Peninsula Community Access Community Access Community Access

Edition 287 Phone 4325 7369 Fax 4339 2307 19 March 2012

Umina to host surf life saving championships

NSW Surf Life Saving has chosen Umina and Ocean Beach as hosts for the State life saving championships for the next two years.

The events will run over seven days and encompasses two consecutive weekends in March.

The championship is expected to attract over 8000 competitors.

Central Coast Tourism's chief executive officer Mr Ollie Philpot said that being the host destination for such a high profile event would provide substantial benefits for the

"This world-class event will no doubt catapult the Central Coast as a pre-eminent destination for a beach holiday and a serious contender for other State and National events."

He claimed that overall the event would inject an estimated \$36 million into the local economy over the two years.

"With an influx of thousands of competitors and their families, our local tourism operators and other businesses should see this as a bonanza for their business during a traditionally off-peak period," continued Philpot.

Central Coast Tourism's business and tourism events manager Mr Chris King said he would be working closely with both Gosford Council and Wyong Council to deliver a successful event which would be kev in leveraging the profile of the Central Coast as a host destination for other State and National Championships.

Mayor of Gosford Cr Laurie Maher said that hosting the Championships would provide a great boost for tourism and small business in Umina Beach and surrounding areas.

"With an influx of visitors before, during and after the competition period, businesses in the area will benefit from a major increase in customers.

"Competitors, their families and spectators from around NSW will be utilising short term accommodation and numerous other services during their stay.

"It is anticipated that the championships will generate an estimated \$18 million [per year] for the host city, an exciting prospect

for the Umina Beach area.

"Surf life savers from across the state will be able to see firsthand the significant investment that Council has made into infrastructure to support beach safety and the maintenance of the beautiful beaches we enjoy in the Gosford Local Government Area," said Cr Maher

Gosford Council's manager of open space and leisure services Mr Phil Moore said Council would be providing in-kind support during the event

"In partnership with Central Coast Tourism, NSW and Central Coast Surf Life Saving, Council officers will be working to provide a safe and enjoyable event for competitors and spectators.

"Council will be providing a number of beach vehicles, fencing, lighting and access services for the event, with Central Coast tourism providing assistance to spectators and competitors in securing accommodation and other services," said Mr Moore.

Surf Life Saving NSW president Mr Tony Haven said Umina and Ocean Beach would provide a world-class venue for the state's premier surf sports event, which attracts more than 8000 competitors.

"Gosford Council has been very supportive of this event and the location is ideal, close to the majority of competitors, with great accommodation options and easy access.

"The facilities available to competitors and the overall support from Gosford Council were major factors in selecting Umina and Ocean Beach to host of the event ahead of six other Councils who expressed interest in hosting the event.

"Both clubs also have a wealth of experience in conducting successful surf events on a large scale, with the 2005 Championships held here at Umina and Ocean Beach one of our most successful to date with over 800 entrants." said Mr Haven.

Media Release, 12 Mar 2012 Chris Kind. Central **Coast Tourism** Media Release, 7 Mar 2012 Laurie Maher, Gosford Council



Joeys visit fire station

The Broken Bay Joey Scouts attended the Umina Fire Station on Wednesday. February 22, to learn about fire safety and emergencies.

The group took a guided tour of the building, during which they got to sit in the trucks, use the

water hoses, wear the uniforms, see what happens when a 000 call comes through and learn about fire awareness at home and in the community.

The firemen showed them the safety equipment used in emergencies and what type of call outs the fire brigade attend to.

The Joeys meet at Umina Scout Hall on Wednesdays from 5pm

E-mail, 12 Mar 2012 Kerrie Boxsell, Broken **Bay Scouts**

Freewater quits Greens

Cr Peter Freewater, of Horsfield Bay, has quit the Central Coast Greens and has declared his intention to run as an Independent candidate in the upcoming local government election in September.

"My years of work to fight for the community against a questionable Gosford Council have not been supported by certain other local Greens," he said.

"I feel that I can serve the community better as an independent."

Cr Freewater said relationships with fellow Greens had soured in recent months over issues such as the compulsory acquisition of Bambara, the use of Coastal Open Space System (COSS) funds to buy a quarry, Gosford Public School and the Gosford Landing.

Cr Freewater stated that while NSW Greens have supported him, local Greens have not.

Rhiannon operations, John Kaye has joined the fight against the removal of Gosford Public School and David Shoebridge has slammed Council over their ridiculous Code of Conduct charges," said Cr Freewater.

"It's the lack of support from members of the Central Coast Greens that has disappointed me and led to my decision to stand as an independent."

Cr Freewater said: "It will be very difficult to get elected without

the support of the Central Coast Greens and the many volunteers that assist the campaign."

"However, I am hopeful that others in the community will support me just as I have supported them helped and that with this support I can run me fight against sand mining a successful campaign and be reelected to Council in September.

> "There are a lot of people in the community that are sick of Gosford Council and appreciate the fact I have the guts to stand up to them and speak the truth.

> "The community want a strong leader and they deserve an honest and transparent government.

> "I will be looking for others to join me in my fight to clean up Gosford Council.'

Media Release, 16 Mar 2012 Peter Freewater, Horsfield Bay

N QVVS

Peninsula News

Peninsula News is a fortnightly community newspaper owned by Woy Woy Community Media Association Inc., an incorporated, non-profit association. Its aims include providing a viable, non-partisan news medium and forum exclusively for the Peninsula and developing a sense of community on the Peninsula. See www.peninsulanews.info for all editions published

Editor: Mark Snell **Commercial operator:**

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Honorary editor: Mark Snell

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, Brisbane Water Secondary College Umina Campus P&C

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Letters to the editor and other contributions are welcomed and should be addressed to: Peninsula News PO Box 1056, Gosford 2250. Contributions should be in Word format sent via email to: 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. Material for publication may be left at LJ Hooker in Woy Woy, Peninsular Office Supplies in Umina or Ettalong IGA.

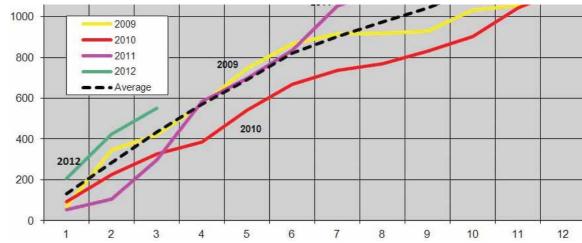
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Woy Woy Community Media Assoc Inc 2012 Membership Application

Peninsula News is unique in being owned by a voluntary community group. Being a member is a great way to show support for the newspaper and to help ensure its continued independence

Name: Address: Suburb Phone: Email

Please send this form together with \$5 to Woy Woy Community Media Assoc Inc, PO Box 585, Woy Woy 2256. Membership fees can be deposited to the association's Greater Building Society account BSB 637 000 Account



Rainfall close to month's average

A total of 128.1mm of rain had fallen on the Peninsula this month, 21.2mm short of the March average of 149.3mm.

Rainfall over the weekend is expected to bring the month's total up to the average for the entire month.

The 128.1mm fell in the first nine days of the month, with no rain recorded in the week to last Friday, according to figures supplied by Mr Jim Morrison of Woy Woy.

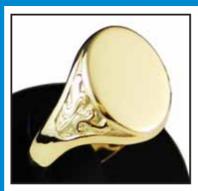
Falls of above 20mm were recorded on four days: March 2, 3,

Year-to-date rainfall remains well above average, with a total of 552mm recorded so far this year.

This compares with a cumulative average at the end of March of 434.2mm.

> Spreadsheet, 16 Mar 2012 Jim Morrison, Woy Woy

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Peninsula News Seaspray Valuations and Fine Jewellery are offering one reader the chance to win a \$100 voucher to be spent at the Ettalong store.

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Seaspray competition PO Box 1056, Gosford, 2250, NSW, by the close of business Thursday,

The winners of last edition's Peninsula News London Klezmer Quartet competition were Mr Terry Drew and Ms Ina Fine, both of Woy Woy.

Kaitlin Watts, 17 Mar 2012



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Local group calls for big solar

A local community group, calling itself Jobs and Food Security, has launched campaign advocating the construction of big solar power plants within Australia.

It has called upon Member for Robertson Ms Deborah O'Neill to get behind a \$10 billion fund for renewable energy and to commit to supporting the building of big solar plants.

"Australia is the sunniest country on earth, so in 2012 it's crazy that we're not leading, or at least following the world," said Jobs and Food Security representative Ms Karin Solondz.

She said Australia should be "using the sun to provide us with large amounts of safe, clean electricity which will soon be cheaper than coal".

According to Ms Solondz, renewable energy resources are already showing bigger investment per annum worldwide than fossil fuels, and would therefore provide more jobs, environmental security and food security for the future.

"It's time Australia got on the band wagon," she said.

"This is an issue that deserves multi-party support."

The Peninsula community conducted a street poll about the issue in Woy Woy on Saturday, March 17.

The poll will be continued over a period of two months and will deal with issues such as the construction of big solar plants, such as the solar thermal plants in Spain and the USA.

"We know that big solar can bring lots of new jobs and investment to the Central Coast, so it's time to get on with the job," said Ms Solondz.

"Our fossil fuel powered grid is charging us more and more every year for electricity so we need technologies like big solar that can provide affordable power into the future.

"The cost of PV solar has come down 80 per cent in the last 18 months and solar is reaching grid-parity in many parts of the country.

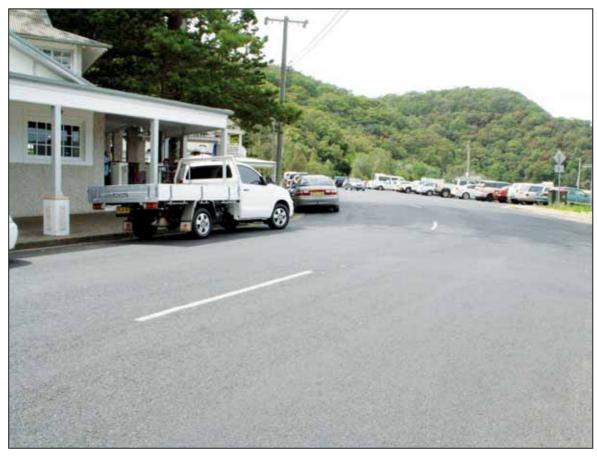
"Solar thermal plants with storage facilities are providing electricity day and night in places like Spain right now.

"Why are people on the Central Coast paying more and more for coal and gas when we could power ourselves with the sun, which is always free?"

Media Release, 9 Mar 2012 Karin Solondz, Jobs and Food Security Photo: Karin Solondz



Ms Karin Solondz



Patonga Dr, Patonga

Crossing concept for Patonga

Gosford Council has agreed to undertake pedestrian and vehicle counts in Patonga and to prepare a concept plan for a pedestrian refuge in the vicinity of the Patonga Hotel.

The Local Traffic Committee considered the request by Roads and Maritime Services for a pedestrian crossing at its meeting on Monday, February 6.

The report stated that the owner of Patonga Hotel had concerns that the area of Patonga Dr immediately outside the hotel was a safety risk for younger pedestrians, despite the 40km/h speed limit.

The 40km/h speed limit extends from the bottom of the hill leading into Patonga.

The report stated the area had high parking demand and

pedestrian activities, especially on weekends in the summer months.

A State Government review of the Patonga Plan of Management was being prepared to consider how to deal with Crown land at Patonga.

Some of the existing foreshore car park had been constructed within Crown land and the Plan of Management may require that it be relocated which would narrow Patonga Dr.

According to the report, due to the mixed use nature of the area, there appeared to be no discernible pattern of pedestrian movements which would indicate a defined desire line.

No pedestrian counts had been carried out.

However. council staff indicated that a observations

pedestrian crossing may not be warranted.

According to the report, the carriageway in front of the hotel was 13 metres wide which would present safety issues for a pedestrian crossing.

The area along the waterfront adjacent to the wharf had a complex mix of parking manoeuvres and pedestrian activity.

The crash database showed no reported crashes in this section of road in the years 2006 to 2010.

Following discussion of options to provide a pedestrian facility, it was agreed that Council undertake pedestrian and vehicle counts in Patonga and prepare a concept plan for a pedestrian refuge in the vicinity of the Patonga Hotel.

> **Gosford Council Agenda** TR.12.01, 6 Mar 2012 Photo: Naomi Bridges









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Presentation about East Timor

A presentation about East Timor attracted nearly 50 CWA members and guests to the Woy Woy CWA rooms on Saturday, March 3.

The event was organised by the CWA Northumberland Group's international officer Ms Carmen Dewar.

Guest speakers were Rosie Bekker and Ollie Howes from Willoughby Friends of East Timor and Sister Susan Connelley from Mary MacKillop East Timor Mission.

The country is one of Australia's closest neighbours, being only 55 minutes flying time from Darwin.

In 2006, it was ranked 146 out of 177 countries in human development and is still South East Asia's poorest country

It has been under almost continual occupation by Portugal, Japan or Indonesia until in 1999, when it voted for independence from Indonesia.

Following the vote, and prior to the Indonesian withdrawal, the infrastructure was completely destroyed by elements associated with the Indonesian Army.

Ms Bekker spoke at length about the enormous problems confronting the country, including the lack of infrastructure, food, very low levels of literacy and high birth rate (5.1 children per family).

An informative DVD prepared



Rosie Bekker, Noela Bell, Sister Susan Connelley, Carmen Dewar, Ollie Howes and Diana Frost

by Ollie Howes showed destroyed homes, hospitals, schools, and the shocking road conditions, including a main road across the

mountains which takes a day to travel although only 20 miles long.

"I've never found so many people laughing when they have such great problems" said Mr Howes.

Sister Susan Connelley from Mary MacKillop East Timor Mission gave a brief history of East Timor from its time of occupation by Portugal in the 16th century to present times.

The Mission has prepared over 90 primary school books written in Tetun (the country's common language) which enables school children to learn to read in the language that they hear spoken every day.

The books are relevant to every day events in the children's lives such as fishing, picking coffee and home life.

She discussed at length the Timor Gap legislation between Indonesia, Australia and East Timor and problems associated with the legislation and other associated acts since its original enactment.

"The people of East Timor were wonderful friends to us during World War II and we should take every opportunity to repay their friendship," said Sister Susan.

She went on to say that the people don't want hand outs, but hand ups, particularly in education, and Australia could, and should, provide far more educational opportunities for East Timor people.

"CWA is one the many Australian organisations who have taken East Timor to their heart and I congratulate you," she concluded.

Media Release, 8 Mar 2012 Jill Colwell, Northumberland Group

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Comments wanted on laneway closure

Gosford Council has resolved to place the proposed closure of the unnamed laneway in Ettalong Beach between Bourke Rd to Karingi St, on public exhibition.

A letterbox drop will also be carried out.

Resulting submissions will be reported to the Local Traffic Committee for consideration.

Residents from Barrenjoey Rd had requested that the unnamed laneway between Bourke Rd and Karingi St at the rear of their property be closed to through traffic.

The laneway is located between Springwood St and Barrenjoey Rd and is a T-configuration with the long

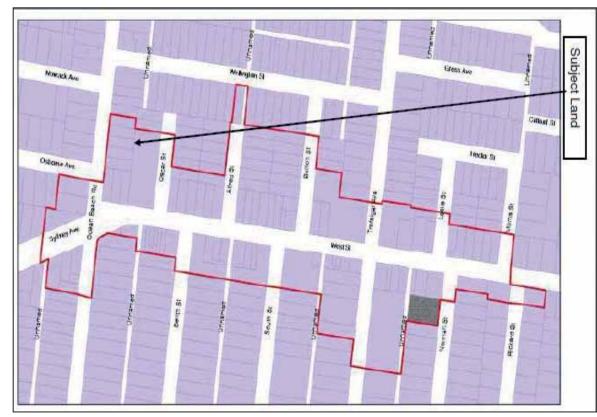
section (East to West) parallel to Karingi St with the top of the T between Karingi St and Bourke Rd with this section closed to through traffic at Bourke Rd with bollards.

Residents reported that a car travelling in the laneway at the rear of the property had crashed into a property, caused damage and risked the lives of the family who used the backyard to play.

The residents had suggested that it be closed at the T-intersection of the laneway to eliminate the risk from similar incidents.

Councils' crash database showed no reported crashes within the laneway between 1996 and 2010 inclusive.

Gosford Council Agenda TR.12.04, 6 Mar 2012



Contribution plan changes

Gosford Council has decided to amend its Contributions Plan No.68 (car parking) to provide for a proposed fast food development in Umina.

Council decided to change the plan to incorporate the potential redevelopment of the McDonalds site in Ocean Beach Rd, Umina, "in accordance with Clause 31 of the Environmental Planning and Assessment Regulation 2000".

Council's report of Tuesday, March 6, stated that the contributions plan was placed on public exhibition for 28 days from January 18 until February 14, and no submissions were received.

At its meeting held on Tuesday, December 13, Council considered a report on a planning proposal to bring forward a rezoning from residential to business purposes.

Council resolved to forward the Planning Proposal to the Department of Planning and Infrastructure requesting that the Local Environmental Plan be made and to amend Contributions Plan

No. 68 to include Lots 4-8, No's 430-438 Ocean Beach Rd, Umina.

Gosford Council Agenda ENV.18. 6 Mar 2012







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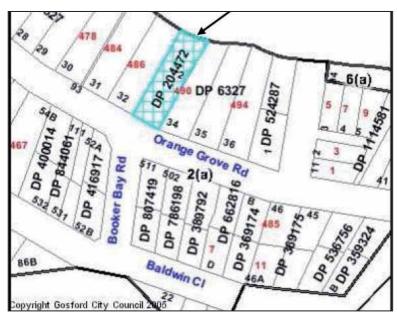
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Application refused again

Gosford Council has refused an application for a number of alterations to a home in Orange Grove Rd, Blackwall.

The application proposed the construction of a timber deck, handrail, privacy screen and timber access stairs above an existing boatshed.

The proposal had been refused by Council previously last November because it would detract from the character of the locality, was an inappropriate location and design, and would have unreasonable impacts on neighbours' privacy and amenity.

It was also inconsistent with the Brisbane Water Plan of Management in using the boatshed roof for recreational or observational purposes.

The applicant submitted an amended plan that reduced the area of the deck by about 40 per cent, but Council's director environment and planning said despite this, the rooftop structure would continue to exist and the visual impact would be similar to the original proposal.

"The area could not be used as a courtyard or deck unless the existing boatshed were demolished.

"If that were to occur, any recreation area would be at ground level providing no more or less impact than the use of foreshore yard areas on other properties in the locality," the report stated.

Gosford Council Agenda ENV.22, 6 Mar 2012

Rescue involved three units

Three Marine Rescue units were involved in the rescue of a runabout with engine failure on Sunday, March 4.

Marine Rescue Sydney received a mobile phone call from three men in the 4.8m runabout just before 1.30 pm.

The vessel was at Juno Point near the entrance to the Hawkesbury River.

The men were seeking help to get back to the ramp at Gosford, where they had launched their boat earlier in the day.

Marine Rescue Sydney contacted the Central Coast unit to arrange for the tow.

The rescue boat, Central Coast 11, was at the time assisting a 5.4m yacht at Davistown that was aground near its mooring.

The rescue boat was tasked to assist the runabout once the yacht had been relocated into deeper water.

To avoid a long delay, Marine Rescue Cottage Point offered to assist.

Its rescue boat, Cottage Point

20, located the runabout and towed it from Juno Point to Booker Bay where it was met by Central Coast 11, and the tow to Gosford ramp was then completed.

Central Coast unit spokesman Mr Ron Cole said that this was a great team effort from three Marine Rescue units to ensure the safety of those in need of help on the

> Media Release, 4 Mar 2012 Ron Cole, Marine Rescue Central Coast

Urgent action requested

Six residents of Woy Woy have sent a petition to Gosford Council about stormwater drainage in Bowden Rd.

The residents requested urgent action by council to remedy the failure of the storm water drainage in Bowden Rd from Burge Rd to

the foreshore

They claimed the failure resulted in flooding of their properties.

The petitioners requested that Council respond to each resident promptly.

Letter, 22 Feb 2012 Paul Shaw, Woy Woy

Night trackwork

Woy Woy train travellers have been advised to allow extra time when travelling at night from Monday, March 26, until Sunday, April 1, due to trackwork.

Platform closures will occur overnight at Cowan between March 26 and 30.

Buses will replace some overnight services between Epping and Gosford on March 31 and April

The connecting train from Gosford to Newcastle will operate 30 minutes later than the normal timetable.

Buses will also replace trains on the 2:40am Wyong to Central

Website, 16 Mar 2012 Cityrail

Pony Club turns 40

Bouddi Pony Club will celebrate its 40th birthday with an open day on Sunday, April

The open day will be held from 9am in the Bouddi Pony Club grounds.

The day offers children the

opportunity to learn more about pony club and will feature demonstrations relating to horse riding and horse care throughout the day.

Pony rides and a jumping castle will also be available.

Newsletter, 16 Mar 2012 Deborah Callender, Pretty Beach Public School

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Gosford City Council - Public Notice Umina Beach Village Centre Community Planning Workshop

Gosford City Council in conjunction with consultants is presently undertaking two important planning studies for the Umina Beach Village Centre.

- 1. A **Transport Management and Accessibility Plan** that will help us better manage traffic, parking, public transport and pedestrian & bicycle movements within the Umina Village Centre and surrounding area.
- 2. A **Masterplan for the Civic Place precinct** that will look at opportunities for the creation of modern community facilities and a civic focal point for Umina Village Centre.

Council is keen to involve residents, business operators and landowners in preparing these plans. Interested members of the community are encouraged to participate in a workshop to have your say about traffic issues within the Umina Beach area and how the Civic Place project could best meet community needs now and into the future.

The details of the community workshop are:

Date: Tuesday 20th March 2012

Time: 6pm - 8pm

Venue: Umina Beach SLSC, 509 Ocean Beach Road, Umina Beach

To register, or to find out more information, contact Brian McCourt on 4325 8260 or Brian.McCourt@gosford.nsw.gov.au or Steve Green on 4325 8335 or Steve.Green@gosford.nsw.gov.au

We look forward to meeting you at the workshop.

You can also become involved by joining the online discussion at: www.haveyoursaygosford.com.au/uminatmapmasterplan

Peter Wilson – General Manager

N QWYS

Information about grants

information session have previously received grant Gosford Council's Community and Cultural **Development Grants will** be held at the Peninsula Recreation Precinct on Monday, March 19, from 10am until 12pm.

The session will serve as a forum where Council officers can further explain the grants process and answer any questions applicants may have.

A drop in session will also be held at Woy Woy Library on Thursday, April 19, from 1pm until 5pm.

The grants, which open Monday, March 19, are provided non-profit community organisations to support and encourage individuals groups to join together to create a vibrant, sustainable and inclusive community.

Gosford Council's manager of community and cultural development Ms Sue Verhoek said that the grants could provide groups with greater options for their community projects.

"The grants can help be the basis for the creation of a new community event or program.

"Many community run events and programs we know and love

funding including the Ettalong Beach Festival, Kariong Festival and Woytopia.

"Last year 31 projects across the Gosford LGA received funding including Keep it Simple Spencer, a series of workshops where local children learnt how to make chutneys, jams, lemon butter and Christmas treats.

"Funding is open until Friday 11 May and Council Officers are always available to help community groups through the application process," said Ms Verhoek.

The following drop-in sessions are also available if applicants would like one-on-one assistance with developing your project or completing the online application form:

approximately There is \$200,000 available under Council's 2012 Community and Cultural Development Grants Program.

Applicants must be not-forprofit incorporated community organisations that operate in or provide services within the Gosford LGA.

Media Release, 13 Mar 2012 Sue Verhoek, Gosford Council



Steel ketch broke mooring

The Marine Rescue Central Coast's primary rescue vessel, the Central Coast 20, had its first outing on Thursday, March 8, since being fitted with a new \$50,000 diesel engine some months ago.

Marine Rescue Central Coast volunteers were directed by Water Police to assist a 14.5 metre steel ketch which had broken free from its mooring and run aground on the north-eastern side of Half Tide Rocks unmanned.

The Central Coast 20 was into ordinary despatched conditions with a strong run-out tide, choppy seas, rain, and a fresh nor-westerly wind blowing at about 15 knots.

The rescue crew attached a towline to the stern of the yacht,

and once it was freed and in navigable water, crew member Mr Roger Palmer boarded the ketch to transfer the towline to the bow.

The vessel was towed to Ettalong and placed on the police 24-hour emergency mooring to await the attention of its owner. Media Release, 8 Mar 2012 Ron Cole, Marine Rescue **Central Coast**

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Narara's Matthew Seaman, Kariong's Mark Parkhill and Anthony Van Lierop, Umina Beach's Paul Hickey and Wyoming's Christopher O'Neill

New apprentice with electricity provider

Umina resident Mr Paul programs and Hickey is one of six new apprentices to work as frontline emergency electricity supply workers from the Central Coast to be formally welcomed into his new role

State Minister for Resources and Energy Mr Chris Hartcher congratulated the new apprentices starting their training for electricity network provider Ausgrid as line workers, cable jointers and electrical and motor mechanics.

Mr Hartcher said the new recruits would spend the next four years learning their trade while helping to keep the electricity network safe and reliable.

"This new group of apprentices from the Central Coast have a big job ahead of them," Mr Hartcher

"They will help complete one of the country's largest infrastructure

deliver new programs to make our network more efficient and smarter for homes and businesses.

"They are being trained in the classroom, but also on the job, helping to deliver a \$600 million replacement and upgrade of the electricity network across the

"Ausgrid now employs more than 350 workers on the Central Coast, based at Gosford, Noraville, Tuggerah and Somersby.

"I wish all these new workers a safe, secure and long term career in this industry."

Ausgrid managing director Mr George Maltabarow said the apprentices would be trained at the new Learning Centre in Silverwater or other training centres in Wallsend and Muswellbrook.

Media Release, 23 Mar 2012 Caroline Hutcherson, Office of Chris Hartcher MP

Two injured in George St

Two people have been injured after a vehicle mounted a footpath in Woy Woy on Monday, March 12.

Emergency services were called to George St where a red Hyundai had made a right turn, mounted the curb and hit two pedestrians at about 2.15pm,.

The female pedestrian aged in her 20s was taken to Gosford

Hospital with serious lacerations to her head.

The male pedestrian, aged in his 30s, was taken to hospital with unknown injuries.

The 75-year-old woman driver was also taken to hospital for mandatory testing.

Police are investigating the circumstances surrounding the

Officers are appealing anyone who witnessed the incident, or the events leading up to it, to contact police.

Anyone with information should call Brisbane Waters Local Area Command or Crime Stoppers on 1800 333 000.

> Media Release, 12 Mar 2012 **NSW Police Media**

Church meeting

A meeting will be held at Hardys Bay Community Church on Sunday, March 25, at 11am.

The meeting will be held for members to vote on two resolutions regarding the Property Trust.

For a copy of the resolutions, contact church secretary Terry Wilson on 4360 1492.

Email, 9 Mar 2012 Sharyn Teasdale, Hardys **Bay Community Church**

Friendship

Neighbour day

The Umina Beach Salvation Army is inviting people to its Friendship Club on Tuesday,

The Friendship Club is held on the last Tuesday of every month.

Peninsula Community Centre

will celebrate Neighbour Day

hampers to assist residents to hold

a barbecue, morning tea or street

embrace the idea of Neighbour

Day and get to know your

It will offer vouchers for

"A condition of the event is to

on Sunday, March 25.

This month, the club will go on a mystery tour.

To book a seat on the tour, phone Major Nellie Moed on 0412 836 152.

neighbours by inviting one or more

of your neighbours that you don't

already know," said organiser Ms

inquiries, phone 4363

Email, 7 Mar 2012

June Galea, Kincumber

Neighbourhood Centre

Email, 13 Mar 2012 Hans Schryver, Salvation Army

65th anniversary

Umina residents Bill and **Edith Vrolyks will celebrate** their 65th wedding anniversary on Thursday, March 22.

Mr Vrolyks said they have already received letters from the Premier, Prime Minister and other dignitaries.

They were married on March 22, 1974, at St Canisius Church, Elizabeth Bay, Sydney at 4pm.

They couple met in 1956 during the war.

Letter, 12 Mar 2012 Bill Vrolyks, Umina

U Hooker

June Galea.

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Animal Welfare League - Central

AWL is a registered animal welfare charity offering subsidised desexing to assist eligible members of our community needing help with the costs of desexing their pets.

Some of the benefits of desexing your pet are:

- Prevent unwanted litters.
- Reduced risk of cancer of the reproductive organs.
- Cheaper Council life-time
- registration. • Less likely to wander or

Call Helen 4342 2047 for details Thrift Shop Enquiries: 4344 6650

History of Maitland Bay information centre

The Maitland Bay Information Centre building was built in two parts, the downstairs, which was originally the home of John and Dulcie Wall, was built in the 1940s and the upper section was later added in 1950.

The area in Maitland Bay was visited frequently by four generations of the Wall family until John and Dulcie Wall purchased the property in 1945 and began construction of their family home.

Barry Wall, son of John and Dulcie Wall, said: "Along with Dad and Mum, the four youngest children, Donald, Joan, myself and Roger, moved on to the property in early 1946, living in tents.

"My father built a temporary dwelling constructed of round bush poles covered with malthoid on this bush block of five to six acres, while waiting for the arrival of building materials, which were difficult to get just after the war."

Mr Wall said that, at 12 years old, he helped his father with the building as materials became available from Sterland Bros, W.R (Bill) Whites Hardware, and timber yards in Mann St, Gosford.

Mr and Mrs Wall contributed in the retrieval of the bell of the Maitland which stands outside the heritage building today.

Barry Wall said his father was contacted by the divers who found the bell and helped bring the bell to the building for safekeeping.

"A lot of blood, sweat and tears were spilt doing it," he said.

At the time, the house was visited by travellers asking for directions and water and, consequently, the Walls added a small shop at the front.

The building soon became known as the the Maitland Store.

In the late 1950s, John Wall was employed part time by the trustees of Bouddi Natural Park for track work and the trustees used the Maitland Store for their quarterly meetings.

In 1959, the building was sold by the Walls, who stayed in the district, to English couple Ron and Thelma Hall.

Mr and Mrs Hall proceeded to increase business of the Maitland Store

Mrs Hall became renowned for her Devonshire Teas.

A sandwich trade grew from the employees of companies that were mining the local beaches, and nearby residents bought provisions from the store.

In 1960, Ron Hall became the first full-time ranger to be employed

in Bouddi Natural Park, employed by trustees of the Park.

In 1961, the bell of the Maitland was installed by the Brisbane Water Historical Society in a sandstone base next to the Maitland Store and was unveiled by Dulcie Wall.

The Maitland Store was closed within a few years after a succession of new ownerships and, in 1970, was bought by the National Parks and Wildlife Service

Under ownership of the National Parks and Wildlife Service, the building became the residence and office of the Bouddi State Park superintendent.

In 1974, the superintendent moved to Kosciusko National Park following the opening of a District Office in Gosford and the Maitland Store became an un-used building.

A few years later, the NPWS

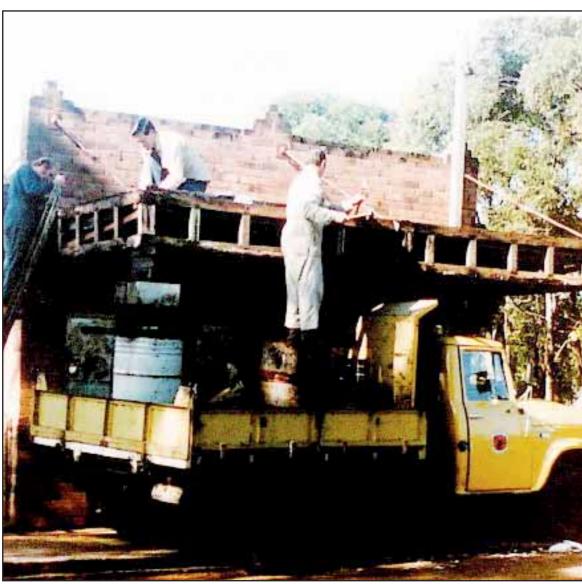
allocated \$500 to demolish the building, which was strongly resisted by the District's Advisory Committee who believed it was an ideal location for an information center and should be refurbished.

The NPWS agreed to use the allocated \$500 to restore the building, as well as contributing more money to the process.

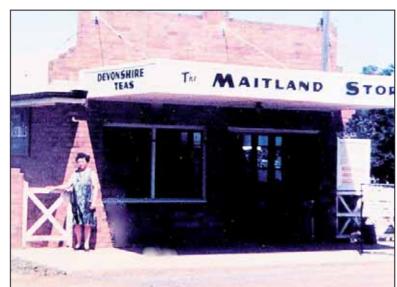
In March 1990, the Maitland Store was officially opened as the Maitland Bay Information Center and is listed as a Heritage Item of Gosford City, still retaining the original facade and shop window.

Presently, the Heritage building is much more than in information centre and is used regularly for meetings of National Parks and Wildlife Service officers as well as other groups.

CD-ROM, 2010 David Dufty, The Bouddi Peninsula







Mrs Thelma Hall outside the Maitland Store in 1963



The politicians we deserve?

The recent letters criticizing our political system are interesting, but none of them seem to include any concrete suggestion for a better system than the one we have now.

Given that Australia ranks number two (behind Norway) on the United Nations Development Scale and number two (behind Switzerland) on the Credit Suisse Research Centre Wealth Scale, the present system seems to have served us well, and it would be hard to suggest that there is a better existing model anywhere in the world that we could adopt.

Perhaps, there are theoretical models for a Utopia that would look better on paper (the Communist system?) but experience suggests that extreme scepticism should be applied to any suggestion for radical departure from the model

Forum

we know.

If there is a political problem in Australia, it is not a systemic problem but a function of the calibre of politician we have representing us.

However, the slightest consideration of political standards in other countries shows that this is virtually a global issue and has little to do with whatever political system applies.

If it is true that an electorate gets the government it deserves, it is obvious that our problem lies with the Australian voting public and not with the electoral process.

As long as voters are satisfied with empty sloganeering (long live our most loyal queen, Advance Australia fair) rather than reasoned analysis of issues, that situation is not going to change.

This is not to say that there are no details of the system that cannot be drastically improved.

One of the most obvious is the financing of electoral campaigns which are threatening to move very much in the direction of Americanstyle advertising blitzes in which substance has been completely replaced by image-making.

This profitable trend is, of encouraged by the communications media that now dominates campaigning.

As an outcome of this, we have already reached the point where politicians are totally focussed on providing a daily sound-bite that will get them featured on television rather than on trying to present a rational argument.

Demosthenes and Otto von Bismarck wouldn't stand a chance against Tony Abbott in an Australian election.

Email, 6 Mar 2012 **Bruce Hyland, Daleys Point**

Multi-party parliament needed

Mr Don Parkes claims that I advocate a one party republic (Peninsula News, 5 Mar 2012) and it is a mystery how he comes to that conclusion.

The contrary is true.

We should change the electoral regime in this country to a proportional system (open party list, not Hare-Clark) which actually tends to produce multi-party parliaments.

This is used in 21 out of 28 European countries, South Africa and New Zealand, and would remove the pointless antagonism of the two-party farce.

There would be much more diversity in parliament and the political culture would develop into one that seeks common ground and cooperation.

Replacing the Queen with an Australian Head of State should be just step one towards a wideranging review of political and constitutional practices.

That is the meaning of maximalism.

The United States decided on

Forum

that direction in 1776 and they embarked on their republic.

There are of many other types of republics.

Ireland is another interesting example, one with proportional representation.

The Gillard Government could organise a multi-question plebiscite soon to find out what the people's preferences are.

It's called democracy.

We should insist on it really.

The Windsors would even support that.

Email, 6 Mar 2012 Klaas Woldring, Pearl Beach

Forum

Proud of my sister

Johanna Kemp is my baby sister and I have never been so proud of what's she is doing (Peninsula March 5).

Last year we lost our grandfather and it was a big loss to us.

We suffered grief from losing him to the disease.

Even Johanna was shaken up.

She was contemplating shaving her head this year.

Thanks to the support from loved ones and so many good friends, she has decided to do it again.

I hope you can come and support my little sister.

I am so proud of her.

Online submission, 5 Mar 2012 Benita Kemp, Redfern

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Is it a restaurant?

Is it a restaurant?

Does it have a maitre-d' to escort patrons to their tables?

Does a liveried waiter hand patrons a menu in a bound folder?

Where is the wine list? Does it use tablecloths? Is there cutlery on the table?

Are the meals served on crockery and are drinks served in glass?

Cutlery and crockery are items that civilised beings utilise when serving and consuming meals.

This is why they are provided, free of charge, at restaurants. Replace them with paper and

cardboard and litter is created. A McDonalds franchise is not a

It is not a cafe.

restaurant.

It is an American style, highvolume, drive-in drive-out, quickturnover, money-making, fast food dispensary where you don't pay for any fancy quality.

Slop house is the only suitable

Forum

Letters to the editor should be sent to: Peninsula News PO Box 1056. Gosford 2250 or mail@peninsulanews.asn.au See Page 2 for contribution conditions

description that comes to mind.

The novelty has worn off. One American style slop house on the Peninsula is adequate.

Imported American culture is having an adverse effect on our own social values.

Let us not bow to American imperialism.

"Have a nice day" has lost its sincerity.

Email, 13 Mar 2012 Tim Haylor, Umina

Seedlings destroyed by select minority

For many years now, I have wandered the foreshore of Woy Woy Channel.

Years ago I can remember that there were many mangroves.

This year I was heartened to see a lot of new mangrove seedlings popping their way through the mud and sand.

Unfortunately, when I returned after a short holiday from sunny

Forum

Queensland, where they embrace the mangrove tree, I noticed that every one of these seedlings had been removed and that the sheoak trees on the foreshore adjacent had been broken at the spine.

Now of course it is not hard to realise who has done this, I am sure the last thing someone wants are terrible trees and mangrove trees destroying their precious

One day the self-interests of a select minority who live on the foreshore will become less important than the majority of us who aren't so fortunate.

Email, 5 mar 2012 **David Greentree, Woy Woy**

Location is inappropriate

sincerely hope that McDonald's does not get Council's approval to build a restaurant near the roundabout at Ocean Beach Rd and Wellington St.

Or is it already a "done deal" as Colleen Boyd intimates in her letter (Peninsula News, March 5)?

I agree that Maccas does represent pretty good value, has friendly staff and contributes to a number of good causes.

However, this location appears to be highly inappropriate.

Ocean Beach Rd is the main artery in and out of Umina.

It features the shopping centre, the caravan and camping parks of Umina and Patonga and the Mt Ettalong and Pearl Beach destinations.

It is very busy during holiday periods and during the times

Forum

people are travelling to and from work.

already have traffic congestion in these periods.

As a long time resident of Umina, along with many other concerned people, I was involved in putting a halt to the Hungry Jacks hamburger chain locating a business outlet in Umina.

This project was terminated largely due to the fact that it would have created an inaccessible road hazard.

This occurred about 15 to 20 years ago and the traffic has increased quite considerably since

I feel McDonalds, and any other food chain, should be encouraged to seek more suitable and less invasive areas to establish their businesses, not ones that will impact adversely on the travelling

I also believe that Gosford Council should get on with what should be one of their prime objectives, of trying to improve and maintain our very ordinary road

> Letter, 15 Mar 2012 James Howell, Umina

Store not wanted

On a recent visit to Woy Woy and Ettalong, I picked up a copy of the free newspaper and read with interest the objection to a McDonalds being built.

Anywhere that does not want one of these huge stores in its area has got my vote.

It is my experience that litter is generated by these takeaway meals and not every customer is going to use litter bins provided as they will eat on the move.

Thus, streets away, someone

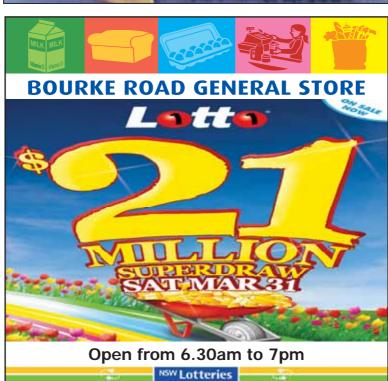
Forum

could drop litter leaving it up to the long suffering residents to clear up the resulting mess.

Forum

Online submission, 5 Mar 2012 Ann Akubue, England

Why Worry, Woy Woy? habits, anxiety, weight, health, motivation, creative fluency, Gestalt regression hypnotherapy Call Liz Macnamara 4341 0464 hypnosis helps let hypnosis help you



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All offers are to be used in conjunction with a service only at Brian Hilton Woy Woy Service Centre One offer per service only, expiration 1st February 2013

It was my

uncle

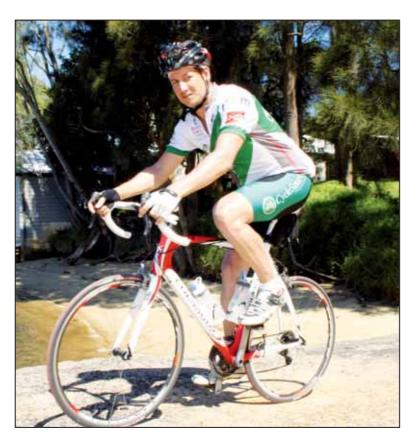
In reply to Keith Whitfield's (Peninsula letter March 5) I wish to inform the readers that it was in fact my uncle that was taken by a shark on Christmas Eve of that year.

This was witnessed by the late Sid Williams of Paton St.

Sid, who was a friend of the family, told us that my uncle, whose name was Roy Inman, jumped off the end of the wharf into two feet of water to be taken by the shark, never to be seen again.

Email, 15 Mar 2012 Vince Hayward, Woy Woy

MS charity cyclist takes ferry to Wagstaffe



Melbourne businessman Sean Sampson, stopped in at Wagstaffe on his two week 2500km cycling journey from Brisbane to Melbourne, raising money to support those living with multiple sclerosis.

Sean pulled in to the Central Coast on Friday, March 16, and caught the ferry from Wagstaffe to Palm Beach.

The idea started just two years ago when Sean began cycling to work.

He said he quickly developed a taste for the open road and the thrill of pedalling up the nearest mountain.

"Then one day I said to my wife that I would ride from Sydney to Melbourne after Christmas.

"She thought I was crazy at first," Mr Sampson said.

He said he had heard about a charity, formed by people with MS and their families and friends. who were raising funds to find answers to treat the debilitating disease.

"MS is an incurable disease which often hits when people are in the prime of their lives, attacking their brain and spinal cord causing irreparable damage," Sean said.

"My aim is to raise more awareness about multiple sclerosis and tell to people how they can become involved in helping future research into defining the causes of MS," he said

Sean began his journey in Brisbane on Saturday, March 10, from Southbank.

He crossed the Sydney Harbour Bridge on its 80th birthday on Sunday, March 18, and said he hoped to reach Melbourne by Saturday, March

His goal is to raise at least \$10,000 for research into multiple sclerosis.

"I am doing this ride for the 21,000 Australians currently living with MS and I encourage anyone interested in joining me for the ride, one day or even one kilometre, just contact me," he said.

"People need to know that you don't need to have MS or know someone with the disease to help out or volunteer for this great cause."

To donate to Sean's ride for the MS Foundation 5 Million Plus visit www.brisbane2melbourne.

Sean's quest will raise awareness and money for two charities, Foundation 5 Million Plus, a community fundraising initiative of MS Research Australia, and Cottage by the

Media Release, 1 Mar 2012 Norelle Feehan, Feehan Communications Photo: Naomi Bridges

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Easter with the Salvos

The Umina Beach Salvation Army will hold three Easter services this year.

A 9:30am service will be held on Good Friday, April 6, at the Umina Beach Corps and Community Services Centre.

A 6am sunrise service will be held on Sunday, April 8, at Umina Beach Surf Club, followed by a 7am breakfast at the Umina Beach Corps and Community Services Centre.

A 9:30am Sunday service will then be held at the Umina Beach Corps and Community Services Centre.

> Email, 13 Mar 2012 Hans Schryver, Salvation Army

Legal advice

The Peninsula Women's Health Centre will host the Central Coast Community Legal Centre's Domestic Violence Legal Outreach Project on Tuesday, April 3, Tuesday, May 1, and Tuesday, June 5, between 9:30am and 11:30am.

The Central Coast Community Legal Centre's Domestic Violence Legal Outreach Project will provide free legal advice from a solicitor.

Community members can seek advice regarding domestic violence, family law, apprehended violence orders and victims compensation.

Email, 14 Mar 2012 Kate Bradfield, Peninsula Women's Health Centre

Are you entitled to \$4000 worth of Government funded dental treatment?

You may be eligible for dental treatment if you suffer from a chronic illness such as cancer, diabetes, arthritis, stroke etc.



Woy Woy Dental Centre Phone for more info

4342 1080

14 Railway St Woy Woy (opposite Woy Woy Railway Station)
This is a non means tested dental benefit



Groups started for local women

Peninsula Women's Health Centre has started a multi-cultural coffee morning and a knitting group for local women.

The coffee morning is for women of all ages and cultural backgrounds who would like to get to know other women in the area.

Community development worker Ms Kate Bradfield said the centre especially encouraged women from multi-cultural and indigenous backgrounds to come and share their culture.

"It is a social get together over morning tea and is a great opportunity to meet women especially if you are new to the area or feel isolated," she said.

The second group, Wrap With Love, is a voluntary organisation that provides knitted wraps to the needy, homeless and refugees.

They have provided over a quarter of a million wraps since

"Our Wrap With Love group meets and knits the squares and sews them into the wraps," said Ms Bradfield.

"It is a fun and social morning and we can even teach you how to

The groups are free, a morning tea is provided and a gold coin donation would be appreciated.

Media Release, 13 Mar 2012 Kate Bradfield, Peninsula Women's Health Centre



Store makes hair choice

A store in Wov Wov participated in the World's Greatest Shave on Friday. March 16, with eight staff members choosing between a full shave or colour.

Woy Woy Telstra store licensee Mr Darren Smith, who completely

shaved his head for the cause, said as a team they were keen to give back to the community and support the Leukaemia Foundation.

Along with Mr Smith, David Holbeach and Gavin Dodd went for the full shave while Gavin Hennley, Jody Baldacchino, Narelle Hitchco. Kim Keen and Dianne Smith opted

to colour their hair for the cause.

Straycuts Hairdressers provided the service free of charge as their donation toward the cause.

Mr Smith said the group hoped to raise \$1000 for the cause.

Email. 12 Mar 2012 Darren Smith, Woy Woy Telstra store

Free program for overweight children

A free program supporting healthy lifestyle for overweight children will be run in Term 2 at the Peninsula Leisure Centre.

The Go4Fun Program is an established healthy lifestyle program to improve health, fitness, self esteem and confidence in children above a healthy weight.

The program runs after school for 10 weeks over one school term.

The sessions include games, activities and swimming for kids, easy and effective ways to improve a child's self esteem and confidence, demonstrations, games and tips on healthy food, labels and portion sizes and a supermarket tour with the chance to try new foods.

The program is for children aged between seven and 13 who are above the ideal healthy weight.

With inquiries, phone Louise on 4394 7974.

Newsletter, 13 Mar 2012 Terry Greedy, Woy Woy South Public School

Chiropractic Plus by Peter Grieve of the Umina Chiropractic Centre

VROOM... VROOM

Ask yourselves this ...

How often do you change the oil your car?

- 1. Every 5,000km no matter what
- 2. When the oil light comes on
- 3. When your car starts breaking down

You must be wondering how car maintenance is related to Chiropractic care. Well, let's find out! We all know prevention is always better than cure, although we find more and more people ending up with chronic illness and injuries that could have been avoided right from the start.

Even more important than preventing illness and pain is living at YOUR optimum health.

That means that we are not just getting by in life, but we're thriving!

Believe it or not, that's what we are supposed to be doing!

It is only when interference occurs, that being physical, emotional and/or chemical stressors, that we step down the ladder towards spinal dysfunction and poor health.

At the VERY end of this ladder, after the body has been adapting/coping with these stressors fo as long as it can, we get symptoms and pain to tell us change is needed.

This contradicts most common beliefs of "Free of pain and symptoms = healthy".

Another series of questions I would like you to ponder on...

- If you put the incorrect fuel in your car, does it function properly?
- If we patch up the leak; is it fixed or are we just waiting until it breaks or gets worse, to replace
- If only some of the electric cabling for your car brakes is wired correctly, is that good enough

So if the answers to these questions are so obvious to each of us, then why, when it comes to asking ourselves these questions in reference to our OWN bodies and health, do we ignore the

It is unfortunate that we live in a society that sometimes takes better care of our vehicles than our own



Waiting until you are in pain to get adjusted, is just like waiting until your car breaks down to change the oil or get it serviced! Neither are good choices, even though people do it all the time. We find that with proper maintenance through Chiropractic care. a person is able to drive down the road we call life with a greater chance at reaching their optimum health and wellbeing!

by Dr Ursula Renfrew (Chiropractor)



Chiropractic; safe, gentle and effective for all the family

If you have any questions contact us at office@uminachiropractic.com.au or make an appointment for a preliminary consultation (N.B Answers to select question may be printed in the future articles)

Your chiropractors Pete Grieve and Ursula Renfrew **Umina Chiropractic Centre**, 428 Ocean Beach Rd, Umina 2257

n: 4341 6247

South Street Dental

Umina Beach

Teeth for Life **Cosmetic Smiles Teeth Whitening Children and Adults Complex Reconstruction**

Mario Reznik

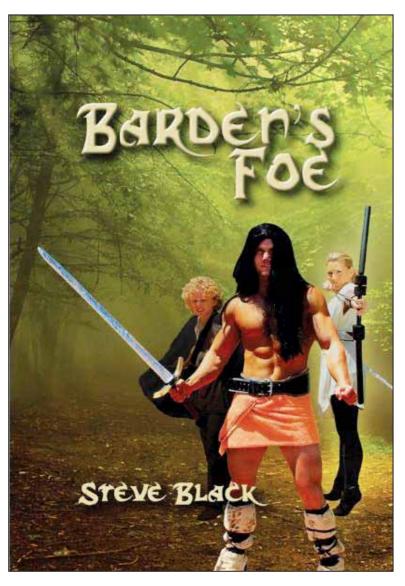
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Education



Student chosen for novel cover

MacMasters Beach author Steve Black has chosen identities of the Central Coast, including from the Peninsula, to portray the characters on the cover of his new adventure fantasy novel, *Barden's Foe*.

The character of Corrie is portrayed by Kai Renshaw, a Year 6 student from Woy Woy.

Black said Renshaw was exactly how he had imagined the character of Corrie when he wrote the book 25 years ago.

"As it turned out, his mother advised me that he was scheduled for a professional modelling photo shoot the next day, so this was the perfect warm up," Mr Black said.

Barden's Foe is an adventure fantasy which Mr Black said would appeal to a wide audience.

The novel follows the land of Barden, a world inhabited by magical creatures, one of which aims to rule Barden and subject its people to his control.

Email, 15 Mar 2012 Steve Black, MacMasters Beach

Above average

Students at the Brisbane Water Secondary College have achieved results in the NAPLAN tests which indicate improvement at a rate significantly greater than the state average.

The percentage of students in the top three bands of achievement for numeracy, spelling, grammar and punctuation and reading at least doubled from Year 7 in 2009 to Year 9 in 2011.

The percentage of Year 9 students in the top three bands

within each area are 27 per cent in numeracy, 45 per cent in spelling, 36 per cent in grammar and punctuation and 34 per cent in reading

Newsletter, 12 Mar 2012 Frank Gasper, Brisbane Water Secondary College

Accepted for Star Struck

Pretty Beach Public School has been accepted to participate in the Education Department's Star Struck variety concert this year.

Sixteen students will participate in the dance elements of Star Struck and nine students will participate in the choir element.

"Our students have worked hard for these auditions," said principal Ms Deborah Callender.

"A big thank you must go to Karen Barson-Wright, who spends

time each week training and developing our fantastic choir."

Star Struck is a variety concert that presents excellence in performing arts and public education throughout the Hunter-Central Coast Region.

Star Struck rehearsals will take place throughout the end of May and beginning of June, with the performances on June 15 and 16.

Newsletter, 16 Mar 2012 Deborah Callender, Pretty Beach Public School

Celebrating 50 years

Woy Woy High School is soon to celebrate its 50th Anniversary.

In recognition of the occasion, the school's P and C have organised an Open Day to be held on Saturday, August 4.

A barbecue will be run by current students, memorabilia will be on display and souvenirs will be available for purchase.

Some students are organising dinners for their respective years, which will be held at external venues.

Newsletter, 12 Mar 2012 Frank Gasper, Brisbane Water Secondary College

Swimming success

A number of Woy Woy South Public School students attended the zone swimming carnival during the week of Monday, March 5.

Charlie Polson was named the Junior Boy Champion.

Kayla Hinwood was announced

the 11 Years Girl Champion and Olivia McParlane was awarded runner up Senior Girl Champion.

The junior boys and senior girls relay teams also won.

The junior boys' team was made up of Daniel Bracher, James Walker, Matthew Whitehead and Charlie Polson.

The senior girls' team was made up of Arnya Johnson, Brianna Woolsey, Olivia McParlane and Kayla Hinwood.

All students went on to represent the Woy Woy Zone in Homebush.

Newsletter, 13 Mar 2012 Terry Greedy, Woy Woy South Public School

Partnership upgrades oval

Last month over 20 volunteers from Umina Junior and Senior Rugby League Clubs spent a Saturday upgrading the Brisbane Water Secondary College Umina campus oval.

The day was spent spraying

weeds and spreading some 26 tonnes of top soil in areas that were worn, which was later organically fertilised.

Towards the end of last year, the College formed a partnership with the Umina Rugby League Club which involved the College providing the club with grounds on

which to train during the summer months in return for money and rugby league resources for the College's teams.

> Newsletter, 12 Mar 2012 Frank Gasper, Brisbane Water Secondary College



Sponsored by Peninsula News





Harmony activities planned

Woy Woy Public School will host a number of Harmony Day activities for its students on Wednesday, March 21.

Principal Mr Terry Greedy said the day was fast becoming a significant event on the annual school calendar.

Parents and grandparents of the students are invited to visit the school and enjoy the various performances and displays on offer throughout the day.

Students will participate in a number of multicultural activities including an exhibition of work relevant to living in harmony from each class in the hall and joining together to sing as a whole school.

Newsletter, 13 Mar 2012 Terry Greedy, Woy Woy South Public School



Alex wins scholarship

Woy Woy Public School student Alex Simpson has been awarded the Gulawa Scholarship for Aboriginal and Torres Strait Islander students.

Alex was presented the award as a result of his "outstanding" Year 5 NAPLAN results.

The scholarship will be used to benefit Alex, his class and the school.

It runs for three years and allows high achieving Aboriginal students come together twice a year in Sydney to participate in enrichment activities. Alex will receive a laptop and software which he can share with his classmates.

He will also have the opportunity to mentor younger Aboriginal students.

The scholarship is sponsored by the Department of Education and Communities in partnership with Xstrata Coal.

Applicants needed to apply to be successful and a panel chose the final recipients.

Newsletter, 12 Mar 2012 Ona Buckley, Woy Woy Public School Photo: Naomi Bridges



bottles and glass beer bottles were targeted and removed during the trip.

However, three large floating

oyster platforms were also retrieved from Waterfall Bay and deposited on the pontoon at the Woy Woy Bay Oyster Association sheds.

Though Pelican Island was the target of the Clean-up Australia group's efforts the previous week, organiser Mr Graham Johnson claimed that there were still large quantities of litter within the mangroves which needed attention.

Special ed students help clean up

Mr Johnson gave thanks to oyster grower Simon Funnel for providing his barge for the joint project under the EMS Grant, in addition to the Brisbane Waters National Parks staff for their assistance in the speedy removal of the collected rubbish.

A total of 31 bags of rubbish were collected during the morning.

Media Release, 11 Mar 2012 Graham Johnson, MacMasters Beach



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WHAT DOES "SHEN YUN" MEAN?

CHINESE IS AN IMMENSELY rich language. Many characters contain deep inner meanings and nuances that are difficult to translate into English, such as those in our very name: Shen Yun.

The character Shen (神) is a general term for "divine" or "divine being." Chinese cosmology, in fact, is replete with hundreds of deities, Buddhas, and Taoist immortals who play different roles and color the canon of Chinese history with thousands of rich stories

This feeling of the divine plays into the second character of our name: Yun (韻). Its meaning is far greater than what literal translation can capture. "Yun" refers to the overall manner of a dancer, a dancer's style, and the meaning behind his or her movements.

So, when we put "Shen" and "Yun" together: it's about the grace, compassion, and sublime beauty of heavenly realms that are shown through the subtlest expressions and gestures of our dancers. That is the essence of the name "Shen Yun."



ShenYun2012.com

Education

Science wonders at preschool

Pretty Beach preschool children will have the opportunity to experience the wonders of science when Questacon Science Play pays a visit to the local school on Friday, March 23.

The program is designed for children aged three to five and aims to encourage young children to discover the fascinating world around them.

"During each one-hour Questacon science play session, children and their carers experience a unique mixture of storytelling, science demonstrations and free play, including a shadow play tent and home-made musical instruments," said Questacon presenter Ms Megan Dwyer.

"The wide variety of engaging activities allow children to explore science themes such as light, sound, liquids and colour in a playbased environment."

Questacon Science Play was developed at Questacon, the National Science and Technology Centre, in consultation with early childhood experts.

The combination of play sessions, a take-home booklet filled with fun, simple science activities and new DVD, Explore Your World, allows parents and carers to share science investigations with their children.

"It's very important for children to have positive experiences with science at a young age," said Ms Dwyer.

"Questacon Science Play is a great opportunity to engage children in science but it also encourages parents and carers to explore and discover along with the children in their care.

"Play is a vital part of a child's development.

"It forms the foundation of social, physical, and emotional skills necessary for success in school and in life.

"For example, puzzles and block building help lay foundations for logical mathematical thinking, scientific reasoning, and cognitive problem solving," she said.

Children from Good Start Early Learning in Woy Woy were also able to participate in the program when it visited on Thursday, March

> Media Release, 13 Mar 2012 Vanessa Gardos, Outreach



1st National Capital Domestic Steer and School Steer Heavy weight Class bred by BWSC led by Allanah Norris

Cattle wins in Canberra

Four cattle and 18 students represented Brisbane Water Secondary College at the Canberra Royal Agriculture **Show from February 22 to 24.**

The show saw 69 cattle prepared for competition by 17 schools and 14 pastoralists from throughout NSW.

The college won first and third in the National Capital Domestic Heifer-Steer and School Steer Medium weight classes.

It won first in the National Capital Domestic Steer and School Steer Middleweight Class bred by Mr and Mrs McCredie led by Clint McAnally.

The college also was first in the National Capital Domestic Steer and School Steer Heavy weight class, with an animal bred by the college and led by Allanah Norris.

Joshua Cottam, 16, won first in his Parader's class, as did 15-yearold Cana Bell.

Clint McAnally came in fourth in the 15 year division while Ben Nadan came in third in the 14-yearthe same division.

Mia Wilson, Abbie Tierney and Eryn Smith were highly commended in the 14 year division.

The cattle show team is now

old class and Allanah Norris fifth in focusing on preparation and training for the Sydney Royal Easter Show.

Email, 29 Feb 2012 Louisa Briggs, Brisbane Water Secondary College

Memorial assembly

Brisbane Water Secondary College Umina Campus held a memorial assembly for Indah Weatherstone on Tuesday, February 21.

Indah passed away in last November.

"In all my years of teaching, I have not seen a large group of students conduct themselves so well during an assembly and it was a fitting tribute to a lovely life ended far too early," said principal Mr Frank Gasper.

Moving words were spoken by Ebony Millgate, Rachel Wood and Team Seven assistant team leader Ms Honevsett.

Reflections from Jacqui Anderson, Katelin Wilson and end of the assembly after which each girl accompanied the family to place flowers at the school's memorial garden. The memorial garden honours

Ashleigh McLean were read at the

the memory of students who have lost their lives during their time at

Newsletter, 12 Mar 2012 Frank Gasper, BWSC Umina





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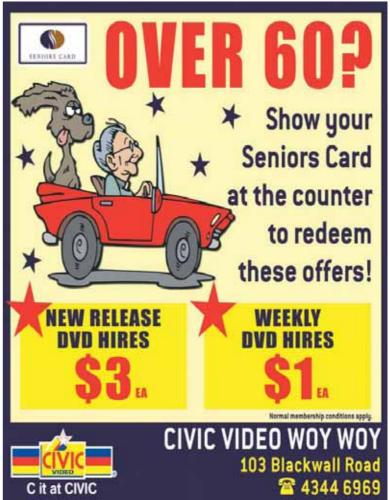
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Seniors Week

Seniors Week in Gosford City

| D | Program | Details Coats (*) |
|-------------------------|--|---|
| Sunday 18th March | TERRIGAL BBQ Enjoy sitting under the trees listening to live music, entertainment after lunch music by Country & Variety Duo | Time: 11am Cost: \$6 Terrigal 50+ Leisure & Learning Centre Crn Duffy Ave & Terrigal Drive Bring picnic equipment Bookings essential & ticket locations: 4384 5152 |
| | 'Kazza & TJ Ray' 'HYMNFEST' at St David's Anglican Church. Come & sing some favourite hymns & hear why people like them so much | Time: 3pm Fre Address: Yodalla Place, Avoca Beach |
| Monday 19th March | 'Grandparents Storytime' Woy Woy Library | Time: 10.30am Fre Spike Milligan Room |
| | 'Managing your Medications' Luca from Megasave Pharmacy | Time: 10am Fre Erina Library |
| | Light n Easy Aqua Class – Just turn up & try | Gosford Pool at 11am Fre Peninsula Pool at 12.30pm |
| | Terrigal Beach Club House Tour & Safety Talk | Meet 10am at the Lifeguard tent Fre |
| | Mystery Bus Trip which will include some local food sampling, morning tea, buffet lunch, tour etc Non Refundable Tickets N.B Tickets not available until 1/3/12 | Bus departs: Cost: \$3 Gosford Library 8.30am Spotlight West Gosford 8.45am Bookings essential: 4324 4749 (Cash Only) |
| | St John CPR Course - 2 sessions Gosford – Mann Street | Times: 9.30am - 11.30am or 12–2pm Cost: \$1 Bookings Essential : 4324 6047 |
| | Grandparents Storytime | Time: 10.30am Fre Kibble Park Gosford |
| Tuesday 20th March | Grandparents Themed Storytime Umina Library | Time: 10.30am Fre |
| | Introduction to Digital Cameras Bring your camera & instruction book - includes afternoon tea | Time: 1pm – 3.30pm Cost: \$ Gosford 50+ Leisure & Learning Centre Bookings Essential: 4324 4749 Limited places |
| | St John CPR Course Woy Woy Library | Time: 9.30am-11.30am or 1-3pm Cost:\$' Bookings Essential: 4324 6047 |
| | Small Group Internet Training Wyoming Library | Time: 10am Free Bookings Essential: 4304 7525 |
| Wednesday 21st March | GREEN Living Bus Tour Learn about water & waste management by visiting a number of Council Facilities | Bookings Essential: 4325 8175 Free Suitable enclosed footwear is a must. RSVP by: 14th March Morning Tea & Lunch Provided |
| | Avoca Beach Club House Tour & Beach Safety Talk | 10.00am - Meet at Lifeguard Tent Fre |
| | Kincumber Computer Club Open Day – Come & see how the club & computers work. for PC & Apple Mac | Time: 10am–12 noon Fre (inc tea/coffee) Enquiries: 4369 2530 Demonstrations of Computer Programs |
| | 'Grandparents Storytime' | Time:10.30am Fre |
| | Woy Woy Library 'Remember When' A selection of memorabillia from last century. Norm Holloway from Henry Kendall Cottage will be available to answer questions | Spike Milligan Room Time: 10am – 2pm Fre Where: Umina Library Bookings not required, just call in |
| | about his display. Retirees Meet n Greet Morning Entertainment by well known choir 'Ms Behavin' | Time: 10am Fre Where: Erina Libary |
| | St John CPR Course - Kincumber Library | Time: 10am–12 noon Cost: \$1 Bookings Essential: 4324 6047 |
| | 'Reptile Park' Great fun-excellent value for the young at heart – it's enlightening & entertaining. Exciting wildlife shows, animal interaction, a chance to get up close to the animals | Bus departs: Cost: \$1 8.45am Gosford Library 9.00am Spotlight West Gosford Includes bus, entry, m/tea, shows. Bus sponsored by Seniors Week Committee Tickets - 4324 4749 |
| | CC Masters Cricket Match-is an enjoyable day for players & spectators thanks to Office of Communities Sport and Recreation, Central Coast Leagues Club, Central Coast Cricket Association & Mr Gordon Ives | Venue: Mt Penang Oval,Parklands Kariong Time: 10am-4.30pm Free lunch for registered players & officials only - courtesy Central Coast Leagues Club. Registration & Bookings: Mr Gordon Ives 4341 1126 prior to day |
| | Grandparents Storytime Visit. Come to Storytime with your | Time: 10.30am Free Where: Kincumber Library |

N.B. Tickets from 50+ Leisure & Learning Centres (Formerly Senior Citizens Centres) are available from 1st March 2012.

| Date | Program | Details | |
|------------------------|--|---|--|
| Thursday Thursday | Program Grandparents Storytime Visit. Come | Details Time: 10.30am Free | |
| 22nd March | to Storytime with your Grandchildren. Light refreshments provided for all. | Where: Kincumber Library | |
| | 'Cooking for One' With Ourimbah TAFE | Time: 12 noon to 1.30pm Free Erina Library | |
| | Have your hearing assessed by Australian Hearing Screening | Time: 12 noon - 3.30pm at Erina Library Free Bookings: 4365 6725 | |
| | 'Picnic with the Donkeys' – Meet the donkey carers & handlers, learn a lot about these donkeys that have been 'rescued'. Banquet Country Style BBQ lunch. Non Refundable Tickets | Bus departs: Cost:\$42 8am Gosford Library 8.15am Spotlight West Gosford. Includes Bus, m/tea, entry fee & lunch. Bookings essential - 4324 4749 from 1/3/12 (Cash Only) | |
| | N.B Tickets not available until 1/3/12 Bookgroup Theme | Time: 10am Free | |
| | 'Overcoming Adversity' Bushwalk - Terrigal Trekkers | Morning Tea included at Wyoming Library Bushwalk - Terrigal Trekkers | |
| | Maitland Bay Circuit St John First Aid Course for Older Australians | Maitland Bay Circuit Time: 9.30am - 1.30pm Cost: \$30 Mann St, Gosford | |
| | Run over two days. 'Grandparents Themed Storytime' | Bookings Essential: 4324 6047 Time: 10.30am Free | |
| | Umina Library Meet n Greet for Kariong residents, particularly those who have retired recently. | Time: 10.30am Free Where: Kariong Library Chat over morning tea | |
| | 'Energy Talk'- learn great ways to save energy & also save money | Time:10.30am - 11.30am Free Morning tea included Bookings: 4384 5152 Terrigal 50+Centre | |
| | Grandparents Storytime Hawkesbury River Cruise & Lunch Enjoy a relaxed cruise around the Hawkesbury River region & | Grandparents Storytime Cost to ballot winners \$23 All enquiries: 4362 3184 Ballot will be drawn 27th February | |
| Friday | hot lunch at Broken Bay Sport & Recreation Centre Seniors Gentle Exercise Fitness | Due to popularity, total of 2 entries pp only Peninsula Leisure Centre Free | |
| 23rd March | Class - Just turn up & try Lite n Easy Aqua Fitness - | Time: 8.30am Peninsula Lesiure Centre Free | |
| | Just turn up & try | Time: 12.30pm Time: 10.30am Free | |
| | 'Creative Writing Workshop' Conducted by Kariong author Mrs Helen Ross-Budding writers or anyone interested in writing will learn a lot. | Where: Kariong Library | |
| | Deborah O'Neill - Federal Member for Robertson - Concert | Concert Ticket available 9/3/12 4322 1922 50+Leisure & Learning Centre Ettalong | |
| | Talk by author Bruce Carty on 'Radio Yester Year' | Time: 10.30am Free Woy Woy Library | |
| | Small group Internet Training Wyoming Library | Time: 10am Free Bookings Essential: 4304 7525 | |
| | Umina Beach Club House Tour & Beach Safety Talk | Time: 10am Free Meet at the Lifeguard Tent | |
| | Brisbane Water Morning Tea Cruise 'Gosford to Broken Bay the adventure of a lifetime. Note: No wheelchair access-wear suitable footwear. N.B Tickets not available until 1/3/12 | Enquiries only: 4324 4749 Cost: \$2.50 Departing: Gosford Wharf - 10.15am Departing: Woy Woy Wharf - 10.35am Tickets at Ettalong, Terrigal & Gosford 50+Lesiure & Learning Centres Sponsored by Chris Holstein-Member for Gosford | |
| Saturday 24th March | Seniors Positive Living Gala Day' Exercise demonstrations, sporting events, cooking demonstrations, live music, woodturning, devonshire teas, sausage sizzle etc | Time: 9am - 3pm Free Where: Peninsula Village 91 Pozieres Ave, Umina Contact Person: Paula Newman | |
| OTHER EVENTS | One on One Internet sessions for Seniors held throughout the week. | Bookings: 4344 9199 Kincumber Library Free Bookings essential: 4304 7641 | |
| LILITIO | Display of Handcrafted items from Mannering Park CWA | Wyoming Library Free | |
| | Central Coast Seniors Week Photography Competition - Organised by Kincumber Library & sponsored by | Prize presentation 15th March at Kincumber Library-entries on display throughout Seniors Week. Entry forms & enquiries: 4304 764 | |
| | Apia & John Ralph Camera House. Gosford Races - Tuesday 3rd April | Entry forms & enquiries: 4304 764 Entry to all Senior Card Holders Free | |
| ADHC Grant Event | 'This Digital World is Completely Fascinating' – Do you want to learn about ebay, internet banking, hobbies, blog, You Tube, Facebook/ Twitter & Skype | Various free sessions available at 50+Lesiure & Learning Centres. Free DVD provided on completion. All enquiries: 4324 4749 | |

Seniors Week

Activities for Seniors Week

Gosford Council is encouraging seniors on the Peninsula to get involved in the many activities happening during Seniors Week 2012.

Seniors Week runs from Sunday, March 18, until Friday, March 24, with social, cultural, physical, environmental and educational activities happening across the Peninsula.

Gosford Council's Seniors Week coordinator Ms Rhondda Gibson said that a range of activities for seniors would be held throughout the week.

"Seniors Week is a chance to celebrate and thank seniors for their contribution to our community.

"There are beans of great

"There are heaps of great activities on including a Green

Living bus tour, beach safety talks, a number of library activities, aqua exercise classes as well as sport and recreation activities.

"It is an opportunity for older people to get together, be healthy and active as well as see the great programs offered at our 50+ Leisure and Learning Centres year round," said Ms Gibson.

Activities include Grandparents Story time in Woy Woy Library, Light 'n' Easy Aqua Classes at the Peninsula Leisure Centre, St John CPR Course at Woy Woy Library, Seniors Gentle Exercise Fitness Class at the Peninsula Leisure Centre, a Umina Beach Club House tour and safety talk and a Brisbane Water Morning Tea Cruise.

Media Release, 12 May 2012 Rhondda Gibson, Gosford Council

Positive living day

A Seniors Positive Living Day will be held at the Peninsula Village on Saturday, March 24, from10am until 2pm.

The gala day is being held to show what aged care facilities are available to senior citizens.

The day will include an information forum, exercise demonstrations, a variety of sporting events including lawn bowls, cooking demonstrations, live music, vintage vehicles, men's

shed demonstrations, Devonshire teas and a sausage sizzle.

The forum will also include information about health and wellbeing; and provide opportunities to connect with the community, speakers from Senior's magazine, seniors travel, Centrelink, carer's support group and banks with information on senior's benefits.

"We will also have an outdoor area with a DIY zone for car

maintenance and machine maintenance demonstrations where local mechanics will provide helpful hints on maintaining a car, maintaining lawn mowers and gardening equipment," said Peninsula Village leisure and lifestyle manager Ms Paula Newman.

Email, 13 Mar 2012 Jill Samek, Better Hearing Australia Central Coast Inc

Help with Arthritis

This NSW Seniors Week (18 to 25 March), Arthritis NSW is offering lifestyle hints and tips to help encourage seniors to actively participate in the community and live life.

It is estimated that there are approximately 2.5 million Australians over the age of 55 who have arthritis, with the highest percentage of these people living in NSW and the most common type being osteoarthritis.

At this stage there is no cure for arthritis, however, there are many simple things that individuals can do to help maintain their condition, ranging from exercise to pain management.

Research has found that regular exercise is one of the most effective treatments for arthritis, in addition to improving overall health and wellbeing.

Exercise helps arthritis by maintaining and increasing the

flexibility of joints, strengthening muscles, improving posture and balance and decreasing or relieving muscle tension.

Arthritis NSW recommends activities such as warm water exercise and Tai Chi for those with arthritis.

Pain may limit some daily activities, but it doesn't have to stop people from doing the things that they love.

Arthritis NSW suggests that some techniques which may help with pain management include: regular visits to a GP, eating a healthy, balanced diet, using hot and cold treatments for extra pain relief, distraction techniques such as listening to music, exercising, reading, or watching a movie, relaxation techniques such as meditation or deep breathing to help decrease muscle tension.

Affected individuals are reminded that it is important to discuss their

circumstances with a doctor before undertaking a new type of exercise or changing their management plan.

For more information on how to stay active with arthritis, to find support groups or to receive a free information book, Arthritis NSW can be contacted on 1800 011 041.

Media Release, 3 Mar 2012 Kristine Snell, Arthritis NSW

Your Local Skin Cancer Centre

Vidler Ave Skin Cancer Centre

7 Vidler Avenue, Woy Woy Ph: 4341 9911

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Peninsula

Stalls rescheduled

The Guide Dogs Central Coast volunteer support group will hold a stall at Woy Woy Deepwater Plaza on Wednesday, April 11.

The March stall was cancelled when the stallholder was unable to attend the stall.

The organisation's fundraising efforts have been rescheduled, and the stall will now be operated at Deepwater Plaza on Wednesday, April 11, from 9am until 3pm.

E-mail, 14 Mar 2012 Lynne Lillico, Guide Dogs CC Support Group

Easter raffle

Woy Woy Hospital Auxiliary will be selling Easter Raffle tickets in West St, Umina, from Monday, February 26, until Friday, March 30.

The Auxiliary will be outside St George Bank from 8am until 1pm.

The community is invited to visit the stall to support their local hospital, said publicity officer Ms Pat Harding.

Letter, 6 Mar 2012 Pat Harding, Woy Woy Hospital Auxiliary

Easter raine



My office can assist you with queries about the following Federal Government services:

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For help with these or any other Federal Government issue, please contact my Gosford Office on 4322 1922

or email me at Deborah.O'Neill.MP@aph.gov.au

Deborah O'Neill Federal MP for Robertson

This material has been produced by Deborah O'Neill MP using her printing and communications entitlement.

2012 NSW Seniors Week



Seniors Positive Living Gala Day

Peninsula Village is very pleased to be hosting the Senior Positive Living Gala Day. This exciting event is to inform the local community of the services available to them as Senior Citizens in both Aged Care Facilities and the Community.

The day will include:

- An information forum. Topics will be discussed such as health, wellbeing, opportunities to connect with the community, seniors travel, Centrelink, Carer's support group and banking
- Exercise demonstrations and variety of sporting events
- Live Music
- Our Men's Shed will be open with demonstrations
- DIY Maintenance Workshop on cars, gardening and lawn equipment—Q & A Session

WHEN: Saturday 24th March 2012

TIME: 9.00am—3.00pm. Forum commences at 10.00am

WHERE: Peninsula Village - 91 Pozieres Ave, Umina

COST: FREE

Morning tea and lunch will be available for purchase

Places are limited. To reserve your place phone Peninsula Village on 4344 9199 or email paulan@penvill.com.au by 17th March

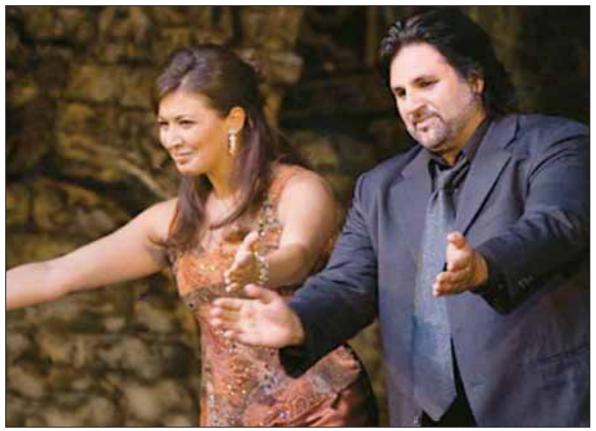




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Out and About





Tenor Rosario La Spina and Milijana Nikolic, mezzo soprano

Opera at arboretum

Opera in the Arboretum will be held on Saturday, March 24, from 3pm until 5.30pm at the Pearl **Beach Crommelin Native** Arboretum.

It is an open air festival of top Australian opera singers, held amongst the gum trees and kookaburras.

The event is in its seventh year and is an initiative of the Rotary Club of Woy Woy.

The Opera provides a cultural event on the Central Coast and presents the talents of some of Australia's most respected opera performers, said coordinator Mr John Greenway.

All proceeds are returned to

the local community and Rotary charities.

"Opera in the Arboretum has become one of the Central Coast's premier cultural experiences attracting up to 800 plus patrons, with an intoxicating mix of opera and music," said Mr Greenway.

Artist performers are Milijana Nikolic (mezzo soprano), Ariya Sawadivong (soprano), Rosario La Spina (tenor), David Parkin (bass), Jem Harding (piano) and the Central Coast Conservatorium Senior String Orchestra.

> Email, 5 Mar 2012 Ian Butler, Opera in the Arboretum



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Jumble sale extended

The Umina Beach Salvation Army has extended its Jumble Sale and will now operate on Saturdays from 8:30am until 1:30pm as well as Wednesdays from 9:30am until 3pm.

The Jumble Sale has been running for 12 months and has been extended due to a greater demand for good quality clothing at bargain prices.

"Since the inception of Saturday Jumble Sale, the community was supportive of this project, donating goods and volunteering their services and of those coming in to purchase goods," said Umina Beach Salvation Army representative Mr Hans Schryver.

A barbecue will also operate on the Saturday.

Email, 13 Mar 2012 Hans Schryver, Umina **Beach Salvation Army**

Anzac Day

Anzac Day services will be held on Wednesday, April 25, at Memorial Park in Woy Woy.

The commemorations services, run by the Woy Woy Ettalong Hardys Bay RSL Sub Branch, will begin with a dawn service at 5:30am followed by a mid-morning service at 10:30am.

The march will form at Deepwater Plaza car park at 10am. Limited seating at the park will be available.

Email, 16 Mar 2012 Anne Morrison, Woy Woy Ettalong Hardys Bay RSL Sub Branch





Book fair held at Easter

The 36th annual Pearl Beach Easter Saturday Book Fair will be held on Saturday, April 7, at the Pearl Beach Memorial Hall from 9am until 5pm.

Proceeds from the event will go toward the memorial hall upkeep and maintenance.

Pearl Beach Progress Association communication officer Ms Lynne Lillico said the book fair

promises to be bigger and better than ever with thousands of titles waiting to be snapped up.

"The festival atmosphere provides the perfect environment to search out that special book bargain," said Ms Lillico.

Titles will include reference, children's, educational, cooking, gardening, business, art, travel and hundreds of novels as well as collectables and bric-a-brac.

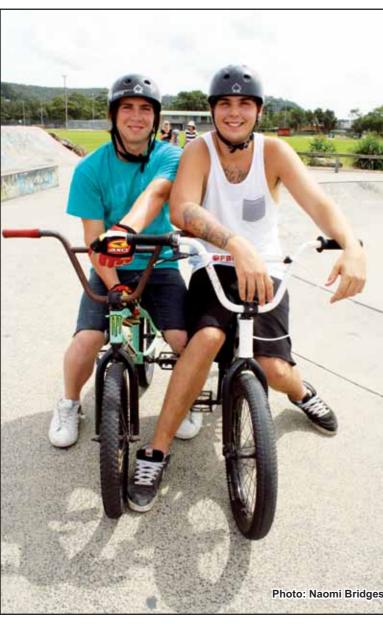
"The traditional homemade cake

stall provides that special treat and is always a sell-out, so come early to avoid disappointment," said Ms Lillico.

Members of the Pearl Beach community will also be on hand to provide information about forthcoming activities undertaken throughout the year.

Media Release, 12 Mar 2012 Lynne Lillico, Pearl Beach **Progress Association**







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just gets better





Ron and Marj Pike of Ettalong strolling along the beach on Wednesday, March 14

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EXP 01.05.2012. Limit of one coupon per customer Set combinations apply. Available at KFC Woy Woy.

CWA branch praised

Country Women's Association Northumberland Group president Ms Diana Frost has complimented Umina CWA after a number of new members joined the branch, when she attended a recent branch meeting.

"We were well represented at the Group Handicraft judging day held on Thursday, March 1," said representative Ms Jill Colwell.

"There were entries in nearly 50 per cent of all classes and the quality was high."

There was discussion regarding the CWA country of study East Timor and, it was decided to hold the branch's international day in May.

"The meeting finished with the group president cutting a lovely iced cake made by one of the members," said Ms Colwell.

Name:

Evening crochet classes began last Monday night from 6pm at the CWA Umina rooms and five people

Detailed instructions, patterns and hands on assistance were supplied by a trained textile teacher

Craft days and friendship days continue to be held every Wednesday morning, excluding the first Wednesday of the month, and begin at 9 am.

Ms Helen Parkinson will teach card making on Wednesday, March 21and Ms Colwell will demonstrate how to make a pin cushion on Wednesday, March 28.

The next monthly general meeting will be held from 9.30am on Wednesday, April 4.

President Ms Diana Moon said all were welcome to visit for a couple of weeks without joining the CWA.

Email, 16 Mar 2012 Jill Colwell, Umina CWA

A collage of Woy Woy

A business in Woy Woy has acquired a painting by Central Coast artist Rod Fountain which depicts a collage of Woy Woy buildings and activities.

The painting shows images from the waterfront, the Empire Bay Ferry to the two pubs, with the Gnostic building and Clock tower building.

On a five by two foot canvas, Mr Fountain said it was the largest canvas he had painted.

The painting is titled Woy 2012 due to the association between Woy and comedian Spike Milligan.

Ray White Real Estate has invited Peninsula residents to "pop into the office for a squiz"

Email, 7 Mar 2012 Simon Eyre, Ray White Real estate

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Collecting for Smith **Family**

Despite being hindered by A Peninsula preschool centre bad weather, the project has collected items for the to paint a mural on a Smith Family after one of large cement tank at the its students expressed her Peninsula Women's Health concern for families that

buy toys and food. Wallaby St Early Learning Centre manager Ms Danielle Leete said the staff and students

don't have enough money to

decided to collect stationery items for children who were at school but couldn't afford these items for their

"We pride ourselves on being a part of the community particularly on the Peninsula," said Ms Leete.

"We have such generous families that when we put out a cry for help it is answered.

"We educate children in all areas of development and we realise that children need to belong to their community.

"We contacted the Smith family and they were happy to distribute the stationery goods to the people that needed them," said Ms Leete.

"We have collected at least 20 items but are hoping for at least 50, which I know we can get from our families at the service.

Email, 14 Mar 2012 Danielle Leete, Wallaby St **Early Learning Centre**

Tank mural is completed

Centre was completed earlier this month and will be formally unveiled on Thursday, March 22, at 12.30pm.

The project obtained funding through a grant from Gosford Council last October.

Under the supervision of artist Ms Suzanne Holman, women from the community were involved in the project from conceptualisation and planning, through to the painting itself.

Participants walked the site, examined photos, discussed colour themes, shared sketches, and approved designs before a final decision regarding the mural's content was reached.

At the project's inception, Ms Holman said: "Inclusion of the community's ideas, passing on new skills and encouraging participants in a positive way are my main objectives."

"The end product should be a wonderful celebration of their newfound skills and energy.

"Projects such as this connect individuals in communities and give them a sense of place.



Ten women volunteered for the project at its beginning, though as bad weather extended the project far beyond its originally anticipated completion in late November last year, numbers decreased more recently.

Media Release, 5 Mar 2012 Katherine Bradfield, Peninsula Women's Health Centre

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P and grows the students enjoy.

Woy Woy South Public School held its P and C general meeting on Tuesday, March 13.

Karen Symington returned to her position as P and C president for another term.

Principal Mr Terry Greedy said he looked forward to working with the P and C throughout the year to further enhance the learning environment

"There was an excellent roll up at the meeting with a number of new parents attending," he said.

"I encourage all parents who have the time to attend to come along and support the work of the P and C.

Newsletter, 13 Mar 2012 Terry Greedy, Woy Woy South Public School



We have you covered this Easter with over 100 eggs to WIN Thursday 29th March Tickets on sale

5.30pm, Drawn 6.30pm Sunday 1st April Tickets on sale 6.30pm, Drawn 7.30pm



Creedence Clearwater Revival

Saturday 14th April 7.30pm **After Show Entertainment** Appearance by Jim Beam promo girls



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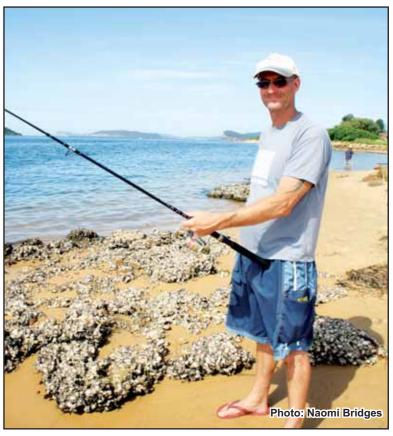
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Greg McKilliam of Ettalong fishing at the Ettalong waterfront on Wednesday, March 14



Ben and Kve Pitt of Umina out for coffee on West St, Umina on Wednesday, March 14

Where do you get it?

Following is a list of all good outlets where you can get a copy of Peninsula Community Access News

Blackwall

Caltex Service Station

Davistown

Davistown RSL

Empire Bay

Empire Bay Newsagency Empire Bay Real Estate Empire Bay Tavern Empire Bay Public School Liberty Service Station

Ettalong

Centrelink Cinema Paradiso Cinema Hotel Cooinda Retirement Village Mantra Resort Ettalong Beach Arts and Crafts Centre Ettalong Beach Holiday Village Ettalong Beach Motel Ettalong Bowling Club **Ettalong Hotel**

Ettalong Memorial Club

Ettalong Pizza and Pasta

Ettalong Surgery

House

Ettalong Public School

Newsagency (near old Post Office)

Newsagency,

Oceanview Rd Peridon Village

Senior Citizens Centre Woolworths

Gosford

Central Coast Leagues Club **Ducks Crossing Publications Gosford Council** Gosford Library Gosford RSL Imperial Centre

Hardys Bay

Hardys Bay Corner Store Hardys Bay RSL

Killcare

Killcare Surf Club

Patonga

Patonga Bakehouse Gallery

Pearl Beach

Pearl Beach General Store

Pretty Beach

Pretty Beach Public School

Bourke Road General Store ChemWorld Don Leggett House Eagle Boys Pizza Mum's Seafood Ocean Beach Holiday Park PCYC Peninsula Village Shell Service Station St George Bank St John The Baptist School The Ink Shop, Umina Mall The Hammond Group Umina Bowling Club Umina High School Umina Mall Pharmacy

Umina Public School

Umina Newsagency

You Save Pharmacy

Umina Library

Westpac Bank

Newsagency

Peninsula Leisure Centre Peninsula Music School Woolworths Service Station Peninsula Newsagency,

Wagstaffe

Wagstaffe General Store

Woy Woy

Amchal Chemist, Peninsula Plaza Bay View Hotel Bays Fire Station drum Brisbane Waters Private Hospital **Broadwater Court** Campbell's Home Hardware Westpac Bank Centrelink Chris Holstein's Office Newsagency. Deepwater Deepwater Plaza Dominos Pizza Drum at Horsfield Bay Rd **Everglades Country Club Gnostic Corner and Gnostic** Healing Sanctuary KFC **Kuoch Chemist** Meals On Wheels (opposite The Old Pub)

Peninsula Plaza Peninsula Stationery Priceline Pharmacy, Deepwater Plaza Rawson Rd Takeaway Sandwich Shop, Deepwater Plaza Shell Service Station St George Bank The Old Pub Train Station kiosk Woy Woy Aged Care Centre Woy Woy Bowling Club Woy Woy Community Centre Woy Woy High School Woy Woy Hospital Woy Woy Leagues Club Woy Woy Library Woy Woy Veterinary Clinic Woy Woy Public School Woy Woy South Public School **Uniting Church** Yummy Noodles

Garden club started in 1985

The Killcare Heights Garden Club has been a great success story over the last 25 years, according to **Bouddi Peninsula CD project** coordinator Mr David Dufty.

Mr Dufty said there was still a waiting list to join the group.

Killcare Garden Club was founded in May 1985 and was the 18th garden club to be opened on the Central Coast.

Its principle was to give "knowledge and enjoyment of nature and our surroundings" with special reference to gardens.

The inaugural meeting attracted 26 people with zone coordinator Doris Killian presiding.

A committee was formed with the founder of the group Mrs Val Woods elected president.

The first outing was a visit to the Bouddi Nursery for a talk by Chris Wilmot

been held since that time on the second Monday of each month.

The first general meeting was held in February 1986 when the decision to ask for a subscription of \$5 per household was made.

Regular raffles and "bring and buy" times were held to augment the kitty.

At that stage there was only 49 cents in the kitty.

In 1988, members of the club won first prize for a floral display at a flower show.

President at the time Ms Kathleen Pile said: "We were absolutely delighted when our club came in first at the Umina Bicentennial Flower Show."

"It was our first attempt at staging a display.

"We chose the poem Bellbirds by Henry Kendall as our theme.

"As a few of us have some natural native gardens, it was not

Regular monthly meetings have difficult to make a model of our lovely bush with a fine looking waterfall to set it off.

> "The verses of the poem were also displayed.

> "In this way, we added a little to one Bicentennial event.

"Have you noticed the abundance of native flowers this spring?

"It's as though nature has put on a very special display of her own for 1988," she said.

Rules and regulations within the garden clubs started in 1993 so Jim Shires began proceedings for incorporation which was completed and formally adopted in July that year.

One of the early projects was looking after the surroundings at the Marie Byles Lookout on the Scenic Road which was upgraded

and opened in 1993.

In January 1994, Joan Graham, Anne Shires and Barbara Boot formed a subcommittee to garden regularly, maintaining the area as well as planting more local, easy-

This work continued until 2003, when it was discontinued due to insufficient help and lack of support from the Council.

However, the native plants still flourished in the area.

The group became publishers in 2000, when a small booklet of Handy Hints was put together by Anne and Jim Shires and Margaret Finney, which sold quite successfully among all garden

The year 2000 was also the year of Bouddi 2000 and the Garden Club was highly visible at

the grand parade, which went from Turo Park to Wagstaffe.

The group had impressive hats and the mayor at the time Cr Chris Holstein was raked in to raise the profile.

As the group had no official meeting place, they met at nurseries, member's gardens, or on trips.

A Christmas party was organised for the December meeting of the club each year.

In 2007, a trip to Japan took advantage of Gosford City's sister city link with Edogawa and included

In 2010, the club was still limited to 60 members and still had a waiting list.

CD-ROM, 2010

David Dufty, The Bouddi Peninsula

Peninsula directory of services, contacts and support groups

Ambulance, Police, Fire 000

Emergency

Police Assistance Line 131 444 Crime Stoppers 1800 333 000 Woy Woy Police Station 4379 7399 Energy Australia 13 13 88 Gas Emergency 131 909 Gosford City Council 4325 8222 Marine Rescue NSW - Central Coast 4325 7929 SES - Storm and Flood Emergency 132 500

Ambulance, Police, Fire 000

Aboriginal & Torres Strait Islander Organisations

Mingaletta 4342 7515 Aboriginal Home Care 4352 1153 Drug & Alcohol rehab 4388 6360

Accommodation

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Animal Rescue

Wildlife Arc 4325 0666 Wires 8977 3333

Community Centres

Peninsula Community Centre 4341 9333

Men's Shed Cluster Inc 0413 244 484

Counsellina

Centacare: 4324 6403 Relationship Australia: 1300 364 277 nterrelate: 1800 449 118

Family and Relationships

Gosford 4324 6403 Gosford Family Support Service 4340 1099

Horizons (For men with children) 4333 5111 **Uniting Care Burnside**

Health

Poisons Information 131 126 **Ambulance Text Mobile 106 Ambulance GSM** 112 Gosford Hospital 4320 2111 Woy Woy Hospital 4344 8444 Sexual Health @ Gosford Hospital 4320 2114 After Hours GP Help Line 1800 022 222

Gosford 1800 067 967

Legal & Financial Help

Financial Counselling Service 4334 2304 Tenants' Advice and Advocacy **Service** 4353 5515 Woy Woy Court 4344 0111

Libraries **Gosford district:**

Umina Beach 4304 7333 Woy Woy 4304 7555

Problems,

Habits & Addiction

Alcoholics Anonymous 4323 3890 Narcotics Anonymous 4325 0524

Transport

Taxi 131 008 **Busways** 4368 2277 City Rail 131 500

Welfare Services

Gosford Family Support 4340 1585 Meals on Wheels Woy Woy 4341 6699

Department of Community Services Gosford 4336 2400

The Salvation Army 4325 5733 Samaritans Emergency Relief 4393 2450 St Vincent De Paul Society

HELPLINE 4323 6081



The Peninsula Diarr

For events in post code areas 2256 and 2257

Monday March 19

4WD Tagalong Discovery Tour, Brisbane Water national Park

Tuesday March 20

Ettalong Panoramic Lookout Discover Tour, Brisbane Water National Park

Thursday March 22

Peninsula Women's Health Centre mural unveiling, 12:30pm

Saturday March 24

Opera in the Arboretum, Crommelin Native Arboretum, Pearl Beach

Senior's Positive Living Gala Day, 9am-3pm, Peninsula Village

Sunday March 25

Bays Community Group Breakfast in the Bays, Woy Woy Bay Community Hall, 8:30-10:30am

Neighbour Day

Tuesday March 27

Friendship Club, Umina beach salvation Army

Saturday March 31

4WD Explorer Series: Tunnels, Tanks & Sugarloaf Tag-along Discovery Tour, Brisbane Water National Park

Tuesday April 3

Central Coast Community Legal Centre's Domestic Violence Legal Outreach Project legal advice, Peninsula Women's Health Centre, 9:30am -11:30pm

Wednesday April 4

Umina CWA branch meeting, 10am. Umina CWA Hall

Friday April 6

Good Friday service, 9:30am, Umina Beach Corps and Community Services Centre

Saturday April 7

Guide Dogs NSW-ACT Central Coast Volunteer Support Group stall, Deepwater Plaza, 9am-3pm

Pearl Beach Easter Saturday Book Fair, Memorial Hall, 9am-5pm

Sunday April 8

Easter Sunday 6am sunrise service, Umina Beach Surf Club

Saturday April 14

Central Coast Italian Festival, **Ettalong Beach Tourist Resort**

Wednesday April 18

Group Bays Community general meeting, Woy Woy Bay Community Hall, 7:30pm

Saturday April 28

Heritage Festival - Shipwrecks and Seafarers Discovery Tour, Bouddi National Park

Sunday April 29

Bays Community Group Breakfast in the Bays, Woy Woy Bay Community Hall, 8:30-10:30am

Heritage Festival - Stories of War Discovery Tour, Bouddi National Park

Tuesday May 1

Central Coast Community Legal Centre's Domestic Violence Legal Outreach Project legal advice, Peninsula Women's Health Centre, 9:30am -11:30pm

Wednesday May 2

Umina CWA branch meeting, 10am, Umina CWA Hall

Thursday May 3

Geology of Little Tallow Beach Discovery Tour, Bouddi National

Monday May 7

Monday Meanderers 17th Birthday celebrations Discovery tour, Brisbane Water National

If you've got something happening on the Peninsula over the next few weeks, let us know about it and we'll list it here for you, for free. Contact details are on page 2.

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Public Notices

Woy Woy Peninsula Lions Club Sunday, April 29, 9am to 1pm Great variety of stalls ~ BBQ, Tea & Coffee. Vendors Welcome ~ Car Boot Sale - \$15 per car

Now at Dunban Road Car Park

NB stall sites not open until 6.30am Cnr. Ocean Beach Road Woy Woy Always Last Sunday (Except December)

More Details... Enq: 0428 418 535 or 4369 8707

Central Coast Prostate Cancer Support Group

ALL WELCOME
Inaugural meeting in the Wyong
Shire
San Remo Neighbourhood Centre
28 Brave Avenue North ph:
43907888
Friday 23rd March 2012
12 noon - 2pm
Coffee/tea & light refreshments
Partners welcome
Come along and have a chat to me
who have "been there".
RSVP preferred to San Remo –
43907888
info@sanremo.org.au

CWA Umina

Evening craft and friendship group 6 - 9pm Beginners' crochet lessons \$20 for 4 weeks CWA Hall 2 Sydney Ave (cnr Ocean Beach Rd, opposite Shell Service station) Umina All welcome Bookings to Jill Colwell

A Special Meeting

4344 1070 or 0427 968 326

will be held at Hardys Bay Community Church on 25th March at 11.00a.m. for members to vote on two resolutions re Property Trust. If you wish a copy of the resolutions, please contact church sec.

Terry Wilson ph. 43601492



cwa woy woy will be celebrating its 80th Birthday June 6th All former members or anyone previously associated with the club is invited Also looking for memorabilia Ph: Barbara Atkins 4341 6575

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First open singles

Umina Bowling Club has staged its first open singles event in

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The course concludes with
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at the Wyoming Church
of Christ. All welcome.
For more information
Janice - 4388-2253

Marcia - 4369 1497

Tuition - Music

Total - Music

Total - Music

Tuition - Music

Tuition - Music

Double Bass & Guitar Lessons All ages - Beginners To Intermediate Umina Ph 0417 456 929

Or 4341 4060

which men and women competed against each other in the race to reach 21 points.

After six knockout rounds, Umina Club's singles Champion Allan Rhodes, who has won four men's titles in the last five years, won the competition.

The competition had both sexes playing through the quarters and the semis, but it was Bob Penson that won against the last female player, Patricia Neal, leaving himself and Allan Rhodes still in the competition.

Men's club publicity

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officer Mr Ian Jarratt said the reception and interest of this inaugural event indicated that it would not be the last and that similar open events could become a regular occurrence.

Email, 5 Mar 2012 Ian Jarratt, UBMBC Photo: Ian Jarratt

Major pairs

Umina Beach Women's Bowling Club played its Major Pairs Championship on Friday, February 17.

In the final, Sue Clark and Dawn Burrows played against Yvonne Norman and Bev Allen.

Club publicity officer Ms Eve Phillips said that although both teams played well, luck favoured Ms Clarke and Ms Burrows and they walked away with the victory.

Email, 7 Mar 2012
Eve Phillips, UBWBC

Wanted to Buy

Cash paid for good quality swords & knives. War & movie memorabilia also shop display units

For large collections home visit available

Smoking dragon shop 12 Ebbtide Mall

shop 12 Ebbtide Mall 155 The Entrance Rd The Entrance

4333 8555

Directory - Not for profit Community Organisations

Animal Care

Animal Welfare League (ADS)

provides assistance to sick and injured animals and finds homes for surrendered dogs. Meet 2nd Tues, Spike Milligan Room Woy Woy Library, 10am. Debra 4344 4435 awlcentralcoast@ virginbroadband.com.au

Art

Ettalong Beach Art & Crafts Centre (287)

Adult Classes in Patchwork & Quilting, Pottery, Folk Art, Silk Dyeing, Oils, Acrylics, Pastels, Drawing, Watercolour, Silvercraft and Children's Art & Pottery Classes Mon - Sat 10am - 3pm 4341 8344 info@ebacc.com.au

Central Coast Art Society (309)

Weekly paint-outs Tues 4369 5860. Workshops 9.30am 1st & 3rd Wed Gosford City Art Centre 4363 1820. Social Meetings 1.30pm 4th Wed for demonstrations publicity@artcentralcoast.asn.au 4325 1420

Point Clare

Arts & Crafts (309)

Wed - Adult Class Approaches to Visual Arts, supported by History of Art, to develop your own style Wed & Frid - Adults Bunka Embroid, Cards, Scotchet, Cross Stitch or bring your own \$3/session Point Clare Community Hall 10am - 12noon 4325 5007

Hospital Art Australia (309)

Meet every Friday 9am-2pm - 109 Birdwood Ave, Umina - Painting and Canvas drawing Volunteers welcome 4341 9920

Community Centres

Peninsula Community

Centre (39/290) Cnr Ocean Beach Rd & McMasters Rd Woy Woy Child Care - Before & After School, Vacation, Family, Day & Occasional

Children, Teenagers & Adults - Dance, Singing, Guitar, Drama, Music, Physie,

Karate, Belly Dancing and muliticultural support Children - Little Kickers, Indian Dance, Playgroups, KindyGym, Teenagers - "The Web" Youth Support Services.

Adults - Bridge, Yoga, Cake Decorating, Zumba, Scrabble, Weight Watchers, Boot Scooting, Song Writing, Community ege, free tax help, Post & Pre Natal Exercises.

Counselling - Drug, Alcohol, Relationship, Financial, Gambling, Weight Control. Over 55's - Social Outings, Oil Painting, Multicraft, Needlework, Bushwalking, Stroke Club, History, Tai Chi, U3A, Scrabble, Arthritis

Assoc. Gentle Exercise. Free Seniors Internet Kiosk, Discussion Groups. www.pccinc.com.au 4341 9333

Ettalong 50+ Leisure & **Learning Centre** (287)

(formerly Ettalong Senior Citizens Centre) Mon - Fri Cards, Computer Lessons,

Dancing, Indoor Bowls, Fitness, Handicrafts, Leatherwork, Line Dancing, Painting, Scrabble, Table Tennis, Tai Chi, Yoga, Darts 4341 3222

Gosford 50+ Leisure and **Learning Centre**

(formerly Senior Citizens) (287) Handicraft, Painting, Knitting, Tai Chi, Scrabble, Darts, Table Tennis, Indoor Bowls, Patchwork, Yoga, Fitness, Gentle Swimming, Line Dancing, Cards, Variety Social, Womens Group, Zumba, Crochet, Computer Class 4324 4749

Community Groups

AACC COMPUTER CLUB Inc. (291)

www.aacc.asn.au Help with all Computing problems Program demos +

Q&A sessions **Narara Valley High School** Fountains Road, Narara 2nd Wed of Month (Feb-Nov) Windows 7pm to 10pm

Supper provided **East Gosford Progress Hall** 10 Henry Parry Drive (cnr Webb Rd)

3rd Wed of month (Feb-Nov) Linux 9.30am-12.30pm 4th Thu of month

Social Meeting + Windows

12.15pm – 3.15pm Afternoon tea provided 4362 1918

ABC (309)

"The Friends" Support group for Public Broadcaster. Aims: safeguard ABC's independence, adequate funding, high standards. Meetings through the year + social afternoons Well-known quest speakers 4341 5170

Beachside Family Centre

School-based community centre for families with children from birth to 8 years old. Group programs and community activities 4343 1929 Umina Public School

Sydney Ave Bridge (286c)

Tues 12.15pm is a friendly game without pressure. **Duplicate Bridge Mon Thur** Fri Sat at 12.15pm and Wed 9.15am and 6.45pm Brisbane Water Bridge Club Peninsula Community Centre 93 McMasters Rd.Woy Woy www.brisbane-water.bridge-club.org

Cash Housie (56/294)

50 Games every Sat night St Mary's Hall, Ocean View Rd Ettalong Beach, Free Tea and Coffee. 7.30 - 10.30pm. Proceeds to Woy Woy Catholic Parish. wwcphousie@hotmail. com

Central Coast Handweavers, Spinners and Textile Arts Guild

Inc (286c) Spinning and weaving, patchwork and quilting felting and other fibre and fabric crafts Workshops and community quilting bees Day and night groups 4325 4743 www.centralcoasthsguild.org.au

Central Coast Family History Society Inc. (301)

All the resources. information and advice needed to study your family's history are available through the Society. Meetings 1st Sat ea mth 1pm Lions Community Hall, behind the Society's Research Centre 8 Russell Drysdale St, East Gosford. www.centralcoastfhs.org.au Visitors welcome 4324 5164

Hardys Bay Residents Group (60/296)

Working for a positive & Healthy Environment in our Community allanbw@bigpond.com

The Krait Club (58/295) Community Centre - Cooinda Village, Neptune St, Umina 10.30am Open to senior members of Woy Woy/Umina

Community Gentle exercises, quizzes, games, social activities, guest speakers, entertainment and occasional bus trips 4341 0698

Northern Settlement Services (282)

Provides socialisation for migrants. Volunteers assist with home visits, shopping and social days. Clients from all over the world enjoy time together. Every Thur Peninsula Community Centre 93 McMasters Rd

Peninsula Village Peninsula Village Carer's

Woy Woy - 4334 3877

Support Group (287-311) Invitation to carers of Loved ones with dementia All welcome Meet 1st Wednesday of the month 10.00am to 11.30am Contact: Paula Newman 4344 9199

Peninsula Village

Playgroup (287-311) Carers, Grandparents, parents & children Come & join our 'Intergenerational Playgroup' Meet every Tuesday 10.00am to 11.30am Contact: Paula Newman 4344 9199

Probus Club of

Umina Beach (81/298) Friendship, Followship and Fun - Advancing intellectual. cultural and social interests for active retirees 55vrs+ Non Political and Non Sectarian - 2nd Wed every mth, 10am, **Everglades Country Club** uminabeach@probusclubs.com. au

Rotary Club of Kariong/ Somersby (309)

P.O. Box 443 Woy Woy

This international service club exists to improve lives of communities in Australia and other countries. Why not join us for fun-filled activities, fellowship and friendship. We meet for breakfast at Phillip House 21 old Mount Penang Road (opp Shell) Fridays 7:15am

4340 4529 kersuebay@philliphouse.com.au

Rotary Club of Umina (6/294) An international service

organisation of business leaders seeking to improve the lives of young people and those in need in our community and abroad.

Everglades Country Club Weds

curleys@ozemail.com.au 0409 245 861

Seniors Computer Club Central Coast Inc. (83/301) Beginners' classes held Mon or Tues. Also classes Mon -Fri as published on the Club Website. 10am to 12md or 1-3pm Kincumber & District Neighbourhood Centre, PC and Mac - Meetings also held at Avoca Beach Bowling Club 1st Mon with a Guest Speaker 4369 2530

Umina Beach Men's

Shed Inc. (287-311) Men can come and share Variety of tools, pursue interests and hobbies, Spend time with other men and Learn new skills Contact: Darrell 4341 2355

Umina Beach Scrabble Club (65/302)

For all levels and ages Every Wed, 9am - 12pm, relax, enjoy a cuppa while you play Scrabble 322 West St (Rubys) Umina 4341 4859

Volunteering Central Coast (57/295)

Refer potential volunteers to community orgs. Support both volunteers and community orgs. Offer training for volunteers and managers of volunteers. Regular general info sessions at Woy Woy.

Wagstaffe to Killcare Community (285)

vrc@volunteeringcentralcoast.org.au

4329 7122

Work to protect and preserve the environment and low density residential nature of the Bouddi Peninsula and to strengthen community bonds 2nd Mon, 7.30pm Wagstaffe Hall 4360 2945

info@wagstaffetokillcare.org.au

Disabled Services **Riding for the Disabled**

Horse Riding as a therapy for those with intellectual or physical disabilities Volunteers always required No Previous experience Necessary - School hours only Mon to Sat 4340 0388

stateoffice@rdansw.org.au

Environment Peninsula Environment Group

Talks, films, social events, workshops, renewable energy and recycling projects, organic food buying group www.peg.org.au

Health Group Arthritis NSW (9/292)

Meet 3rd Tues Peninsula Community Centre, Cnr

McMasters Rd and Ocean Beach Rd, Woy Woy - 4341 5881

Meals on Wheels (81/298) Delivered meals and flexible

food options for people with a functional disability 4382 9401

Mary Mac's Place (287)

Providing hot, freshly cooked meals - Mon to Fri 11am-1pm in a welcoming, friendly environment with support, information and referrals to appropriate community services.

marymacs@woywoycatholic.org.au 4341 0584

Overeaters Anonymous

(OA) (64/278) 12-step fellowship helping those suffering from eating disorders i.e. compulsive overeating, bulimia, anorexia. No dues, fees, or weigh-ins. Peninsula Corn. Cntr. cnr. Mc Masters Rd & Ocean Beach Rd. Woy Woy, Rm 5 Every Fri 7:30- 8:30pm www.oa.org 0412 756 446

Pink Butterfly Breast Cancer Support Group -

Ettalong First Sunday every month 10.00am -12.00 Shop 71 Schnapper Road **Ettalong Markets** 0428 712 251

Peninsula Women's Health Centre (285c)

Clinic sister; counselling; alternate therapists; groups and community education; drop-in; support for women in crisis; advocacy 4342 5905 Wed and Thur 9.30am-3pm 20a McMasters Rd, Woy Woy www.ccwhc.com.au

Woy Woy Public Hospital Alliance (308)

Political Lobby - Restore medical services previously available at this hospital - upgrade to a standard commensurate to the needs of the Peninsula and adjacent communities 2pm second Sat each month St Lukes Church, Blackwall Rd Woy Woy 4341 7864

Woy Woy Stroke Recovery Club (67/278)

Peninsula Community Centre 2nd Tues 11.30am Company, up-to-date info, hydrotherapy, bus trips 4342 1316

Marine Rescue

Central Coast Unit (287) Marine Education Courses: Radio Licences, Boat Safety & **Boat Licence & PWC Licence** Tests, Navigation, Seamanship and Meteorology. 4325 7929

www.vmrcc.org.au pr.centralcoast@ marinerescuensw.corn.au Music

Central Coast Concert Band(288)

Every Tues 7:15 - 9:30pm Community playouts with four concerts a year at Laycock St Theatre. 0407 894 560

Soundwaves(87/308)

Men's acapella 4 part harmony chorus - for men of all ages, all welcome 7:30pm Monday Nights at Central Coast Leagues Club Contact Ray 0405 003 945 randtbale@bigpond.com

Woy Woy Judo Club (287)

Kids Classes - \$5 Fri 5.30 -6.30pm 6 14yrs Adult Classes

Sport

Tue & Fri 6-8pm 15yrs+ - 1st Lesson Free 4 Week Trial Ettalong 50+ Leisure and Learning Centre 0434 000 170

www.wwjc.org.au Political Group

Australian Labor Party

Umina Ettalong Branch (293) Political Discussions National, State and local government issues 2nd Mon Umina Beach

Bowling Club 7.30pm 4341 7323

Veterans

N.M.B.V.A.A Inc **National Malaya Borneo Veterans Association**

Australia (66/302) 1st Sat (except Jan) 2pm **Ettalong Beach** War Memorial Club 51-52 The Esplanade. 4342 1107

Vietnam Veterans', Peacekeepers' and

Peacemakers' (309) Assist all Veterans and their families with pension & welfare matters.

Cnr Broken Bay Rd & Beach St Ettalong. Mon & Wed 9am-1pm 4344 4760 vietvetsgosford@bigpond.com

Woy Woy Ettalong Hardy's Bay

RSL Sub Branch (79/297) Provide help with pensions and

welfare etc. Shop 5/382 Oceanview Rd Ettalong. Tues & Thurs 9am to 1pm

4341 2594 **Nomen's Groups**

Country Women's

Association Woy Woy (309) Friendship Mornings 1st and 2nd Wed 10am Meetings 4th Wed 10.30am -4324 2621

Country Women's

Association Umina Branch meeting 1st Wed of the Month, 9.30am Day craft and friendship all other Wed 9.00am Evening craft and friendship:

Enquire CWA Hall Umina - 2 Sydney Ave Umina - All Welcome 4369 5353 or 4341 5404

The Endeavour View Club, Woy Woy (287)

Luncheon, 1st Mon Everglades Country Club, 10.30am. Friendship Social days, 3rd Wed Uniting Church Hall, Picnic Pde Ettalong, 10.30am. Coach trips 4342 2283

Gosford RSL Sub-Branch

Women's Auxiliary (61/296) Invitation to women over 18 years to join. Raise money for welfare of veterans and their families RSL Club West Gosford 4th Mon 2pm 4323 7336

Inner Wheel club of Gosford North (92/309)

Women making a difference with friendship, personal service and international understanding. Many social activities combined with fund raising for local, national and international projects 2nd Wed each month (ex Jan) 7pm Phillip House Kariong gosfordnorthiw@live.com.au

4324 7176

Umina nipper wins NSW gold

Umina Surf Life Saving Club nipper Lachlan Braddish has won gold at the Junior State Surf Life Saving Championships at Kingscliff held from March 2 to 4.

Lachlan, 10, was crowned the Under-10 Surf Race Champion of NSW and won the event in difficult conditions, improving on his silver medal last year.

He also helped his surf team win a bronze medal.

"It's been many years since a boy from the Umina Surf club has won a surf race at the State titles," said Lachlan's father, Richard Braddish.

Lachlan said he contributes his success to the swim coaches at Woy Woy pool and the trainers at Umina Surf Life Saving Club.

He started off the season with the 10 years Endurance Ironman at Forster which he won, second in the Kracka Ironman, first in the Gardner Ironman, second in the Australia Day Ironman and first in all three of the Newcastle Permanent Ironman Series.

He also won the Under-10 Cole Classic swim in record time.

Lachlan said his hero was Ironman Caine Eckstein and he hoped to be a champion like him in the future.

He said he was looking forward to next year's State Championships at his home beach at Umina.

Email, 14 Mar 2012 Richard Braddish, Umina Photo: Richard Braddish



Boxing gold to Satali

Umina PCYC boxing student Satali Tevi-Fuimaono has returned from the National Amateur Boxing Titles in Tasmania with his second Australian gold medal.

The 14-year-old was the youngest boxer in the Under-16 age group.

However, his march toward the 63kg junior welter-weight belt could not be stopped, said Satali's coach Mr Joel Keegan, who is the PCYC boxing director.

"Matched in the semi-final against defending champion Luke Pilarinos from Victoria, Tevi-Fuimaono put on a great display of tactical boxing to beat his highly credentialed opponent," said Mr Keegan.

Pilarinos was trained by former world champion Barry Michael and has just returned from last year's World Championships in Kazakhstan.

Mr Keegan said he was widely expected to be too much for the young Umina boxer but Tevi-Fuimaono was undeterred.

"This bout in particular proves the maturity of Satali," he said.

"He goes up against a kid he knows has runs on the board, but still fights smarter than him.

"Skill is one thing, but to be so switched on is impressive," he said.

The final brought Honi Hone, Queensland's hot prospect and a convincing semi-final winner, up to the plate.

"The bout looked like it might have been one of the most memorable of the tournament," said Mr Keegan.

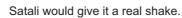
Tevi-Fuimaono took the fight from the Queenslander right away by shooting out to a 7-0 lead at the completion of the first round.

With a final score of 14-3, it was the widest margin of the tournament for all junior bouts.

"It's always good to see Satali put the foot down and put up a score on a weekend when most boxers struggled to score effectively," said Mr Keegan.

Plans for Tevi-Fuimaono to take on the world's best in Kansas, USA, later in the year are in full swing and Umina PCYC boxing coach said he was optimistic.

"No Australian boxer has ever won the Ringside World Championships, but I'd like to think



"His combination of skill and power, dedication and desire make him a special 14-year-old.

"Having said that, Kansas is full of kids like Satali, and we are fully aware of just how tough the assignment will be."

Key to Tevi-Fuimaono's preparation will be his participation in the inaugural Australian Fitness and Health Expo Invitational Titles at Darling Harbour in April.

"This will be a very prestigious event, and to be extended one of the few invites as a junior boxer is wonderful recognition of his hard work and promise," said Mr Keegan.

The recognition continues with Tevi-Fuimaono's placement in a series of television commercials promoting the PCYC's 75th anniversary.

Tevi-Fuimaono was chosen on the back of being awarded Young Achiever of the Year 2011 throughout all PCYC's in NSW.

Media Release, 21 Feb 2012 Joel Keegan, PCYC Boxing



TIDE CHART

(Fort Denison)

LAT 33° 51′ S - LONG 151° 14′ E - TIME ZONE - 1000 Times and Heights(m) of high and low waters

| Time - Height(m) | Time - Height(m) | Time - Height(m) |
|------------------|------------------|------------------|
| MON - 19 | TUE - 20 | WED - 21 |
| 0600 - 1.63 | 0030 - 0.50 | 0114 - 0.45 |
| 1232 - 0.40 | 0645 - 1.64 | 0727 - 1.63 |
| 1837 - 1.43 | 1311 - 0.38 | 1345 - 0.37 |
| | 1916 - 1.50 | 1953 - 1.56 |
| THU - 22 | FRI - 23 | SAT - 24 |
| 0155 - 0.43 | 0232 - 0.42 | 0310 - 0.42 |
| 0804 - 1.60 | 0840 - 1.55 | 0915 - 1.50 |
| 1416 - 0.38 | 1445 - 0.40 | 1515 - 0.44 |
| 2027 - 1.60 | 2059 - 1.63 | 2130 - 1.64 |
| SUN - 25 | MON - 26 | TUE - 27 |
| 0346 - 0.44 | 0425 - 0.47 | 0506 - 0.52 |
| 0949 - 1.44 | 1026 - 1.38 | 1104 - 1.31 |
| 1544 - 0.48 | 1614 - 0.53 | 1647 - 0.59 |
| 2203 - 1.64 | 2238 - 1.62 | 2316 - 1.58 |
| WED - 28 | THU - 29 | FRI - 30 |
| 0550 - 0.56 | 0000 - 1.53 | 0051 - 1.48 |
| 1146 - 1.24 | 0642 - 0.61 | 0743 - 0.64 |
| 1726 - 0.65 | 1236 - 1.18 | 1337 - 1.15 |
| | 1813 - 0.71 | 1912 - 0.75 |
| SAT - 31 | SUN - 1 | MON - 2 |
| 0153 - 1.46 | 0300 - 1.47 | 0406 - 1.52 |
| 0850 - 0.64 | 0955 - 0.59 | 1049 - 0.51 |
| 1450 - 1.15 | 1602 - 1.21 | 1700 - 1.31 |
| 2026 - 0.76 | 2141 - 0.71 | 2245 - 0.63 |

APPROX. TIME LAG AFTER FORT DENISON

Ettalong 40 min, Rip Bridge 2hrs - Wisemans Ferry 2 hrs 30 min, Koolewong 2 hrs 10 min
In view of the variations caused by local conditions and meteorological effects, these times are approximate and
must be considered as a guide only. They are not to be relied on for critical depth calculations for safe navigation.

Actual times of High and Low Water may occur before or after the times indicated

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Charlie Polson, Kai Darwin, Lachlan McLeod and Lachlan Braddish

Umina competes at State championships

Umina Surf Life Saving Club members travelled to Kingscliffe to compete in the **NSW State Surf Life Saving** Championships earlier in the month.

Lachlan Braddish in the Under-10s came home with a gold medal in the individual Surf Swim and, along with his team mates Lachlan Mcleod, Kai Darwin and Charlie Polson, placed third in the State for their Surf Swim Team event.

Lachlan Braddish and Kai Darwin then had to travel home to compete in the regional swimming carnivals at Homebush.

Rachel Wood, Kiesha Bovill, Mollie Murphy and Jemma Smith won a silver medal in the Under-13s Surf Swim Team.

Jemma Smith competed up two age groups in the Senior Carnival and won a bronze medal in the Under-15s 2km beach run.

"Every year someone in the Under-13s does well and their success is thanks to their coaches Kerry Armstrong Smith and Mick Magurren," said club secretary Ms Christine Lavers.

The Masters then backed the next week and amongst them won five gold medals, four silver and one bronze.

Standouts were Deb Braddish, Christine Bishop, Kerry Armstrong Smith, Wendy Cook, Magurren, Rick Boylan, Steve Murphy, Bill Cook, Rob McLeod, Dave Gaffney and Peter Braddish.

The majority of these Masters are now heading off to the Australian Titles in Kurrawa in

"Umina members also did exceptionally well in the life saving events due to the coaching of Paul Sharpe and Kerry Armstrong Smith," said Ms Lavers.

Jack Waining came third in the Under-15 Champion Life Saver as did Teigan Miller in the Under-17 Champion Life Saver.

Under-17 Patrol Competitors, made up of Teigan Miller, Jack Waining, Jess Thomas and Jack Dixon, placed first while the Open Patrol team comprising Paul Sharpe, Rick Boylan, Dave Gaffney, Christine Bishop, Dave Bishop and Warren Whitney came

Jess and James Rooke placed second in the Under-19 First Aid Competition.

"Umina has high expectations for next year's State Titles which will be held at our home beach and should be encouraging for all our members," said Ms Lavers.

> Media Release, 16 Mar 2012 **Christine Lavers, Umina SLSC**

Boccia training for Paralympics

Two boccia competitors who train weekly at the Peninsula Community Centre have been selected for a training program for the Paralympics in 2016.

Dean Nottle of Yattalunga and Tom Ferguson of East Gosford attend Woy Woy community centre every Thursday to practice and receive training from Boccia NSW coaching staff.

Dean, who suffers from inclusion body mitosis and is in a wheelchair, started playing boccia after he attended a Come and Try Day last year.

Tom, who suffers from cerebral palsy said he has been involved with boccia for a number of years now and really enjoys the game.

He has most recently won the bronze medal in the Northern Beaches League while Dean won the NSW State Singles title in the open category in January last year.

He is currently ranked number two in the state and said he was thrilled to have been selected to play for the NSW State team at the upcoming National Titles in May.

"Unfortunately Australia didn't qualify to play in the London Paralympics, but the Australian Committee Paralympic determined that we will qualify to compete in Rio de Janeiro at the 2016 Paralympics," said Dean.

"I've been fortunate to have been included in a group of 35 athletes who have been identified as possible members of that 2016 team," he said.

The group will embark on a program known as the Road to Rio with the first training camp to be held in May, immediately after the National Titles.

"I think of playing boccia as a bit like playing golf," said Dean.

"You can drive yourself nuts trying to perfect your swing or you can just go out and have fun with friends.

"Unfortunately, I seem to be one of those players who needs to drive himself nuts.

"I never thought for a moment that I would become so determined about a sport, but that's the way it's worked out.

"I've found the challenge very addictive and aim to achieve the best I can.

"You really don't know what you're capable of doing until you try," he said.

Kaitlin Watts, 15 Mar 2012 Interviewees: Dean Nottle and Tom Ferguson Photo: Naomi Bridges



Dean Nottle

Bridge comp

Brisbane Water Bridge Club held an inter-club restricted teams all-day competition on Thursday, March 15, at the Peninsula Community

Forty people competed in the event including visitors from other Central Coast bridge clubs.

The winning team comprised

Norman Berger, Sue Eastman, Kerryn Murray and Rhonda Innes.

They scored a total of 132 VPs and won a cash prize.

In second place was team Campbell, closely followed by team Foster.

> Email, 15 Mar 2012 Heather Tarrant, Brisbane Water Bridge Club

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For the latest news on what's happening on the Peninsula see....

w.PeninsulaNews.info



- News Education Sport Arts Health Forum • Peninsula Diary • Web directory •

The Peninsula newspaper's website, a comprehensive collection of editions published to date

Sport

New appointment

The Central Coast Academy of Sport has appointed 23-year-old Shelley Barlin of Empire Bay as its new athlete services and events coordinator.

Ms Barlin completed work placement with the Academy back in 2009 while she studied a Bachelor of Exercise Science.

She continued her involvement with the Academy after her official work placement had finished.

Her ongoing involvement with the Academy included attending the 2009 Clubs NSW Academy Games in Armidale as a sports trainer and overall tour assistant.

Between October 2010 and November 2011, Ms Barlin worked in London as a sports developer for a company called Let Me Play.

In this role, she focused on providing opportunities for young

people to become involved in sport and to participate in a fun and safe environment.

When Ms Barlin returned to the Central Coast she got back in contact with Academy management to seek assistance in finding an entry point to work within the sport and recreation industry in Australia.

She was offered a full-time role as athlete services and events coordinator.

She has now commenced the role where she will further enhance the personalised service that the Academy offers its scholarship athletes.

She will also look after the coordination and delivery of events

Media Release, 7 Mar 2012 Warwick Whitmore, Central Coast Academy of Sport

Roosters juniors retain jerseys

The Woy Woy Junior Roosters Rugby League team has retained both the Andrew "Joey" Johns, and Graham "Wombat" Eadie jerseys for the third year in a row.

Matched against the Cessnock Goannas, the Roosters managed to win five-and-a-half competitive games to the Goannas' five-anda-half on Sunday, March 4,

The Under-14s game was a tie, awarding half a point to each team

"Good hard, clean footy, played in the right spirit was on display all day, from the first kick off with the Under-6s on the soccer oval and the Under-12s on the league oval through to the last games," said club president Mr Tim McParlane.

"It was great to finally be back playing and I know that all coaching staff and players are happy to have that first game under their belt.

"The Roosters had a lot of new players on display and all were impressive under hot and humid conditions.

"The coaches that I spoke to were happy with the way their boys went."

Media Release 6 Mar 2012

Media Release, 6 Mar 2012 Tim McParlane, Woy Woy Junior Roosters Football Club Photo: Sheryle Taylor



Mandy Dunstan and Rachel Harrington

Umina's Finest Tobacconist & Darrell Lea Chocolates



Cnr South and West Street
(New entry from South Street)
Umina Beach - Open 7days

7am to 6pm

First country trial at Woy Woy

The Central Coast rugby union team played its first trial game for the NSW Country Championships at Woy Woy Oval on Saturday, March 10.

The team was matched against Parramatta, and though Parramatta was victorious 29 points to 7, the Central Coast team's spokesman Mr Larry Thomson said that the standard of play from both teams was outstanding.

Central Coast started strongly and led seven points to nil after 20 minutes.

However, Parramatta scored midway through the first half to level the score line as the players headed into the halftime break.

From this point onward, Parramatta gradually got ahead and gained the ascendancy late in the game thanks to an effective backline.

Mr Thomson said that standout players for the Central Coast were the lock Peter Steele, prop Shannon Beavan, half back Josh Holman and five-eight Mitch Graham.

The Central Coast will take on the Far North Coast in the first round of the NSW Country Championships at Lismore on March 24.

Media Release, Mar 11 2012 Larry Thomson, Central Coast Rugby Union



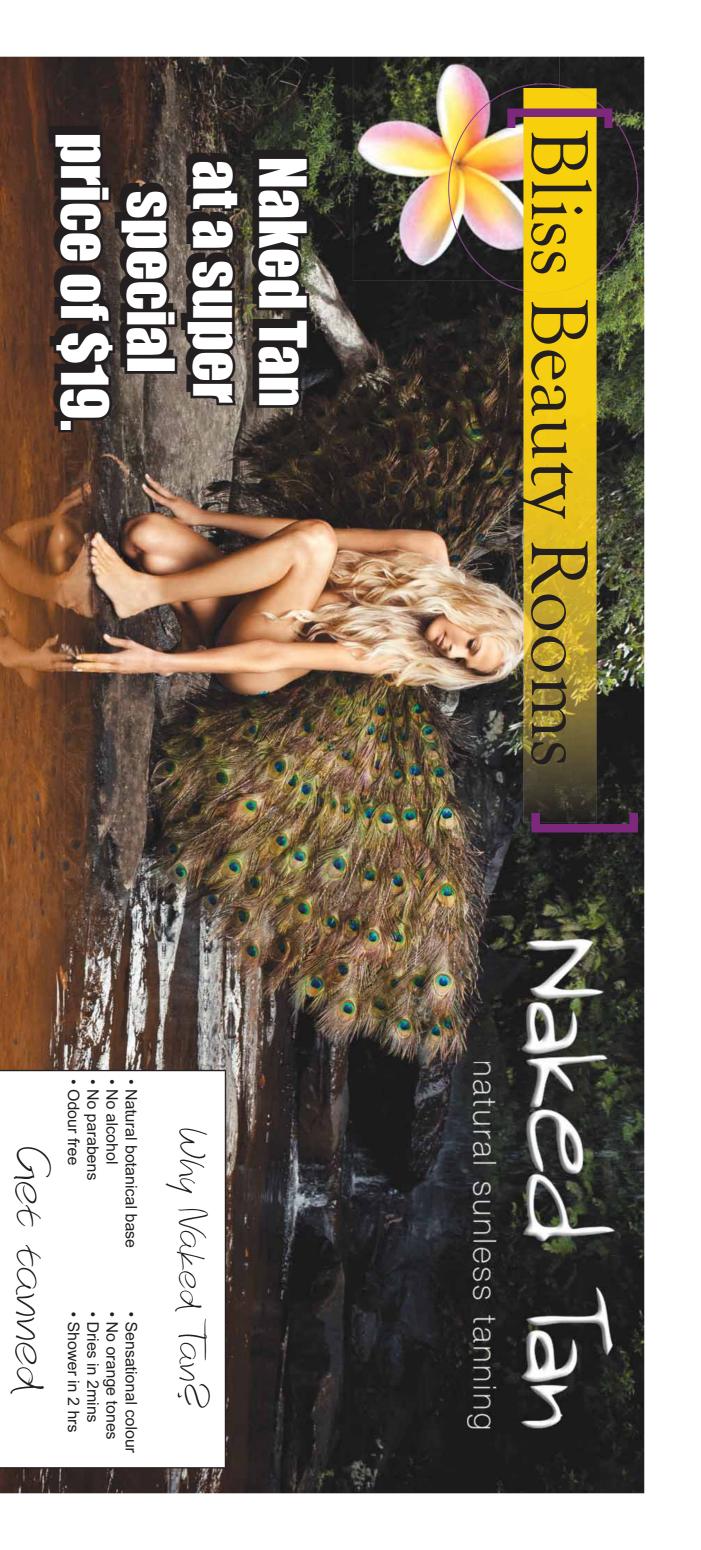


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be rewarded!

Purchase a package of 6 tans for the price of 5! (individual tans priced at \$19)



Monday to Friday - 8.30am - 5.30pm Saturday - 8.30am - 12.30pm Sunday - 9.00am to 12.30pm