, hardworking, kind, and loving, Alice Baines, joins in heaven her loving husband Gordon.

**Steven Mottlee, Canberra**

## School raises \$3000 for bushfire

**Staff and students from Woy Woy South Public School raised \$3000 for the Victorian bushfire appeal over the last two weeks.**

Relieving principal Ms K Whealey said it was a wonderful effort by the school.

"Last week was a very emotional week for all of us watching the devastation of the fires in Victoria and the resultant impact on the lives of people living in the affected areas," staff member Ms Suellyn

Swan said.

"Karen Larsen and I have just finished counting the money donated by our school community to the Victorian bushfire appeal and we are feeling quite emotional but at the same time uplifted by the generosity of the donations.

"There have been a number of large anonymous donations which would like to mention and sincerely thank - you know who you are!"

**Newsletter, 24 Feb 2009  
Woy Woy South Public School**



## Underglaze decoration

**Ettalong Beach Arts and Crafts Centre will hold a clay workshop on Saturday, April 4.**

It will be an Underglaze Decoration workshop by Janette Loughrey, a teacher potter with over 30 years' experience.

Janette is known for her brightly coloured underglaze pieces.

The workshop will cover resist & sponging techniques, sliptrailing, applying underglazes and gold application.

It will run from 9am to 4pm.

For more information and bookings phone 4341 8344.

**Press release, 24 Feb 2009  
Annis Seymour, Ettalong Beach Arts and Crafts Centre**

## Pedal generator for folk night

**A pedal-powered generator will be used for electricity at the Troubadour Central Coast folk club's Zero Emission Folk Night in Woy Woy on Saturday, March 28**

The evening will promote a carbon-free future and have a theme of Coal Mining Folk - A History in Song.

Club publicity officer Ms Willy Timmerman said a workshop and concert hosted by the band Beeswing would make for a fun and entertaining night out.

"The band will be using carbon neutral guitar strings and all power

for the gig will be provided by Gary pedalling his 1967 Malvern Star hooked up to a generator.

"Barbara promises to travel to the gig by donkey to fit in with the spirit of the occasion.

"Patrons are encouraged to bring a candle and we can shut off main's power for an important symbolic gesture to carbon pollution," Mr Timmerman said.

"Songs, laughter and an awe-inspiring visual slide show, which also involves a story line, is guaranteed."

Those attending were invited to "come along dressed up as a coal miner".

Tickets start from \$7 for members, \$8 concession and \$10 for general admission.

Children may attend for free with every paying adult.

Floor spots will be available and supper is included in the ticket price.

The night will begin from 7pm at the CWA Hall in Woy Woy.

For more information or to reserve a place, phone 4341 4060 (after hours) or 0417 159 540.

**Press release, 19 Feb 2009  
Willy Timmerman,  
Troubadour Central Coast**

## Best fund-raisers

**Ettalong Public School was presented with an award from The National Heart Foundation on February 20, after raising the highest amount of funds for Jump Rope for Heart on the Central**

**Coast.**

The local school raised more than \$11,500 towards the national fundraising initiative in November last year.

**Newsletter, 24 February 2009  
Colin Wallis, Ettalong Public School**

## Young leaders

**Students from Ettalong Public School attended a Young Leaders Day at the Sydney Entertainment Centre on February 23.**

Our students listened to and met inspiring Australians including Mark Beretta, Bridie Carter and Natalie Cook and learnt more

about developing good leadership skills," school principal Mr Colin Wallace said.

"The students were exemplary in their behaviour and cooperation and were a credit to themselves, their parents and the school."

**Newsletter, 24 Feb 2009  
Ettalong Public School**

## Computer program to develop skills

**Woy Woy Public School will use a computer program this year to develop literacy and numeracy skills.**

"Mr Betts, our new assistant principal, is busy setting up Future School for this year," school principal Ms Ona Buckley said.

"All our students K-6 have log-ons to the program which can be accessed from their home computer.

"We are hoping that most stage two and three students will be

using literacy and maths lessons set each week by their teachers as their homework.

"The teachers think this would be great too as the computer program marks the work automatically and sends the results to the class teacher.

"It is a great thing for our school to have been given a free year's subscription to this program."

Ms Buckley said the school aimed to take full advantage of it.

**Newsletter, 26 Feb 2009  
Woy Woy Public School**

**Five dance groups from Brisbane Water Secondary College Umina Campus will compete in local and state competitions this year.**

Dance coordinator Ms Nerrida Lewis said she aimed to develop the subject even further at the school this year.

"This year we have three keen dance teachers working with five dance groups," Ms Lewis said.

"The Year 7 ensemble will be run by Ms Hodges who has returned from maternity leave.

"We had 58 students audition for the ensemble, three of whom were boys.

"This is an overwhelming response and Ms Hodges should be congratulated on her efforts for getting the group up and running so early in the year.

"The Year 7 tap group and the Year 8 sport group will be coordinated by Ms Martin.

"I will be working with the Year 9 dance elective class and Year 9 sport group as well as coordinating the programs and subjects

"The Year 9 sport group have already started a contemporary piece and the Year 9 dance elective group are working on something new and innovative.

"All groups will audition for the

## Five dance groups to compete

Central Coast Dance Festival and some will also audition for Showcase and Hunter Schools Dance Festival.

"I have aimed to develop dance further this year and at the moment the Year 9 dance elective girls are also trying to learn a routine for Star Struck.

"A boys dance group is also planned for 2009 and a workshop

has been organised for week five of term with a professional male dancer.

"Our first opportunity to perform occurs in week seven of term at Peninsula Relay For Life.

"I am hoping 2009 gives more and more opportunities for our talented students."

**Newsletter, 26 Feb 2009  
Brisbane Water Secondary College Umina Campus**

# Woy Woy JRLFC 2009 Registration

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# John Bull not happy with Woy Woy Rd

**A section of Woy Woy Rd known as Bull's Hill was in the news last year when part of it washed out and was closed in one direction for several weeks.**

This is part of the original first road into Woy Woy, connecting the town to Gosford and the mountain areas.

It was built in 1930, but before that it was a roughly made "goat track" that followed the course of the original trailblazers.

On the morning of March 10, 1923, car owner VJ McKenzie, Erina Shire President CJ Staples and Shire Engineer CJ Fenton the set out from Kariong into the bush.

There was no track and they cleared the way as they went, cutting down trees and using them to cross small creeks when needed.

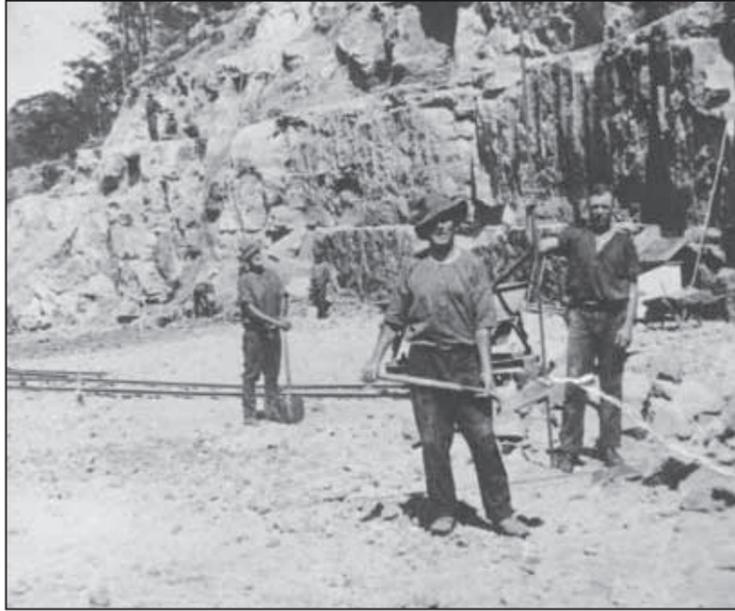
Within three hours they had made it to the top of Woy Woy tunnel.

Another two hours were then spent searching for a suitable way down and before long they were driving along the main street of Woy Woy.

The occupants sounded the hooter on the old Buick as they arrived in celebration of opening the Mountain Rd.

Within months funding had been approved and a rough track was constructed.

Most of the townsfolk were



happy as this opened the town up to more tourists and land buyers.

Most of them were happy, but not one man: John Bull.

John Bull arrived in Woy Woy in 1919 and purchased 30 acres at the head of Woy Woy creek, here he set up a dairy farm and a sign on his fence proudly declared "Bull's milk is best!"

He also fenced off the part of Woy Woy creek that crossed his boundary, a local boat owner cut through the wire as he rowed up the creek.

Bull threatened to impound the boat as it was trespassing.

"The local asked him where he got the rights to buy a waterway and left, only to come back and cut the fence again sometime later.

The new road into Woy Woy also crossed part of Bull's property and he resisted the plans.

Bull would argue to the local council engineer that they had no rights and would often rattle off many unheard of, and often made up, laws to support his case.

When this failed he set out with more direct means.

He simply let his prize male bull "Romeo" act as sentry at the entrance to his property.

The engineer Mr Webber could do little but wave his written "power of entry" letter as the large male bull charged the survey party sending them up the nearest trees.

The engineers soon learned to post a "lookout" while doing further work in Bull's paddocks.

Bull had told Webber that he would forcibly stop any vehicle crossing his property.

Webber did not take his threat seriously until the road was opened.

One day a man walked into Woy Woy and told Mr Webber that he had been stopped in his car by an armed man and forced to walk into town.

Mr Webber took the local police sergeant with him and went to Bull's property to find a barricade across the road.

And there was John Bull, standing guard with his Boer War rifle, medals and bandolier.

Bull berated the pair and declared his rights before suddenly surrendering his rifle (which was not loaded) and declaring that he had served his purpose and his resistance was recorded by law which would aid him in further appeals.

Mr Webber then removed the barricade.

Romeo later claimed more victims taking shortcuts across the paddocks.

Years later Bull ran for local

council and paired up with another local named Vlies.

The locals quickly named them "Bull and Fleas", Bull was a large wiry man and Vlies was much shorter.

They held their first meeting in the Masonic Hall and a large crowd turned up for the occasion, most of them had come just for fun.

The chairman was a local by the name of Jerry Mahony.

Bull began his speech and frequently took swigs from a large jug of water, ignoring the provided glasses.

With each swig the crowd cheered and Fleas would raise his beer mug grinning.

This caused the locals to yell: "Give Jerry a drink! Give Jerry a drink!"

Bull held the floor for three hours until the crowd called out: "We've had enough. Give Fleas a chance."

Fleas' speech went for less than a minute.

"I don't know anything about council," he said.

"But you can call me ferret because if I get in I will ferret things out there."

Bull and Fleas were not elected and did not run for council again.

Bulls' farm was later the site of the FC Nicholls abattoir, which provided local employment for many until it closed in 2003.

Steve Spillard, 11 Feb 2009

## Mingaletta gets radio timeslot

**The Mingaletta Aboriginal and Torres Strait Islander Corporation has been invited to deliver a regular weekly radio broadcast on a local radio station.**

The Peninsula community organisation will broadcast a 45-minute program every Monday from 11.15am on Coast FM 96.3.

Aboriginal community development officer Mr Mark Hayward said the regular broadcast on local radio was a great opportunity for the small organisation to reach a wider

audience.

"Our local community radio station Coast FM, via announcer Fiona Grieves, has invited Mingaletta to deliver a regular radio spot," Mr Hayward said.

"This is a fantastic chance to connect with and highlight the Peninsula community, businesses and programs that support the area.

"We will also discuss culture, heritage and promote Aboriginal groups, events, organisations and agencies that Mingaletta has associations with.

"Fiona will even spin a few songs

that our Aboriginal community can enjoy.

"I will have special guests on to tell their story or talk about related programs that benefit the Aboriginal community as a whole.

"Even members of the community are invited to participate and tell their story or highlight up and coming events.

"If it's Aboriginal news or associated with the Peninsula community give me a call and we'll find a time for you to have your 15 minutes of fame."

Press release, 22 Feb 2009

Mark Hayward, Mingaletta ATSI

## Wetlands featured on new website

**Several wetland habitats around the Peninsula have been featured on a new wetland education website.**

Wetlands from the Peninsula area include Everglades Lagoon Wetland, Hardy's Bay Wetland, Horsfield Bay Wetland, Riley's Bay Wetland in Killcare and Pearl Beach Lagoon.

The new website has been established by the Community Environment Network at [www.cen.org.au/wetlands](http://www.cen.org.au/wetlands)

"The website contains detailed information about wetlands in the Central Coast region, including the local government areas of Gosford, Lake Macquarie and Wyong," wetlands project officer Ms Narelle Leite said.

"The website has been produced as part of Community Environment Network's Wetland Education Project, which is funded by the NSW Government's Environmental Trust and aims to help people understand the importance of wetland habitats within our local environment and encourage the long term protection of them.

"Over the past two years CEN has been able to collate information about wetlands from various sources and upload it onto the wetland website, with the final goal of making the information publicly available.

"The website contains extensive information which may be used as a resource for anybody interested in local wetlands including councils, wetland managers, teachers, students and environmental educators.

"Visitors to the website can use the search tool to find a wetland that they are interested in, and then discover information about that wetland including its size, who owns the land, its ecological values, what types of plants are found in it and which animals depend upon it. "Each wetland listed on the website also has a map attached so people can see exactly where the wetland is located."

Ms Leite said the Community Environment Network would like to invite members of the public to submit additional photos and/or information regarding their local wetland for inclusion on the website.

"The website contains a downloadable form for people to fill in and mail back to us with their up-to-date information and instructions for submitting photos electronically," Ms Leite said.

For more information contact 4348 4327 or email [wetlands@cen.org.au](mailto:wetlands@cen.org.au)

Press release, 20 Feb 2009  
Narelle Leite, Community Environment Network

## Help wanted for dog shelter

**A Umina pet store owner is calling for donations of dog food and toys and for volunteers to house unwanted dogs.**

Ms Jody Mckinnon, owner of Paws on the Coast, said she was supporting Monika's Doggie Rescue Shelter.

"Monika is based in Sydney, has foster carers and volunteers on the Peninsula and is always looking for more.

"Monika's currently has over 300 dogs in care which have been rescued from death row at various shelters.

"Without Monika these dogs would be another statistic."

Ms Mckinnon said Paws on the Coast supported Monika all year round by providing a drop-off point for food and accessory donations.

"Over Christmas we had a wish tree for the dogs where we collected food and accessories.

The tree had a good response but with more exposure we hope next year will be even bigger.

"Donations can be made at any time and can include food, toys, collars, shampoos, flea products and beds.

"People can also help by adopting or fostering a dog by

contacting Monika's Doggie Rescue.

Ms Mckinnon said 25,000 healthy cats and dogs each year were euthanised in shelters and pounds across Australia.

"Sadly, it seems pets have become the latest throw away item in our society," Ms Mckinnon said.

Donations can be dropped into Paws on the Coast any time or call 4341 4237.

Anyone wanting to adopt or foster a dog can contact Monika on 9486 3133.

Press release, 24 Feb 2009

Jody Mckinnon, Paws on the Coast



## 'Sleeping giant' at Woy Woy

The Peninsula is a "sleeping giant" for rugby union, according to newly appointed first grade coach Mr Tony Brosnan.

Season training has commenced for Woy Woy Rugby Union in the lead up to round one of competition on April 18.

"I have been involved with rugby on the Central Coast for a long time and I have had many sides who have played against the Lions over the years," Mr Brosnan said.

"I see a lot of talent here, but it has not been exploited appropriately.

"The Peninsula is a sleeping giant for rugby and we hope to wake it up to its potential.

"It is our goal to be highly competitive this season."

Seniors president Mr Richard Berntsen said the club will undergo a tough and skill-orientated training regime over the next couple of months.

"The boys are getting excited about the possibilities for the coming season," Mr Berntsen said.

"We will see a new coaching team, led by first grade coach Tony Brosnan and supported by multiple assistant coaches, as well

as Steve Hopley the player coach for second grade, Stu Macdonald the player coach for third grade and Rob Boxle taking on the under 19's."

The Woy Woy Lions season launch will take place at the clubhouse behind Woy Woy Oval from 3.30pm on Saturday, March 7.

The event will feature live music, a lovo (cooking pit) organised by the local Fijian community group, games and prizes and a live screening of the Super 14 game.

**Press release, 17 Feb 2009  
Richard Berntsen, Woy Woy Rugby Union**

## Free trial of Nordic Walking

A free trial of Nordic Walking will be given at a class which will start in Woy Woy on Saturday, March 14.

Woy Woy instructor Ms Bettina Lucini said the sport had many health benefits.

"In Nordic Walking the benefits are clear within the first few minutes of trying," Ms Lucini said.

"Not only does it burn calories in less time than normal walking but it provides a total body workout while reducing the load on knees and joints.

"Nordic Walking is walking with poles or cross-country skiing without the skis.

"It is a total body workout using very strong, yet lightweight flexible one-piece poles made of composite materials.

"The result is an effective, easy and fun exercise that can be enjoyed by almost everyone - any age, any athletic ability."

Ms Lucini said she offers a free trial class for new participants who would like to give Nordic Walking a go.

"We will be beginning regular classes at Lions Park in Woy Woy every Saturday at 8am from March 14," Ms Lucini said.

"Nordic Walking can be traced back to Finland in the early 1930s.

"Cross-country skiers used poles in the off-season to maintain their endurance and increase their strength for the upcoming cross-country ski season.

"In 1997, Exel, a major carbon composite manufacturer in cross-country ski poles, worked with the

Finnish Health Institute and highly regarded medical organisations to introduce an easy form of activity that would encourage the Finnish population to become physically active and the International Nordic Walking Association was established.

"The goal to activate the Finnish population proved successful.

"Nordic Walking Australia was launched in September 2005 as the Australian arm of the International Nordic Walking Association.

"Since then, Nordic Walking Australia has established walking groups in all capital cities and some regional areas, including Woy Woy."

According to Nordic Walking Australia representative Mr Hans Wrang, Nordic Walking provided an excellent opportunity for those wanting to achieve a healthy lifestyle but not in a normal gym environment.

"If you already enjoy walking to keep fit, you are going to love Nordic Walking," Mr Wrang said.

"Not only is this exercise low impact, clinical tests have proven you will increase your energy expenditure by as much as 46 per cent without any extra perceived exertion.

"That's 400 calories per hour, compared with 280 calories per hour for normal walking."

For bookings and more information phone Bettina Lucini on 0404 905 703.

**Press release, 17 Feb 2009  
Bettina Lucini, Nordic Walking Australia**

## Regan receives sports grant

Woy Woy resident Regan Mitchell has received a \$1200 sports grant to further his involvement in karate.

Regan Mitchell was one in 10 McDonald's restaurant employees across NSW to receive the sports grant.

The 17-year-old Australian Catholic University student was recognised for his excellence and participation in karate while making an outstanding balance between

sport, work and his personal life.

He has been involved in the sport since the age of 12 years and has competed at regional and national levels, winning eight gold, seven silver and seven bronze medals.

Regan said he was thrilled to learn that he was a recipient of one of the sports grants.

"Working at McDonald's has taught me a lot about teamwork, leadership and striving for 100 per cent performance," he said.

"The grant will assist me in furthering my passion for karate."

McDonald's Woy Woy licensee Mr John Ursino said the McDonald's Crew Sports Grant program was introduced to provide financial encouragement to McDonald's crew members and assist recipients in the pursuit of sporting excellence.

**Press release, 18 Feb 2009  
Aimee Croxon, Professional Public Relations**

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## Gym upgrade announced

**A gymnasium in Umina has announced a \$25,000 upgrade of its exercise equipment and facilities.**

First Class Fitness will also undergo a name transformation to FCF Training Studios.

Proprietor Mr Dylan Francis said: "We will be introducing two more treadmills, three plate-loaded

resistance machines, pre-made barbells, two flat screen plasmas with paid television, music with surround sound and larger air conditioning system.

"We will be making the changes to the gym across four days to ensure minimal disturbance to our existing customers."

**Clare Graham, 26 Feb 2009**

## Junior registration to remain open

**Woy Woy Junior Rugby League Football Club secretary Mr Russell Downey has announced it will extend player registrations until the end of March.**

"Our club welcomes players from under six to under-16s to register with the Woy Woy Juniors," Mr Downey said.

"We offer the chance for children to learn to play Junior Rugby League in a safe, fun and caring environment.

"Not only are they learning skills in the greatest game of all, but also are participating in an environment where they are having fun and learning to play a team sport with kids of their own ages.

"We have three levels of football

on offer: mini-league for under six to eight, mod-league for under-9s to under-12s and international for under-13s to under-16s.

"Our club junior development program caters for all levels of players skills and concentrates on teaching safe techniques at appropriate levels."

Mr Downey said the Woy Woy junior club was pleased to be able to offer registration at 2006 prices, as well as a sibling discount.

Registration of \$95 includes a club dress shirt, shorts, socks and insurances.

For further details, contact registrar Ms Melissa Moore on 0425 324 956 or secretary Mr Russell Downey on 4342 9248.

**Press release, 25 Feb 2009  
Russell Downey, Woy Woy JRLFC**

## Rugby side prepares

**The Central Coast representative rugby union side continues its preparation for this year's NSW Country Championship with two trial games at Woy Woy Oval.**

The representative side took on Gordon on February 28, with a result not determined as Peninsula News went to print.

This is the second trial game for the local side after having played Newcastle in late January. Central Coast coach Mr Ross Hopkins said he has been very impressed by the

local players' efforts at training.

"There have been good numbers at training and there has been real competition for spots in the starting team," Mr Hopkins said.

"The two games will allow us to know just where we stand in the lead up to the opening NSW Country Championship game on March 21, in Armidale."

The second trial game at Woy Woy Oval will take place against Parramatta on Saturday, March 7.

**Press release, 24 Feb 2009  
Larry Thomson,  
Central Coast Rugby Union**

## Beach-a-thon at Ettalong

**Ettalong Public School has organised a beach-a-thon for its final fundraising activity for the term on March 20.**

"Classes will go to the beach at designated times under the supervision of teachers and parents to complete laps of a fun obstacle course," school principal Mr Colin Wallace said.

"We have asked that each child obtain sponsorship for the number of laps they accomplish in their allotted time.

"The sponsorship money will be going towards our funds to provide an even better learning environment for our children.

"This will be a fun day and will culminate in a free sausage sizzle for children and helpers back at school.

"As an even greater incentive, prizes will be awarded to individuals and classes that raise money and returned forms will go into a lucky prize draw."

**Newsletter, 24 Feb 2009  
Ettalong Public School**

## Umina heads for cricket finals

**The finals are drawing closer for Umina District Cricket Club with five of its eight teams in the running to contest the finals series.**

"Our first grade has now had two close losses in a row, but a win in the last game against Lisarow should see the Devils qualify," said publicity officer Mr Gary Blake.

"At the weekend Umina tried valiantly to defend a modest 178, this score was achieved after being 5/28 before Matt Duggan (42), Troy Spicer (25), Craig Di Blasio (31 not out) and Colin Smyth (25) combined with a solid rearguard action.

"The bowlers struggled late on in the wet conditions but unfortunately Gosford-Mountains scored the runs with an over left.

"The second grade game was washed out early in the day with Umina at 2/91.

"The draw leaves the Devils well placed to qualify for the finals.

"Third grade can't make the finals, but we had a good win over Gosford-Mountains.

"Umina scored 181 thanks to a century stand between Gary Blake (72) and Tim Radford (37), then were able to restrict the opponents to only 126 thanks to a solid team effort with the ball from all bowlers, notably under-16s' players Bryce Cox (3/23) and John Seymour (1/15).

"Fourth grade struggled against The Entrance suffering a first innings loss.

"In the Limited Overs Competition, our sixth grade ('A' Grade) have wrapped up the Minor Premiership with two matches still

to play.

"Kurt Smith with his maiden century (102 not out) starring in the washed out draw with Toukley, then Steve Searston (4/7) destroyed Lisarow to set up a comfortable win.

"Seventh grade can't make the finals, but have now chalked up three wins on the trot with some good team performances and no real standouts.

"This team were a clear last on the table at Christmas, but have now moved up to eighth place and are really enjoying their cricket.

"Eighth grade are sitting in the top four and despite losing on the weekend after their previous game was washed out will certainly be in the running when the big matches are on.

"Our ninth grade (our father and son team) are running second and had a good win over Gosford, the batting was based on a strong partnership between father and son Jamie and Jordan O'Donnell, with 60 and 28 respectively, before Jordan with two wickets, and Tom Frazer 3/31 put Gosford out of the game.

"A highlight of this game was one of the dads, Greg Manson, taking his first wicket in a competitive match.

**Results of Round 10 two-day competition were:**

First grade - Mountains-Gosford 7/180 (Craig Di Blasio 2/21, Warwick Botfield 2/39) def. Umina 9/178 (Matt Duggan 42, Craig di Blasio 31no, Troy Spicer 25, Colin Smyth 25)

Second Grade - Umina 2/91 (Justin Gerrie 30no) v Mountains/

Gosford Play washed out, match drawn

Third Grade - Umina 181 (Gary Blake 72, Tim Radford 37, Ashley Jones 30) def. Mountains/Gosford 126 (Bryce Cox 3/23, Gary Blake 3/25)

Fourth Grade - The Entrance 212 (Nathan Mitchell 3/34, Lewis Black 2/19, John Carroll 2/41, Paul Wright 2/57) def. Umina 74 (Luke Egan 25) 1st Innings

**Round 19 Limited Overs:**

Sixth Grade A - Umina 4/232 (Kurt Smith 102no, James Archibald 64, Stephen Gregg 32) v Toukley. Play abandoned after 41 overs due to rain, match drawn.

Seventh Grade B - Umina 124 def. Toukley 73 (Alistair Lock 4/24, Andrew Friend 3/12, Nick Clarke 2/6).

Eighth Grade C - Umina v Mountains-Gosford washed out.

Ninth Grade D - Umina 189 (Jamie O'Donnell 60, Jordan O'Donnell 28) def. Gosford 111 (Tom Frazer 3/31, Jordan O'Donnell 2/9, Greg Manson 1/7)

**Round 20 Limited Overs:**

Sixth Grade A - Umina 6/58 def. Lisarow 51 (Steve Searston 4/7, Bendon Jones 2/15, Tim Bell 2/18).

Seventh Grade B - Umina 144 (Adam Fyfe 29) def. Terrigal 133 (Sean Ellard 4/21, Richard Southan 2/16, Kendall Thonpson 2/17, Alistair Lock 2/24)

Eighth Grade C - The Entrance 7/140 (Tim Knight 2/24, Scott Aitchison 2/35) def. Umina 57

Ninth Grade D - Bye

**Press release, 24 Feb 2009  
Gary Blake, Umina District Cricket Club**

## PCYC launches archery

**Umina PCYC held a free barbecue and open day to promote the club's newest sport, archery, on February 21.**

"PCYC Umina Beach launched archery as part of a state wide initiative by PCYC to get young people involved in the sport," said club manager Mr Allison Carpenter.

"Umina Beach is one of the

first clubs to get this new sporting activity in place.

"The activity is well structured and supervised, and every young person who comes along will get a chance to become an accomplished archer.

"We will be looking to provide a good development path for talented members, and to get them involved in inter-club and Archery Australia events to further their achievements."

The archery open day also included a white elephant stall with proceeds going to the Victorian Bushfire Victims, raffles, Sing Star, Guitar Hero, the Drumbala drumming group and Behind the Veil Belly Dancers.

For further information visit [www.pcyearchery.org.au](http://www.pcyearchery.org.au) or call 4344 7851.

**Website, 21 Feb 2009  
Allison Carpenter, Umina PCYC**

## Ettalong Memorial to host bowls series

**Ettalong Memorial Bowling Club will host a three-day competition between NSW, Lord Howe Island, Norfolk Island and ACT Bowling Associations to be played from March 17 to 19.**

Each association will field sides made up of two teams of four and play each other once in a round

robin series.

The NSW No 1 team will be represented by RNSWBA executive members: president John Archer OAM, senior vice-president Ian McKnight, vice-president Alan Rosenberg and treasurer Ken Guy.

The No 2 team has a dominance of Zone 15 executives in president Kevin Dring, former president Alan

Johnson, State councillor John Peek and marquee player Bruce Johnstone, a State councillor from Zone 6.

In a tactical ploy that will have the visitors guessing, the actual playing positions of the NSW side will not be announced until the morning of each game.

**Media release, 21 Feb 2009  
Don George, RNSWBA**

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