

City keys for Liesl Tesch

Paralympic gold medallist Liesl Tesch of Woy Woy was presented with the Keys to Gosford City by mayor Cr Lawrie McKinna on Wednesday, October 17, in a surprise ceremony at the Erina Leagues Club

Liesl had been invited to address the Erina Chamber of Commerce at their monthly luncheon and said she was totally unaware that she would be awarded the Keys to the City.

Mayor Cr McKinna said that the presentation of the Key to the City was kept secret.

"We wanted this award to be a surprise for Liesl.

"She has had a wonderful couple of years since beginning her sailing career and hopefully this can be the cherry on top of a very successful 2012.

"Following her retirement from wheelchair basketball, she took up sailing in January 2011 and had a rapid rise to success.

"Liesl placed third in the 2011 and 2012 World Championships and has taken out multiple

international World Cup meets with her partner Daniel Fitzgibbon in the SKUD 18 Class.

"Her strive for Paralympic gold was achieved in London 2012, an effort that both Liesl and the entire Central Coast community should be proud of," said Cr McKinna.

"Liesl has had an international career across two sports, captaining the Australian Women's Wheelchair Basketball team, picking up silver medals in Sydney and Athens as well as bronze in Beijing.

"Her recent success on the water demonstrates her versatility and wide ranging skills as an elite athlete.

"She is a fantastic representative of the Central Coast and role model within our community.

"Her success at the highest level is the result of hard work and dedication and I hope this award can go some way to show how proud we are of Liesl," he said.

Media Release, 17 Oct 2012

**Lawrie McKinna,
Gosford Council**



Mayor McKinna and Key to the City recipient Liesl Tesch

High voltage electricity to go underground

Gosford Council has agreed to allow the installation of underground electricity cables in an existing electricity easement in

Australia Ave, Umina.

Under the proposal, the existing overhead 66kV transmission feeder main and a new high voltage 11kV cable would be placed

underground to improve reliability and switching in the network.

When installed, the 11kV feeder would be underground from the Umina Zone Substation to the

existing underground development in Australia Ave.

The project would also remove about 600 metres of overhead high voltage 11kV mains in the vicinity of McEvoy Ave, Bapaume Ave and Priestman Ave.

The site of the easement is a drainage reserve and Council has agreed that the terms of the easement be drafted to allow for any underground works on the eastern side of the existing easement to allow for maximum widening of the drain on the western side should the need arise.

According to Gosford Council's director corporate services Mr Nic Pasternatsky, the surface drain is currently at its limit in containing peak flows and would need widening in the future to contain

additional flows and to allow for climate change impacts and possible rock lining.

"It is recommended that the underground cable be laid as close as possible to the outer boundaries of the drainage reserve, which is the eastern side under the access track to allow for maximum widening of the drain on the western side," Mr Pasternatsky stated in the report to Council.

Ausgrid has advised that the cable would be laid on the eastern side of Lot 3 within the existing eight metre wide overhead easement which would leave approximately 22 metres from the property on the western side of the drainage reserve to the edge of the existing easement.

**Gosford Council agenda
COR.106, 23 Oct 2012**



THIS ISSUE contains 54 articles - Read more news items for this issue at www.peninsulanews.info

We ♥ The Peninsula

Peninsula News

Community Access

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

Editor: Mark Snell

Commercial Operator:

Cec Bucello for Ducks Crossing Publications

Journalist: Kaitlin Watts - Kayla Whitehead

Graphic Design: Justin Stanley - Debra Forest

Sales: Val Bridge - Mark Ellis - Sean Shanks

Declaration of interests

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

Next Edition: Peninsula News 304

Deadline: **November 08** Publication date: **November 12**

Contributions

Letters to the editor and other contributions are welcomed and should be addressed to: Peninsula News PO Box 1056, Gosford 2250. Contributions should be in Word format sent via email to: 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 or Ettalong IGA.

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

Ducks Crossing Publications is the commercial operator of Peninsula News

ISSN 1839-9029 - Print Post Approved - PP255003/09959

New Age Printing, Rydalmere

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 717 371 542

Low rainfall sees average drop

Only 25.2mm of rain has fallen on the Peninsula this month, according to figures supplied by Mr Jim Morrison of Woy Woy.

This is less than one third of the average monthly rainfall for October of 85.2mm.

The low rainfall for the month is expected to see the year-to-date rainfall drop below the cumulative average for the first time this year.

A total of 1079.5mm had fallen by Friday, October 26, compared to a cumulative average of 1128.7mm at the end of October.

Five of the last six months have seen rainfall well below average, following a wet start to the year.

Temperatures so far this month have ranged between 9.5 degrees on October 13 and 35.0 degrees on October 5, according

to local weather website www.peninsulaweather.info.

Lowest maximum was 15.0 on October 12 and highest minimum was 19.6 on October 17.

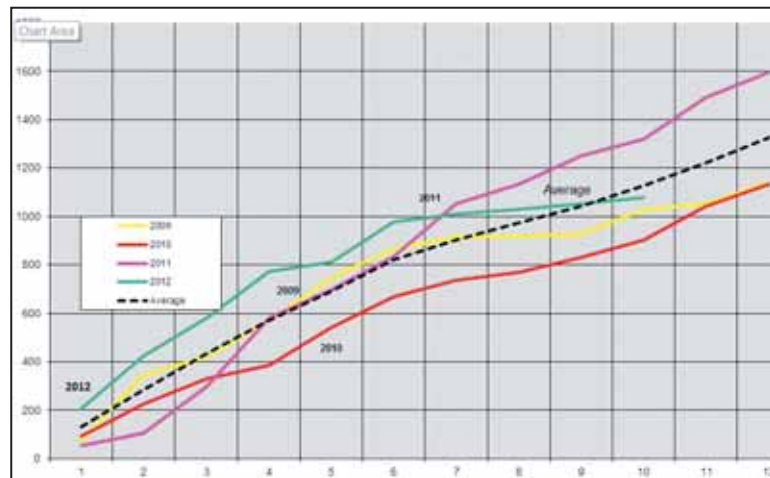
Average overnight minimum has been 14.1, while the average

daily maximum has been 23.7 degrees.

Highest wind gust was 38.2 km/h recorded on October 22.

Spreadsheet, 26 Oct 2012

Jim Morrison, Woy Woy
www.peninsulaweather.info



Your Chance to Win

Peninsula News and Eddie Daniels are giving six readers the chance to win a double pass to the One Magic Night show at Woy Woy Leagues Club on Saturday, November 17, at 8pm.

The double pass, valued at \$30, will enable two adults to view Eddie Daniel's Aloha Elvis and Memories of Orbison shows.

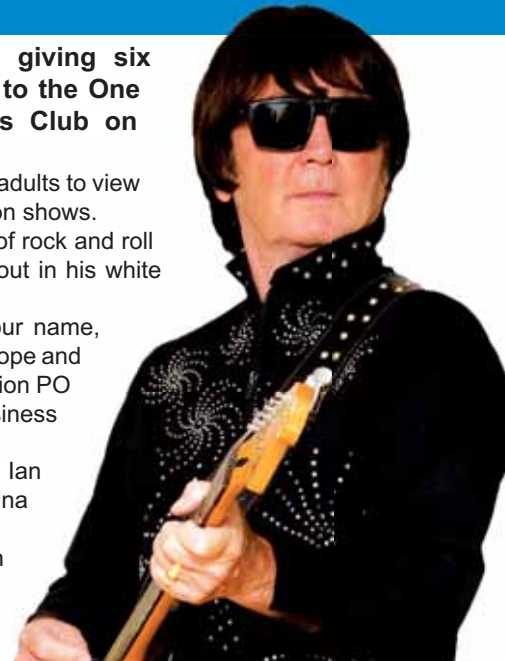
The Aloha Elvis show will feature over an hour of rock and roll tributes to the king by Eddie who will be decked out in his white rhinestone studded jumpsuit.

To win one of the six double passes, write your name, address and phone number on the back of an envelope and send to Peninsula News One Magic Night competition PO Box 1056, Gosford, NSW, 2250 by the close of business Thursday, November 8.

The winners of last edition's Peninsula News Ian McNamara competition were W Cocking of Umina and A Mangan of Woy Woy.

Entries may be forwarded to prize providers on some occasions for marketing purposes.

Kaitlin Watts, 23 Oct 2012



Ducks Crossing Publications

02 4325 7369

Get the most out of your advertising dollar.

Rates from
less than
\$2 a day!

Advertise in a Ducks Crossing publication for maximum exposure at a realistic price. Multiple booking and multiple publication discounts apply to all display advertisements. Enjoy the benefits of being in a well-read publication with relevant news content. Contact us now for more information or visit our website.

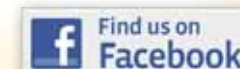
Office: 120c Erina Street, Gosford - **Phone:** 4325 7369 Fax: 4321 0940 - **Mail:** PO Box 1056, Gosford 2250 - **E-mail:** editorial@duckscrossing.org - **Website:** www.duckscrossing.org



www.duckscrossing.org



www.peninsulanews.info



Green Room talks at Woytopia

A series of Green Room Talks, run by Climate Future, were held at the Woytopia Festival on Sunday, October 28.

The talks began with a presentation by Mr Richard Weller of the report on Climate Future's Sea Level Rise-Looking for Solutions forum that was held in August.

The audience heard of the latest risks to the Coast and found out what the local community thought should be done about sea level rise, how Climate Future could best respond to rising sea levels and what sort of planning is needed.

Also discussed were facts about waterfront and flood insurance.

Mr Wolf Messthaler and Mr Nigel Hancock spoke at 11:15am on the Australian plan to reduce fossil fuel based electricity with 100 per cent renewable energy.

Participants were taught how they could ask politicians to build a

clean Australia.

Mr Joachim Muller then presented the newly formed Central Coast Community Energy Association Real Projects Real Energy.

Mr Muller spoke of Central Coast Community Energy plans to build solar and wind power stations on the Central Coast and how participants could help to make it a reality.

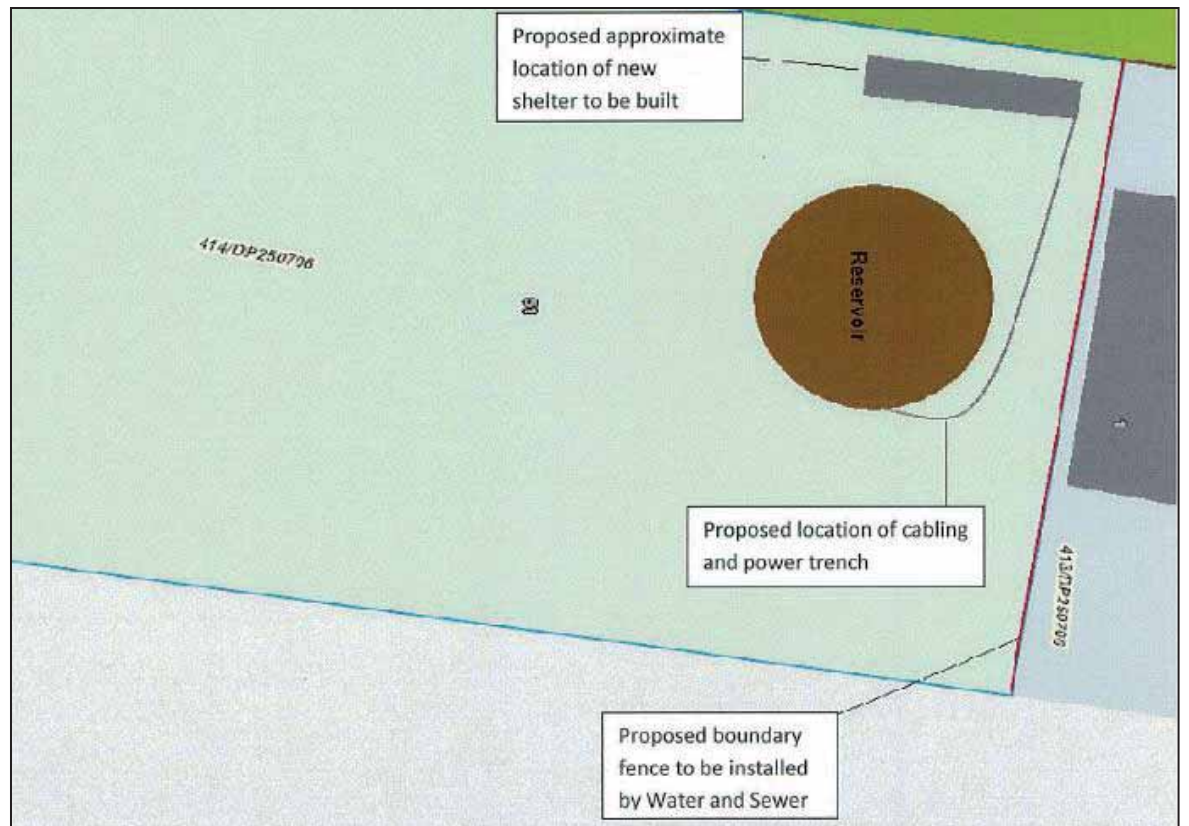
Mr Ian Garrad then discussed energy bill reductions.

He discussed the methods people could use to save money, increase comfort and how to have a carbon neutral home.

The speakers provided the audience with things they could do in their own home and in the local community to prepare for climate change and avoid making it worse.

Media Release, 21 Oct 2012

Charlotte Drury, Community Environment Network



A map of where the proposed cabling would be laid and where the shelter would be built

Council agrees to police communications licence

Gosford Council has agreed to enter into a licence arrangement with NSW Police, providing no substantive objections are received from the community, for the erection of a communications shelter on its reserve at 51 Castle Crescent, Umina.

NSW Police currently have equipment installed on the reserve and requested both a formal 20 year licence agreement and consent to construct a better block shelter onsite to house communication equipment.

The equipment in question is

currently located within the access turret beneath the Umina Spheroid water reservoir, which is also located within Lot 414.

Council's Water and Sewerage Directorate utilise the site for their radio communication and telemetry equipment, which is also located within the access turret beneath the Umina Spheroid water reservoir.

Council's water and sewer officer Mr Rod Williams said this site was classified as a confined space and was not considered to be an appropriate location for this equipment.

The proposed shelter would permanently house NSW Police,

Government Radio Network and Council's electrical and radio equipment and would be 8.4 metres by 4.02 metres by 2.7 metres.

Public consultation will be undertaken as the land on which the reservoir and proposed shelter are situated is classified under the Local Government Act as community land.

NSW Police would fund the cost of the proposed shelter while Council would fund cable relocation and screening between the adjoining property and the proposed shelter.

Gosford Council agenda WAT.32, 23 Oct 2012

Sewer works end soon

Sewer system upgrade works currently being carried out in Railway St in Woy Woy are expected to be completed by the end of this month.

Gosford Council project communication officer Mr Nathan Slade said Council began the works in Bowden Rd, Rawson Rd and Railway St earlier this month to improve the sewerage services it provides to the community.

The upgrade includes the replacement of ageing sewer

manhole covers that allow Council to inspect and access the system.

"Temporary traffic control measures and warning signs remain in place in the area to ensure the safety of workers, pedestrians and motorists.

"Every effort is being made to minimise any disruptions and we appreciate the community's co-operation while the works are completed," said Mr Slade.

Email, 16 Oct 2012

Nathan Slade, Gosford Council

10¢

PER LITRE FUEL DISCOUNT



ETTALONG BEACH

Spend \$40 or more in one transaction and present your receipt at **BP SERVICE STATION - OCEAN BEACH ROAD - WOY WOY** to receive **10¢ per litre discount off your fuel purchase.**

Conditions: method of payment – cash or EFTOPS only – maximum 80 litres per transaction
Applicable on all shop purchases excluding cigarettes – OFFER VALID FROM 29/10/12 TO 11/11/12



Community buildings receive \$24,000

Ettalong Beach Arts and Crafts, The Bays Community Group and the Peninsula Community Centre have received a total of \$24,000 in funding from Gosford Council's Community Facility Support Program.

The program aims to assist with contributions to the cost of maintenance, repairs or improvements to both Council owned and non-Council owned community buildings.

Ettalong Beach Arts and Craft Inc received \$4000 for the replacement of the corrugated iron roof on the pottery building workshop.

Council's Building Maintenance Unit recommended that a flue would be required to prevent the same issue arising.

The Bays Community Group was successful in receiving \$3000 for the construction of storage cupboards in the hall and new kitchen floor coverings.

The Peninsula Community Centre was successful in receiving \$4000 to replace room dividers with reverb sound panels and install acoustic barrier curtains and acoustic operable walls in its

centre.

It was also granted \$13,000 from the Accessible Building Fund for the supply and installation of hearing loops in two rooms, including cabling installed into the timber floor due to lack of roof space.

A total of 15 applications were received by Council for the funding, 10 of which were Council owned community buildings and five of which were non-Council owned community buildings.

Of the 15 applicants, 11 received full funding with only the Peninsula Community Centre receiving funds from Council's Accessible Building Fund due to limited funds in the Community Facility Support Program.

The applications were assessed by a panel of officers from Community and Cultural Development.

**Gosford Council agenda
COM.25, 23 Oct 2012
Photo: Naomi Bridges**



The Peninsula Community Centre, one of the buildings that received funding

Weekend train sizes double

CityRail has doubled the size of 24 of its weekend trains.

The 7:50am, 8:50am, 1:50pm and 6:50pm Wyong to Central weekend services and 5:45am, 6:45am, 11:45am and 4:45pm Central to Gosford weekend services have increased from four to eight carriages and are now operating as air-conditioned Oscar trains.

The 11:21pm Newcastle to Gosford weekend service and the 10:15am, 11:15am and 12:15pm Central to Newcastle weekend services have also increased from four to eight carriages and will operate using V-set trains.

The changes were introduced on Sunday, October 21.

Member for Gosford Mr Chris Holstein said: "The increase in

seats is made possible by new trains being introduced to the network."

Mr Holstein said Woy Woy train customers are already benefitting from the addition of around 33,000 extra seats a week on selected services earlier this year.

He said these timetable changes paved the way for a major overhaul of the train timetable which will be introduced by the NSW Government late next year.

"Work is now underway on a significant rewrite of the train timetable, which will see widespread improvements across the network, including more services and faster journey times for commuters."

**Media Release, 15 Oct 2012
Chris Holstein, Member for Gosford**

Camping area revamped

Work on Putty Beach Dr and the camping area in Bouddi National Park at the north end of Putty Beach is currently being undertaken.

The road is being realigned to travel behind the camping area with the aim of increasing safety

and reducing dust and noise for campers.

The revamping of the camping area involves returfing, the installation of an extra barbecue and two extra camping sites.

**Newsletter, 25 Oct 2012
David Legge, Killcare
Wagstaffe Trust**

Superannuation – SMSF Update

We have had an increase in clients setting up their own Self Managed Super Fund of late.

The reason is simple.

Over the last few years, industry and retail funds have performed extremely badly.

Most clients have had enough.

They are sick of fund managers charging huge fees when their balance has declined.

If you have any doubts, we encourage you to look at your super fund statement.

You need to take back control.

Don't leave your future financial welfare in the hands of others who may not have your best interest in mind.

NRAS

Many people are not aware of this scheme.

In 2008 the government created the National Rental Affordability Scheme to assist the provision of rental property for low income earners.

The scheme provides a tax free payment of approximately \$10,000 per year, for 10 years, if you provide rental property to persons registered with the scheme at 20% below market rent.

Strict rules apply on both the property and the tenants.

We are promoting this scheme to high income earners as a way of reducing their tax, building a property portfolio and at the same time pay off their home loan sooner.

Give me a call if you want more information on the above or you want to know if a self managed fund is right for you.

You can also view our FAQ's on our web site.

What do others say about us?

"I contacted Allan Mason at Broadview Accounting on whether self managed super was right for me.

Following his advice, I now have complete control over where I invest my superannuation without the ongoing dilemma of outrageous management fees charged by industry and retail funds.

I would recommend Allan Mason and Broadview Accounting to anyone seeking advice in relation to Self-Managed Superannuation or indeed any matter where professional accounting advice is required."

Chris O'M



**BROADVIEW
ACCOUNTING**

You deserve the BROADVIEW Advantage

Every day we help small business owners solve their accounting and tax issues.

Behind in your tax?... Let us help you bring your returns up to date.

You might be surprised to learn how easy it can be for a true professional.

It is our view that you are meant to live a life of abundance.

Your business should create life rather than take it away from you.

Generally it is not your dreams that fail you, but the knowledge and tools on how to turn those dreams into a reality.

We see it every day.

At Broadview we have those tools.

Give us a call, you will be surprised at the difference a good accountant can make to your business.



**Chartered
Accountant**

Suite 5, 203 Central Coast Highway, Erina - 4365 3838 - www.broadviewaccounting.com

Heritage buildings receive funding

Three heritage buildings in the Peninsula area have received funding as part of this year's Heritage Small Grants Program.

Noonan Building in Blackwall Rd, Woy Woy, received \$1410 to repaint the exterior front facade as visible from Blackwall Rd.

The Old Killcare Store in Araluen Dr received \$5000 to replace roofing and repair rafters and battens to the main roof.

St Peters Church in Wagstaffe received \$2642.50 for restoration works to its brick piers.

Patonga Beach Progress Association also received \$4968.50 for a heritage engineering report to be produced for Patonga War Memorial which would provide advice and a management strategy for restoration works.

The completed works will be inspected by Council Officers to ensure that all grants have financed work of the highest integrity and that they conserve the heritage significance of the individual items.

The program aims to provide financial assistance to property owners and managers to conserve identified heritage items within the Gosford LGA.

It aims to encourage the retention and conservation of heritage items through the provision of funds for non-routine conservation works.

As part of the application assessment process, Council's Heritage Program coordinator and architect inspected the proposed conservation works to ensure the works would conserve the heritage significance of the



The Noonan Building in Woy Woy that received \$1410 in funding

individual items.

A heritage listed item in Booker Bay was not recommended for approval.

The grant application was for the repainting of the side of the Kings Store building but Council's assessment

concluded that the works did not constitute "conservation or restoration of original heritage features" as prescribed in the grant guidelines.

Gosford Council agenda COM.28, 23 Oct 2012

Community group helps residents

The Bays Community Group has assisted local residents, as part of its Neighbour in Need program.

Two members of the executive committee gave assistance to residents in Olive Ave, Phegans Bay, by helping them clean up their yard and remove potential bush fire fuel from surrounding trees.

Following hospitalisation, one resident was unable to undertake the bush fire protection work needed in their yard.

A call for assistance followed the announcement of the Neighbour

in Need program which was introduced to assist local residents when they were unable to undertake physical work following sickness or other circumstance that prevented them from doing so.

If you are experiencing difficult times due to poor health or are recuperating following a stay in hospital and could use some assistance, phone either Bob on 4342 9171 or David on 4344 3038.

Newsletter, 16 Oct 2012
Greg McMullen, Bays Community Group

Man charged over robberies

Police have charged a man over a number of armed robberies on the Central Coast, including one in Woy Woy.

Investigations have been ongoing into the robberies of bottle shops within the Brisbane Water and Tuggerah Lakes Local Area Commands this month.

Since Tuesday, October 2, a total of seven armed robberies had been committed on shops in Woy Woy, Wyong, Long Jetty, Avoca, Point Clare and Kariang.

Inquiries by detectives determined that all seven robberies were linked.

Following investigations, detectives arrested a man in Kariang just before 7pm on Tuesday, October 23.

The 42-year-old was taken to Gosford Police Station where he

was subsequently charged with a total of nine offences relating to the alleged armed robberies.

Investigations into the armed robberies are continuing and anyone with information is urged to contact Gosford Police or Crime Stoppers on 1800 333 000.

Media release, 24 Oct 2012
NSW Police Media

BOURKE ROAD GENERAL STORE

BEN & JERRY'S

You have to come in and try this

174 Bourke Road Umina NSW 2257
Phone/fax: 02 4341 7149

Seaspray VALUATIONS & FINE JEWELLERY

Shop 2 / 263 Oceanview Road Ettalong (next to Bendigo Bank) 4341 2223 www.seasprayjewellery.com.au

The Number 1 Independent Jewellery Manufacturer on the Peninsular

Premium Stockist of Eternity Finely Cut Diamonds & Eternity Hearts and Arrows Diamonds

Repairs, Remodelling, and Antique Jewellery Restoration

Make David Your Jeweller - Contact David for an After Hours Appointment

Make That Special Person Ecstatic This Christmas

Buy it NOW at Seaspray Jewellery - Lay-By Welcome

Pre-Christmas Sale - 20% Discount on all Jewellery*

Handmade by David Exquisite Diamond Pendant with Quality Certified Diamonds on an 18 Carat White Gold Omega Chain

One Only at \$11,900

*Original Retail Price - Excludes Items Already Discounted

We buy GOLD! CASH for HOLIDAYS!

Registered National Council Jewellery Valuer

Just in time for Christmas....

Esse Jewellery, Nicole Barr Jewellery, Diamond Studs, Ikecho Pearls, Piccolo Children's Jewellery, Sekonda Watches, Nicola Bannerman Jewellery, Tahitian Pearls, Joe Black Jewellery, The Audrey Collection, Dynasty Pearls, Stackable Bangles & Surf Bangles



An aerial view of the Empire Bay Tennis Courts

Potholes will be fixed

Potholes in the entrance to the Empire Bay Tennis Courts car park will be fixed as part of the Gosford Council's maintenance works schedule.

The tennis courts were inspected by council officers following a petition that the council received on July 24.

The petition had 22 signatures and stated that users of the Empire Bay Tennis Courts were unhappy with the conditions of the surrounding park.

They stated that the grass was

a foot high and, if mown, cut grass was left and not raked up and that the entrance to the car park had pot holes so deep members were forced to drive up on the grass to get to the tennis courts.

The petition also stated that users were concerned that the children's enclave never had the gate closed, it filled up with water 30cm deep and that the sand was discoloured and needed removing.

Council's maintenance services section inspected the facility and confirmed that repair works were required for the potholes but said

there were no plans to remove the playground in the near future.

Council officers said they would inspect both the drainage and soft fall sand area.

A report by council officers stated that should it be determined that the sand required cleaning, such maintenance works would be carried out this financial year.

The report said that the closure of the gate could not be monitored and was not required under Council policy.

Gosford Council agenda
COR.102, 23 Oct 2012

Restoration requested

Gosford Council has received a petition with 1037 signatures from residents of Ettalong which requested that Council restore the foreshores of Ettalong.

Petitioners requested

specifically that the foreshores between Schnapper Rd and Ferry Rd be restored.

They asked that fallen trees be removed from the beachfront and the foreshore be restored with a stone retaining wall with access pathways to the beach.

Petitioners stated this would encourage the regeneration of the natural bush habitat.

It was also requested that Council preserve any heritage sites.

Gosford Council agenda
P.38, 23 Oct 2012

Charged over stabbing

A man has been charged over a stabbing at a hotel in Woy Woy early on Sunday, October 14, at about 12:20am.

A 36-year-old man and his 56-year-old mother were at the hotel on The Boulevard when they were allegedly assaulted.

Police were told the man became involved in an argument with another man and was stabbed three times to the arm, hand and back.

His mother was then assaulted by a woman who allegedly punched her in the face causing a laceration to her eyebrow.

Police and paramedics were called to the hotel with the mother and son being taken to Gosford Hospital for treatment.

A 37-year-old man and 23-year-old woman were arrested at the scene and taken to Gosford Police Station where they were spoken to by detectives.

The man was charged with malicious wounding with intent to inflict grievous bodily harm and was refused bail.

His girlfriend was released pending further investigations.

Media release, 14 Oct 2012
NSW Police Media

Group installs signs

The Bays Community Group has installed two new signs to advise residents of the group's meetings and of special events.

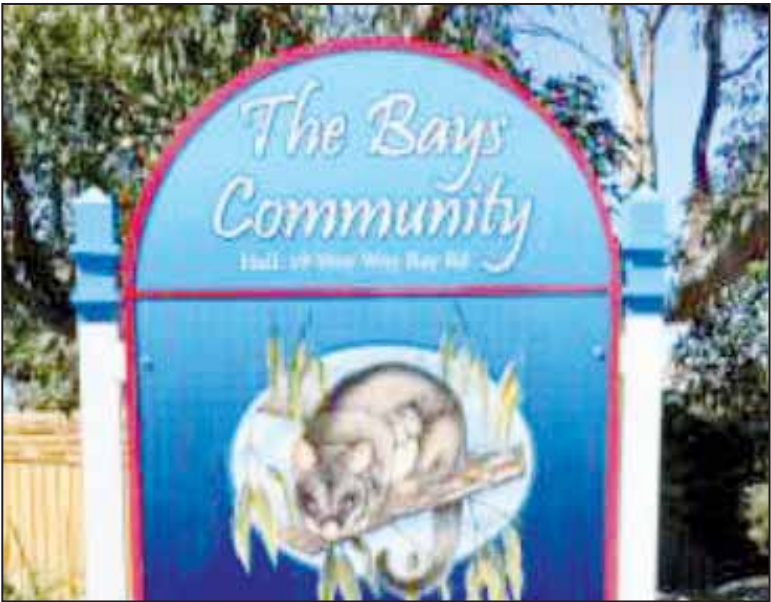
Bays Community Group president Mr Bob Puffett said the signs also projected a sense of pride in the area.

"As well as the drive safely message the signs say who we

are.

"Please assist by looking after them and perhaps they will impart a sense of respect for The Bays artwork around our streets," said Mr Puffett.

Newsletter, 16 Oct 2012
Greg McMullen, Bays Community Group



Empire Bay SUPER SPECIALS!

OPEN: 24HRS

\$3.99 ea

Nestlé Drumstick 4/6 Pack
Selected Varieties

\$5.99 ea

Bulla Creamy Classics Ice Cream
2l or Multi Pack 6/8 Pack

\$1.89 ea

Coca-Cola
Soft Drink 1.25l
\$1.51 per litre

4 \$5 FOR

Schweppes
Lemonade, Traditionals
or Mineral Water 1.25l
\$1.00 per litre

\$1.49 ea

Chum Dog
Food 700g
\$0.21 per 100g

\$4.79 ea

Sorbent Toilet
Tissue 8 Pack
\$0.33 per
100 sheets

\$1.79 ea

Mighty Soft
Bread 650g
\$0.28 per 100g

\$3.49 ea

Abbott's
Bread
680-850g

\$2.29 ea

Natural Chip Company 150g or Samboy,
Thins Chips or French Fries 175g

\$2.79 ea

Palmolive Naturals Shampoo
400ml or Conditioner 375ml

Offers available from Monday 29th October to Sunday 4th November 2012, unless sold out prior. Limit rights reserved. Offers exclusive to FoodWorks Empire Bay.

Proudly Australian owned and truly independent

ADVERTISEMENT

Your Liberal candidate for Robertson

Lucy Wicks



Real Solutions to get Australia back on track.

Our Key Priorities for Government:

1. **We'll immediately legislate to scrap the world's biggest Carbon Tax** and start reducing cost of living pressures on all Australians – especially by taking pressure off electricity, gas and fuel prices.
2. **Within 30 days we'll take real action to stop the boats** with proven policies that work.
3. **Within 12 months we'll get the Budget back under control**, cut government waste, and start delivering real and sustainable surpluses – paying back debt – and taking pressure off interest rates.
4. **In our first term we'll start building a bigger and stronger Five-Pillar Economy** – creating stronger jobs growth right across Australia.
5. **We'll get small businesses growing and creating more jobs** – by cutting company tax, cutting government red tape by over \$1 billion a year – and boosting productivity.
6. **In our first term, we'll start delivering better health and education outcomes** – by putting local people from local communities, not bureaucrats, in charge of schools and hospitals.
7. **Within the first year we'll take real action to protect the environment** in local communities across Australia.
8. **We'll immediately deliver strong, stable and accountable government** focused on our plans to build a stronger future for all Australians.

Get in touch with Lucy: **Phone** 0437 003 607 | **Mail** PO Box 60, Gosford NSW 2250
Email lucy.wicks@nsw.liberal.org.au | **Web** www.lucywicks.com.au

Authorised by Mark Neeham, Unit 8, 482 Pacific Highway, Wyoming NSW 2250.



LIBERAL DON PAGE AND LABOR'S JOHN ROBERTSON MUST ACCEPT THAT ONGOING BAD POLITICS IS THE REASON THAT OUR PROBLEMS WITH CORRUPT CONDUCT ARE NOT BEING ADDRESSED BY ELECTED REPRESENTATIVES, WHO ASKED US TO TRUST POLITICIANS WITH YOUR VOTES.

NSW Premier Barry O'Farrell, Leader of the opposition John Robertson, Gosford City Councillors and my readers who are familiar with the wording of my formal complaint to Gosford City Council dated September 6, one of several which identified election campaign activities that were conducted outside the law during the council election last September, should be wondering why Gosford Council chose not to acknowledge other complaints and ignore all information supplied them, with the exception of that dodgy email from Craig Doyle.

What was ignored is a bigger issue because the same shonky activity happens every time there is an election.

The complaint I made in

person at council on August 27, Ref 12267145, was supported with photos of Labor, Liberal and Independent politician's advertising core flutes fixed to power poles and other places where they are prohibited.

Good Councillors would know not to convert council property for their own personal use.

They certainly should not be party to the placement of anything on the road reserve without prior approval, because that brings them into conflict with the Local Government Act, and the Parliamentary Electorates and Elections Act 1912.

The enormous LJ Hooker Property For Sale sign, which was on the footpath outside 394 Terrigal Dr, Terrigal plastered with Craig Doyle core flutes, was ignored by council compliance officers for many weeks.

Ratepayers should understand that an obstruction like that on the road reserve raises my concerns

that state mandated insurance, supposed to protect ratepayers, may have been needed to pay some form of compensation because the illegal signage was ignored by Gosford Council compliance officers.

Another complaint, Ref 12320477 dated September 6, (copied below) concerned the same issues of illegal campaigning.

It is no joke that these political eyesores spring up across NSW every election, even though their placement on our public property, power poles, footpaths and trees is accommodated by councils and police.

These are people who know damn well that those responsible for putting the political garbage out there are breaking the law.

The item about Craig Doyle in council's agenda of October 23, on pages 57 and 58, seems like an offensive joke.

The photos supplied are evidence of repeat offences being

accommodated, if not actually sanctioned, by local councils.

More importantly, those who would be party to campaigning outside the law while asking ratepayers to give them their votes in trust are the same people who regularly turn away and refuse to take political action on the often published allegations of systemic corruption and abuse of due process that I have brought to light in the past.

I have not forgotten that council, as a consent authority, accepted a development application 11923/2001, which was misleading in no small way.

When I complained, council lied when they told me it was not their problem.

What is even sadder is that none of the fifty people who were ready to accept ratepayers votes on September 8 as local politicians have ever been brave enough to publicly question in "Letters to the Editor" or at council, the veracity of

my often published allegation that Gosford City Council misled the State Coroner during his inquiry into the deaths of five members of the Bragg and Holt families.

Council allowed the coroner to understand they (council) had no knowledge or experience in the use of application of concrete to protect the structural integrity of corrugated steel culvert pipes while evidence to the contrary has been supported by my instructive photos published in this very newspaper.

I just can't understand why so many taxpayers will ignore such a serious cover up!

Why has Gosford council ignored the formal complaints identifying obvious illegal campaign activity of all but the Greens during the last election?

Edward James POB 3024 Umina

This is an intentional attempt to combat the spin my taxes pay for each time a politician goes into print

From: Edward James <espj@bigpond.net.au>

Date: 23 October 2012 12:27:10 PM

To: goscity@gosford.nsw.gov.au

Subject: Formal complaint illegal use of road reserve for political re election campaign ignored by investigator.

For the attention of the Acting General Manager Gosford City Council.

Agenda ref Com 24 (IR 11973738) page 57-58. 23 October 2012

Outcome of half an investigation. Censure for misbehaviour

I am concerned council has only addressed half of the complaints about Craig DoYLES electioneering. Ignoring the photographs supplied to council of Councilor DoYLES campaign material fixed to an LJ Hooker for sale sign. On the road reserve outside number 394 Terrigal Drive Terrigal identified in this below and other complaints.

I have difficulty understanding why each time there is an election. Gosford City Council accommodates the obvious illegal and non complying use of our public property by those campaigning for voter support.

Why were the complaints about the illegal use of the road reserve on Terrigal Drive at Terrigal supported with my photos, ignored? That complaint identifies a conflict with the Local Government Act "anything on the road reserve without prior approval is there illegally". The councils Code of Conduct converting property of the council to private use. The campaign activity also conflicts with the Parliamentary Electorates and Elections Act 1912

Edward James POB 3024 Umina 2257 0243419140

From: Edward James <espj@bigpond.net.au>

Date: 6 September 2012 11:53:28 AM

To: levi.scott@abc.net.au

Subject: Fwd: This is a formal complaint att Acting General Manager improper use of council resource email for election activities. Road reserve for election material.

Begin forwarded message:

From: Edward James <espj@bigpond.net.au>

Date: 6 September 2012 4:55:54 AM

To: goscity@gosford.nsw.gov.au

Subject: This is a formal complaint att Acting General Manager improper use of council resource email for election activities. Road reserve for election material.

For the attention of the Acting General Manager Stephen Glenn.

I have been supplied with this email circulating in our community which was sent by deputy Mayor Craig Doyle.

I believe Gosford City Council should be concerned the email below, which includes two council disclaimers and several attached photos. I am told it was sent to a group called the gourmet club. I believe its existence indicates our Deputy Mayor Craig Doyle used council resources to solicit donations from those listed, to assist him with his campaign for re election.

That is an improper use of Council resources which if considered along with complaints relating to council inaction on complaints identifying illegally placed election material fixed to an LJ Hooker sign on the road reserve outside 394 Terrigal Drive. Terrigal will attract the interest of others.

Edward James POB 3024 Umina 2257 0243419140



Rotary club presents workmanship awards

Rotary Club of Umina Beach president Mr Robert Meyer presented six Pride of Workmanship awards at a function at Everglades Country Club on Wednesday, October 10.

The award recipients were Keith Eather, Diane Fortier, Angela Brown, Sonia Hasler, Ian (Jim) Evans and the staff at Ruby Cafe and Books.

Mr Eather was nominated by Mr Rod Radford, a member of the Rotary Club of Umina, for his "excellent attention to his position of delivering medicine" when he was employed by Mr Radford's son and again when he was employed by two subsequent owners of YouSave Chemist over several years.

"Now as a resident of Don Leggett house in Peninsula Village, I have become more aware of his values, not only to his employees, but more importantly to the nursing staff, in his delivery of medicine to the Village," said Mr Radford.

"I am impressed with his humour, his goodwill and efforts to satisfy our requirements," said Mr Radford.

Peninsula Village environmental services manager Ms Jackie Bennett nominated Ms Diane Fortier for always giving "100 per cent of herself at work".

"She often goes above and beyond what is required of her.

"Diane is a leader in our culture change as she always puts the residents' needs first," said Ms

Bennett.

Angela Brown, a manager at Bakers Delight in Woy Woy, was nominated by franchisee Rosemarie Mondal who said Ms Brown "always treats the store as her own and is there from 7am each morning, delighting the customers with her exceptional customer service".

"She greets every customer with a smile and is a team player and a great motivator," said Ms Mondal.

Peninsula Village's facility manager Ms Marnie Hamilton nominated employee Ms Sonia Hasler and said she "consistently provides a high level of care to her residents".

"She is unfailingly cheerful in spite of many difficulties and is a deserving recipient of this award," said Ms Hamilton.

Mr Gary Beitsett nominated the staff at Rubys Cafe and Books in Umina as they "show a standard of service that is second to none".

"They always have a smile and willingness to go the extra mile.

"Many people comment that a visit to Rubys is just like visiting good friends," said Mr Beitsett.

Ian (Jim) Evans, who works on the front desk at Everglades Country Club, was nominated by Rotarian Glen Scorer for always going "just that bit further in performing his duties, exemplifying the ideals of Pride of Workmanship".

Media release, 11 Oct 2012

Geoff Melville, Rotary Club of Umina Beach



Ian (Jim) Evans, Diane Fortier, Sonia Hasler, Robert Meyer, Angela Brown, Keith Eather and Lisa Close

Advertisement



The Shocking Truth About Roof Restoration

If you've ever been concerned about the condition of your roof, then this could be the most important article you read this year.

Unscrupulous roof restoration salespeople have been telling unsuspecting homeowners that they need a full roof restoration (clean, repair, re-point, seal, and paint) when in many cases all that they need is a simple repair.

This has been going on for years but in recent times has reached epidemic levels. Here's what typically happens...

A telemarketer or door-to-door canvasser offers you a free roof inspection. Sounds like a good idea right..?

It is a good idea unless the roof inspector (usually a salesperson) does what unfortunately happens in many of these instances: he or she will grossly exaggerate the problems and insist that you really need a full roof restoration when perhaps you don't.

Now there are many instances where a roof restoration is beneficial. But there are also many instances where all you may need is a simple roof repair.

Local company Reliance Roof Restoration offer a free roof safety inspection where you get the option of actually seeing your roof close up. Any problems are actually pointed out to you.

That way, you can be certain that any problems they advise you of are real and not made up or exaggerated. You can either accompany the inspector on the roof, or if you're unable to do that, you'll be shown photos taken on a high resolution digital camera.

If your roof is fine and needs no work at all, then Reliance will advise you of that. If all that you need is a small

repair, then Reliance will advise you of that. If you'd like to have your roof restored, that's fine...Reliance would be happy to provide a quote for this service.

If you would like a quote on having your roof restored, you'll get \$600 off the quote if you call before Friday. By the way, you'll be placed under absolutely no obligation whatsoever and this service is free for anyone with a home that's over 12 years in age.

Here's what one satisfied client said of their experience in dealing with Reliance Roof Restoration:

"A professional approach by all associated with the job. I was impressed with your attention to detail and advice on other (small) problems. Follow-up inspection and after job touch-up work was particularly impressive. The friendly nature of all the workers made them a pleasure to deal with. I would have no hesitation in recommending 'Reliance Roof Restoration' to anyone wanting their roof restored."

Ken Durham

So if you are concerned about the condition of your roof and you'd like a free safety inspection, or if you'd like a free quote on having your roof restored, then call Reliance on 1300 300 748 or visit their website at www.reliancerooft.com. Remember, if you call by this Friday you get \$600 off the quote of a roof restoration. Call 1300 300 748 NOW!

FREE QUOTE WITH NO OBLIGATION
CALL RELIANCE ROOF RESTORATION ON 1300 300 748 FOR A QUOTE. YOU'LL BE PLACED UNDER ABSOLUTELY NO OBLIGATION AND IT'S FREE.



Free Gutta Filta, for the month of October, up to the value of \$1000, with every Roof Restoration

1300 300 748

N.J.E Enterprises Pty Ltd ABN 90153695240 BSA 1214303

FREE Consumer Awareness Guide
The 6 myths and 8 facts you must know before you get your roof restored or painted.
Call FREE recorded message 1300 300 748

ROY LAMB "THE SAND MAN"

- For all your landscaping supplies
- Soils • Mulches • Decorative Pebbles and Lots More •

**Open 5 ½ Days from 6am
25-27 Alma Avenue, Woy Woy**

"Bring Your Trailer, Bring Your Ute"



4344 1110

Questions about train radio tower unanswered

RailCorp is about to construct a Digital Train Radio System Tower just south of Woy Woy station.

There are many others under construction in NSW throughout the electric railway network.

The first time we became aware of this was the receipt of a hand delivered letter telling us of the proposal.

It turns out that we received this letter because we live within 500 metres of the proposed structure.

Our initial concerns were aroused when we discovered the Digital Train Radio System was to transmit radio signals and data transmission over several frequency ranges.

Now at present our radio reception is subject to interference and we were concerned that the use of such a tower would produce radiation of a kind that could cause interference on our radio, TV and wireless internet reception.

The initial letter from RailCorp made no mention of this kind of interference.

On digging further we found a 113 page document on the RailCorp website which describes this development (called Woy Woy Four and there is a similar one for Koolewong but in them we could find no reference to the kind of possible interference that was our concern).

Discussions with others indicated to us that in some locations where the mobile phone towers were erected there was a need to replace or alter antennae.

So we are seeking from RailCorp a written guarantee in relation to potential radio-TV-internet interference.

We were initially concerned over the health aspects of continuous exposure of people to low levels of radiation such as that to be produced by the Woy Woy Four tower.

There have been a number of reports in the news over the past 10 years indicating potential links with cancer generation by electromagnetic energy of the same range of frequencies as that to be produced by the local tower.

There is a lot of material based on sound research on the internet but it would seem that at the moment there are no clear health risks associated with the radiation under concern.

Forum

However, because of the lack of research in this area the following conclusion from Australian Radiation Protection Nuclear Safety Agency (ARPANSA) should be considered.

"There is no clear evidence in the existing scientific literature that the use of mobile telephones poses a long-term public health hazard (although the possibility of a small risk cannot be ruled out)."

This conclusion is for mobile phone towers and not for towers producing the kind of radiation the Woy Woy Four tower is likely to produce.

We now remain more than a little confused over whether the transmissions will be like those from mobile phone towers.

Much of the reference work refers us to ARPANSA publications.

RailCorp says this in their Appendix.

These points are from Appendix One of the Woy Woy Four report: "An EME Environmental Report shall be produced by the proponent of development to which the Mobile Phone Network Code applies in terms of design, siting of facilities and notifications."

"The report is to be in the format required by ARPANSA."

"It is to show the predicted levels of electromagnetic energy surrounding the development comply with the safety limits imposed by the Australian Communications and Media Authority and the Electromagnetic Radiation Standard, and demonstrate compliance with the MobilePhone Networks Code."

Then we see in the same section of the report the following:

"The proposal is not for a mobile phone network and is not subject to the Code for the Development of Mobile Phone Network Infrastructure commonly known as the ACIF Code."

"An EME report has been completed (we presume this was written by RailCorp) and is found at Appendix Four."

This Appendix says refer to "DTRS-R-172-EM-0001: Woy Woy Four Electro-Magnetic Energy Report (ARPANSA Report)"

There is lots of verbiage in this report but in essence it says: "RF EME levels have been estimated from the proposed antennas at origin of Woy Woy Four site."

"The maximum cumulative EME level at 1.5 metres above ground level is estimated to be 0.0041 per cent of the ARPANSA public exposure limits."

This we found rather hard to understand.

We have written to RailCorp's director of the Digital Train Radio System project, posing a number of questions.

We requested a response.

The only response we received was an automated email saying we would have a response in two days.

The response is now more than two days overdue.

We need a response as the small number of people in our group need to consider RailCorp's response before we submit a considered response.

We see this as being an urgent matter as the closing date for any response is November 5.

Email, 20 Oct 2012
Bill Gates, Woy Woy

Supporting local business?

Debra Wales' column in the Express Advocate on October 19 appears innocuous until you read the Peninsula Chamber of Commerce's motto "supporting local business".

There is no reference to local business other than Aldi, Coles, Woolworths, Bunnings and McDonalds.

Back up information is missing from Debra's column.

There must be a follow-up report explaining how the chamber is "supporting local business" other than Aldi, Coles, Woolworths, Bunnings and McDonalds.

Have I missed something in the detail?

The major businesses mentioned would have tens of millions of dollars in their advertising and promotions budgets.

Why do they require support from the chamber?

Is this a local phenomenon or standard business practice?

Is there a conflict of interest?

When the Bunnings DA was approved, specific conditions were

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

imposed to direct truck movements to and from the site located in West St, Umina.

Additional traffic management conditions have been included in the McDonalds consent.

Traffic volume must increase.

There will be greater use of West St and Ocean Beach Rd; queuing is a sign of progress.

The main street program may not be ticking all the boxes.

It hasn't ticked many for me.

Letter, 24 Oct 2012
Norman Harris, Umina

JOHN'S LITTLE GADGET STORE
CALL ME FOR ALL YOUR GADGET NEEDS

1300 885 820
ABN 13 025 997 788
www.johnslittlegadgetstore.com.au

Mobile Phone Repairs
Mobile Phone Accessories
Mobile Phone Batteries
iPad Accessories
Gaming Accessories
Mobile Phone Patch Leads
Mobile Phone Antennas

Computer Guy

WE FIX COMPUTERS!

4320 6148

Fone Increase your business today!

Is your website mobile friendly?

Have you developed a mobile advertising strategy?

Are you looking for a way to boost your revenue and sales without having to spend copious amounts on advertising?

Have you got a great idea for an app but have no idea how to develop it?

Well, here at Fone we can help!

In a changing world where more than 50% of Australians own a smart phone (of which 74% do not leave home without it), as a business owner, it is crucial to not only embrace this new technology but to utilise it.

Our development team can help you get ahead of the curve and develop an app that suits your needs. Whether you're a **hotel**, a **cafe**, a **restaurant**, or **hairdressers**, it doesn't matter. Fone will develop an app that can help your business thrive.

CALL FONE ON 1300 584 397 OR 0409 666 577 NOW!

www.fone.com.au

CASH LOAN
— MONEY CENTRES —

The Store Where You Get More!

**\$200 - \$500 - \$1000
- \$1500 - \$2000**

Up to One Year Repayment Plans

LEASING AND LEASE BACK SPECIALISTS!

• Affordable - up to 1 year to repay
• Shorter term leases available • Fast decisions
• Centrelink clients welcome (according to benefits)

SHOP 2, 23/27 THE BOULEVARDE
WOY WOY

4342 4441

Live local, shop local



Honeymoon home loan special

4.99%

% p.a.*

12 month fixed rate

6.46%

% p.a.*

Comparison rate

New home loan applications only. **Offer ends 30 Nov 2012.**

1300 13 22 77 www.communityfirst.com.au

*Terms and conditions, fees and charges apply - details available on application. All loans are subject to lending guidelines. For full terms and conditions visit www.communityfirst.com.au, call 1300 13 22 77 or drop into your nearest Financial Services Store.



community first
credit union



Come in and try our award winning Honey Chicken and Sweet Corn Sausage, judged best in NSW by the Australian Meat Industry Council

Shop 9, Peninsula Plaza - Blackwall Road Woy Woy

Ph: 4342 2372 - Fax: 4342 2750



Your Health Shop

It's time for all your Christmas dried and glazed fruit needs at....



GoVita Health Foods in Peninsula Plaza.

Shop 3 Peninsula Plaza, Woy Woy - Phone 4344 4822

Follow us on Facebook



CIGARETTES TOBACCO CIGARS



For a wide range of unusual giftware

For these specials and other great service offers, visit Peninsula Plaza



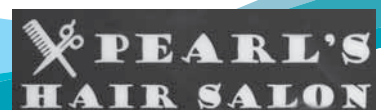
community first
credit union



Woolworths
the fresh food people

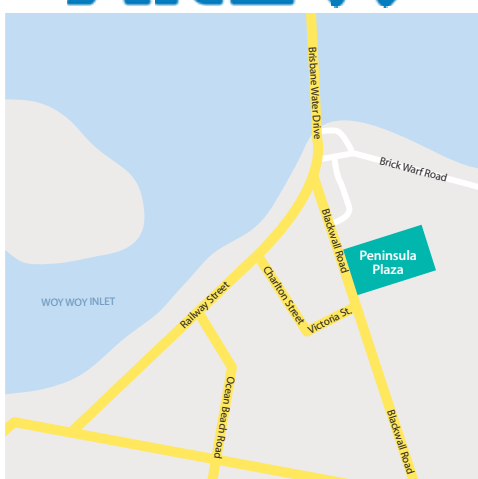


Your Health Shop



Blackwall Road, Woy Woy

Woolworths & the best local specialty stores with convenient parking for all your shopping needs



Health

Extra-curricular activities offered

Empire Bay Public School is currently offering a number of extra-curricular activities.

"The Life Education Van has worked with all classes Kindergarten to Year 6 and is still the largest non-government (and non-profit) provider of health education to children and young people, Australia wide," said Mr Lewis.

"The Kindergarten Gymnastics program is running over the next five weeks on each Monday and

it provides a specialised program developing our student's gross-motor skills.

"I was able to sit in on one of the lessons held on Monday and was most impressed with the activities provided to our students and the specialised gymnastic skills being developed.

"I recommend these important programs to all parents," he said.

Newsletter, 17 Oct 2012
Brad Lewis, Empire Bay Public School

Maths results

Ettalong Public School has received the results from the UNSW Global Educational Assessment in Mathematics in which a small number of students participated.

Kiara Neal of Year 4-5 achieved

a distinction and was in the top 10 per cent.

Rian Hatfield and Thomas Tyrell, both of Year 3-4, achieved credits.

Newsletter, 16 Oct 2012
Colin Wallis, Ettalong Public Schools

Students clean-up

Students from Brisbane Water Secondary College's bushcraft group participated in a clean-up of the mangroves on the southern side of Patonga Creek on Thursday, October 18.

A total of 36 bags were filled weighing in at 288kg from a 200 metre by 40 metre area.

Coordinator Mr Graham Johnston said the site was visited last month with 20 full bags of beer bottles removed.

"It is obviously an old dumping site," said Mr Johnston.

Email, 20 Oct 2012
Graham Johnston, MacMasters Beach



Bob Powell, Gordon Robertson, David Lilley, Ron Hughes, Tim Wharton, Ian Jarratt and Ross McIntyre at the cheque presentation

Money donated for cancer equipment

A cheque for \$10,000 has been presented to Gosford Hospital by members of men's bowling clubs on the Peninsula who raised the money from the Peninsula Charity Bowling Days held in June.

Gosford Hospital will use the money to purchase a laparoscopic bulldog clamp used to treat people undergoing surgery to treat kidney cancer.

Everglades Men's Bowling Club, Umina Beach Men's Bowling Club and Ettalong Memorial Men's Bowling Club each hosted a charity bowling day to support people in the community with cancer.

Woy Woy Men's Bowling Club were also supporters of each of the charity days, although did not hold their own event.

The event was originally started by Umina Beach Bowling Club in memory of Ron Pursehouse who died of prostate cancer.

Clinical nurse educator Mr Tim Wharton said the new equipment would enhance the treatment of people being treated for kidney cancer.

"These clamps are used during keyhole surgery on kidneys.

"They allow us to remove the diseased part of the kidney rather than having to remove the whole kidney.

"It is much less risky for the patient if we are able to save part of their affected kidney.

"The overall risk to their renal system is reduced by not having to totally remove one kidney.

"We are really grateful to all the members of the bowling clubs for

their efforts in organising these events and for their generosity.

"It will really benefit a lot of people having cancer treatment," said Mr Wharton.

Umina Beach Bowling Club bowls coordinator Mr Ian Jarratt said club members from all clubs were dedicated to helping staff at Gosford Hospital to continue to provide the best possible treatment and care to the local community.

"Many people in the community are fighting cancer and we know what a difficult time this can be for them and their family and friends.

"We hope our donations make things easier for them," said Mr Jarratt.

Media Release, 23 Oct 2012
Jan Richens, Central Coast Local Health District

UMINA

South Street Dental

Umina Beach

Teeth for Life
Cosmetic Smiles
Teeth Whitening
Children and Adults
Complex Reconstruction
Implants
Dentures

Mario Reznik
BDS - 1st Class Honours (Syd)
Dip, Clinical Dentistry-Oral Implants (Syd)
Dental Surgeon

52 South Street Umina Beach
4344 6699

Medicare Vouchers / Teen Vouchers welcome
Veterans' Affairs welcome
10% discount to Seniors Card Holders
HICAPS, EFTPOS and major
Credit Cards Accepted
Disabled ground floor access
with plenty of parking

Every bequest brings us closer to a cure for cancer.

For more information contact Mella Moore today.
T: 1300 780 113
W: cancercouncil.com.au

Central Coast Case Management Services

You should contact Central Coast Case Management Services when you or a person you know is having difficulties coping at home & requiring assistance with day to day tasks.

We can help you by linking you to services you need.

• Coordinating a variety of services
• Assisting carers in their role
Contact us to discuss if you are eligible

Ph: 4343 1888
Yaringaa Building
93 McMasters Road
Woy Woy (opposite Rogers Park)

MONKEY MIND MEDITATION

Learn easy meditation techniques from a qualified hypnotherapist

11am Wednesdays starts 7 November

Six week course
\$20 per session-25% discount prepayment and pensioners

The Clearing
Gnostic Corner, Woy Woy
CALL Liz 43 410 464

WANTED...WANTED

25 PEOPLE to trial* 3 series

Penninsula Hearing requires 25 PEOPLE to trial the new 3 Series, the latest and most advanced, digital hearing aid from Starkey.

“I noticed an immediate difference with my 3 Series hearing aids, especially in noisy situations, like in restaurants or when I was driving the car.”



Molly L.,
Starkey Wearer

Introducing the new 3 Series now you can hear conversations, not commotion.

- Reduces listening effort and mental fatigue in noisy environments
- Lets you talk easily on the phone
- Provides a comfortable fit
- Variety of styles and technology levels to suit your lifestyle and budget
- Virtually eliminates whistling or buzzing

Sleek, discreet design



DON'T MISS OUT! CALL 4342 9736 TODAY.



Shop 4, 263 Oceanview Road, Ettalong Beach

Health

HERBALIFE Since 1980

- Weight Loss • Weight Gain
- Health & Fitness • Personal Care • Doctor Formulated
- Full Money Back Guarantee

Call Stuart on 0438 162 074 or 4344 2826
email: stuartibetts@gmail.com

Advertisement

Chiropractic Plus

by Peter Grieve of the Umina Chiropractic Centre

CAN CHIROPRACTIC CARE ASSIST THE ELDERLY?

These days what is elderly?

What used to be considered 'old' at 60 is now only 'senior' at 80!

How many people can you think of who look as though they're in their fifties and then you discover they are well over 65 or even 70?

To find that you're adding on the years can be a little daunting for some – but it doesn't mean that you have to put up with the discomfort of aching backs, shoulders or limbs.

What tends to happen though is that aching limbs and joints are often disregarded due to the "I'm just getting old" syndrome.

Well, just because you may be adding a few years is no reason to put up with pain or even discomfort.

Senior age groups often ask whether they can take advantage of chiropractic care and if it will help to alleviate problems with shoulder, hip and other joints without jeopardising them.

The answer is a definite 'yes'.

There are a number of treatable conditions of the body as age increases; we just have to know precisely where the condition is and what is causing it.



The first step is to ask the question of a chiropractor – if you don't ask the question, you will never know the answer.

"Can you do anything for me?" is probably the

simplest approach to your chiropractor.

He or she will then be able to examine the facts of your individual circumstances, assess the pain and its causes and then tell you what, if anything, can be done for you.

More often than not, regardless of your age, a remedy of care can be found for your specific condition.

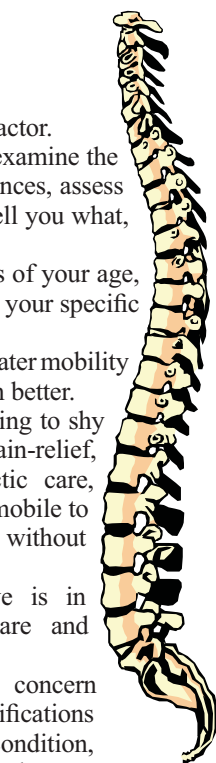
The result will invariably be greater mobility and your body's ability to function better.

Many modern seniors are tending to shy away from over-medication for pain-relief, realising that through chiropractic care, they are becoming pain-free and mobile to do the things they want to do, but without the fear of side-effects.

The concern that some have is in connection with chiropractic care and osteoporosis or other ailments.

This doesn't have to be a concern because, with the necessary modifications applied to the individual's condition, chiropractic nurture is being used on a regular basis to alleviate such conditions with no after or side effects.

Indeed, many senior recipients of chiropractic care are consistently reporting freedom from pain and a markedly improved mobility, coupled with a noticeable reduction in arthritic symptoms.



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 Buckham
Umina Chiropractic Centre,
428 Ocean Beach Rd, Umina 2257
Ph: 4341 6247

Information about prostate cancer

An information session on prostate cancer will be held on Tuesday, November 20, from 7:30pm at Everglades Country Club.

The session will provide information about prostate cancer and how it can affect younger men,

what men should be aware of and what they should look out for.

Urological surgeon Dr Finlay MacNeil will be the guest speaker for the event, while a prostate cancer survivor will be on hand to share his experiences.

"Prostate cancer is the most common cancer on the Central Coast with an average of 267 local men diagnosed with this illness each year," said Cancer Council NSW community network

coordinator Ms Sandra Shorrock.

"Each year on the Central Coast approximately 62 men lose their battle with prostate cancer.

"Our aim is to raise awareness about prostate cancer," said Ms Shorrock.

For more information, phone Sandra on 4336 4500.

Media release, 17 Oct 2012
Sandra Shorrock, Cancer Council NSW

Morning tea

A Pink Ribbon Morning Tea will be held on Wednesday, October 31, at a main street shop in Woy Woy.

The morning tea will raise money for the National Breast Cancer Foundation by selling coffee and \$1 cupcakes.

Paper, Pens and Printing in Woy Woy will host the morning tea.

There will also be giveaways with prize donations welcome from other local businesses.

Website, 23 Oct 2012
Stacey Miller, Pink Ribbon Breakfast

A LITTLE HARD OF HEARING? AT ALLIED HEARING WE PROVIDE TO YOU....



- FREE HEARING TESTS FOR SENIORS
- FREE DIGITAL HEARING AIDS FOR APPROVED PENSIONERS
- FREE HEARING AID TRIALS
- SHOP AROUND OUR PRICES WON'T BE BEATEN

ACCREDITED PROVIDER OF GOVERNMENT SERVICES

* CONDITIONS APPLY

CONTACT YOUR CLOSEST OFFICE NOW

WOY WOY - SHOP 10 CNR VICTORIA & GEORGE ST

PHONE 43442566

THE ENTRANCE - SHOP 12 LAKESIDE SHOPPING CENTRE THE ENTRANCE RD

PHONE 43346233



TOGETHER WE CARE

Sponsored by Peninsula News Community Access



PENINSULA VILLAGE
POZIERES AVENUE

COOINDA VILLAGE
NEPTUNE STREET

UMINA BEACH

Independent Living | Quality Apartments

Priced from \$225,000

- Air conditioned 1 and 2 bedroom apartments
- Beautifully maintained grounds and gardens
- Convenient location - handy to bus and shops
- Built-In wardrobe, quality window and floor coverings
- Distress alarm system
- Indoor recreational hall and sunroom
- Social Club with plenty of activities available
- In-house meal, cleaning and hairdressing services
- LCD TV, dishwasher, wall oven, hot plates & clothes dryer
- Catering to over 55's



Inquiries to our Independent Living Specialist

Freecall 1800 650 070 or visit www.peninsulavillage.com.au



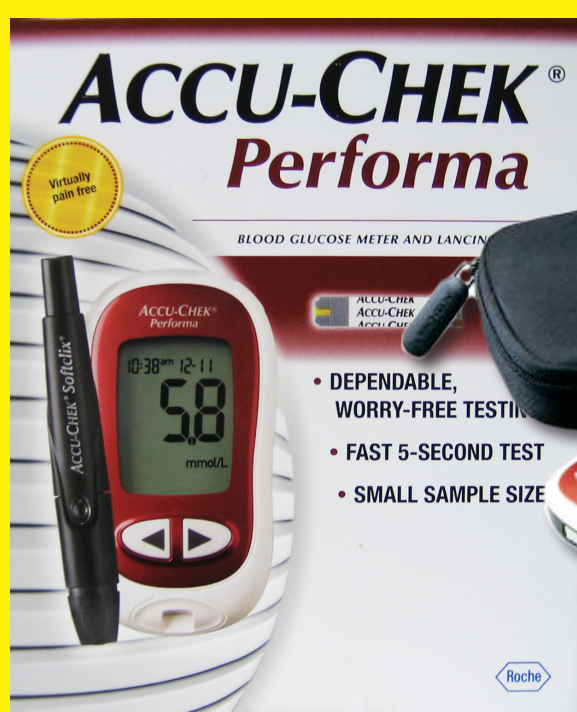


KUOCHCHEMIST

EXCELLENT PRICES EXCELLENT SERVICE

Catalogue Prices Valid from 29/10/12- 23/11/12

43-45 Blackwall Rd Woy Woy (next to the post office) Ph: 4341 1101



Accu-Chek
Performa Meter Kit

FREE
after
cashback

- DEPENDABLE, WORRY-FREE TESTING
- FAST 5-SECOND TEST
- SMALL SAMPLE SIZE



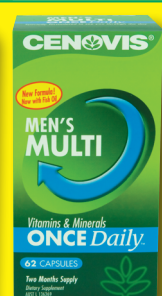
now
\$14.99
mp \$23.95
save \$8.96

Cenovis Krill + Fish Oil
30 caps



now
\$4.46
mp \$6.95
save \$2.49

Cenovis Sugarless C
100 tabs



2 for
\$15
mp \$25.90
save \$10.90

Cenovis Once Daily Multi's 62 caps

25% OFF

Natures Own,
Cenovis and
Bio Organics vitamins



now
\$18.74
mp \$29.95
save \$11.21

Nature's Own Complete Sleep
Adv 30 tabs



now
\$29.99
mp \$47.90
save \$17.91

Nature's Own Glucosamine
w/Chond 120 tabs



now
\$18.74
mp \$42.95
save \$24.21

Nature's Own Glucosamine
1500 120 tabs



now
\$23.99
mp \$39.95
save \$15.96

Nature's Own Ultra Krill Oil
30 caps



now
\$16.49
mp \$29.95
save \$13.46

Bio Organics Cranberry
10,000+ 60 caps



now
\$4.46
mp \$8.25
save \$3.79

Nature's Own L-Lysine 50 tabs



now
\$10.49
mp \$17.35
save \$6.86

Nature's Own
Magnesium 75 caps



now
\$21.74
mp \$35.95
save \$14.21

Nature's Own O/Less Fish Oil
2000mg 200 caps



now
\$12.74
mp \$20.95
save \$8.21

Nature's Own
Liquid Fish Oil 300ml



now
\$8.96
mp \$17.50
save \$8.54

Bio Organics Calcium
+ Vit D3 120 tabs
Same as Caltrate.



FREE
when you buy
any 2 Nature's
Own products
while stocks last

Nature's Own Omega
Delight 230ml



now
\$10.27
mp \$19.50
save \$9.23

Nature's Own
Vit B12 60 tabs



now
\$12.74
mp \$24.60
save \$11.86

Nature's Own Triple Strength
Garlic + C, H/rdsh 60 tabs



now
\$11.24
mp \$21.95
save \$10.71

Bio Organics Glucosamine
Rapid 100g

*Always read the label. Use only as directed. If symptoms persist see your healthcare professionals. Incorrect use could be harmful. The pharmacist reserves the right not to supply when contrary to our professional and ethical standard. The pharmacist reserves the right to limit the quantity supplied. #Vitamin supplements may only be of assistance if the dietary vitamin intake is inadequate. While due care has been taken in the preparation of this catalogue, we take no responsibility of any printing errors or omission. We reserve the right to correct any printing errors. Prices valid from 29/10/12- 23/11/12 - All products are subject to availability from our suppliers. All products are available at the time of printing.

30% OFF ALL L'OREAL COSMETICS

Limited Time Only... Be Quick!



Umina Chemsave Chemist

299 West Street Umina Beach NSW 2257

Ph 4342 4932

Time capsule to be buried

Woy Woy Public School will bury a time capsule to celebrate the school's centenary on its current site.

Each class will prepare a class package for the capsule which will have a contribution from each child.

Examples of the school uniform

and samples of 2012 workings of the school will also be placed in the capsule.

Community members are also invited to contribute, as are past students, staff, members of the P and C and special guests.

The capsule will be gas sealed and buried for the next 50 to 100 years, following the school's

commemorative event to be held on Friday, November 23.

A special stone marking the spot of the capsule will be laid above it in the School's commemorative garden.

**Newsletter, 16 Oct 2012
Ona Buckley, Woy Woy
Public School**

Science lab upgrades

Brisbane Water Secondary College's Umina Campus will receive two upgraded science laboratories thanks to savings from a renegotiation of project management and design fees for school building projects.

Member for Gosford Mr Chris Holstein said that under the previous Labor government, project management and design fees ranged from 11.8 per cent to 14.3 per cent.

"The new rate for building projects announced in the 2012-13 budget will be 8.4 per cent,

which means the government can deliver new facilities for schools by passing on those savings of \$8.6 million," said Mr Holstein.

"This investment will support the delivery of science curriculum at Brisbane Water Secondary College.

"This is an example of the government delivering additional new facilities out of the existing capital works program budget," Mr Holstein said.

**Media release, 25 Oct 2012
Chris Holstein, Member
for Gosford**

Strong results by Woy Woy South

A review of results from the National Assessment Program for Literacy and Numeracy has indicated a strong performance by Woy Woy South Public School students in all areas tested.

Principal Mr Terry Greedy said trend data that plots school results over a five year period in each of the key areas of literacy and numeracy have shown a steady rise in overall school results, with Year 3 showing significant gains in

these areas.

The tests assess student performance in five areas of the curriculum comprising reading, writing, spelling, grammar and punctuation and numeracy.

"In all five areas the growth rates for students from Years 3 to 5 are all above state levels with the school's growth rates being so good that we are ranked in the top four schools in our designated school education group," said Mr Greedy.

"A number of new programs

and approaches to teaching in literacy and numeracy that have been introduced over the past three years are starting to have a positive impact on the schools results.

"This is a clear indication of the effectiveness of the programs and reflects the quality of the education being provided for students," he said.

**Newsletter, 9 Oct 2012
Terry Greedy, Woy Woy
South Public School**

Fun day

A family fun day for Aboriginal children starting Kindergarten next year on the Peninsula will be held at Woy Woy South Primary School hall on Wednesday, November 14, from 9:30am

until 12:30pm

A free sausage sizzle will be held and health information on children starting school will be presented.

Families will receive a free school pack and parent pack.

**Newsletter, 23 Oct 2012
Colin Wallis, Ettalong
Public School**

Olympian visits Pretty Beach

Australian Olympic gymnast and diver Alexandra Croak visited Pretty Beach Public School on Thursday, October 18, to speak about the benefits of staying fit and active.

Alex spoke at the school as part of the Premier's Sporting Challenge, which aims to promote the benefits of physical activity among young people.

Alex, a Challenge ambassador, also spoke to the students about the importance of physical activity

in overall health.

The Challenge was launched in 2007 and is open to all NSW public school students.

This year, more than 220,000 students from 1059 schools are taking part.

**Media release, 15 Oct 2012
Sven Wright, DET**

COMPUTER FAIR

Lowest price in Town

Sat 10 November 10am - 2.30pm

Gosford Showground
Showground Rd Gosford
www.computermarkets.com
0425 211 965 | Entry \$3.00
Children under 12yrs Free
EFTPOS available

**NEW DEALERS
WELCOME**



Tonkin Drysdale Partners

LAWYERS Est. 1958

One of the Coast's largest & most experienced legal teams



Paul Quinn & Lee Pawlak - Family Law Team

Tonkin Drysdale Partners has many years of experience in Family Law Matters. Call the team for advice on:

- Property Settlements
- Children and Parenting Orders
- Pre-nuptial Agreements (Binding Financial Agreements)
- Child Support
- De-facto relationships
- Divorce
- Domestic Violence Issues including AVO's
- Collaborative Law

T 02 4341 2355 E info@tdplegal.com.au

79 Blackwall Road, Woy Woy

tdplegal.com.au
facebook.com/TDPLegal



**Linda Emery
Lawyer
Since 1983**

**Hospital &
Home Visits
By Appointment**

Specialising in:

FAMILY LAW

- Divorces
- Children's Issues
- Binding Financial Agreements
- De facto
- Property

WILLS & ESTATES

- Probate, Wills & Disputes
- Power of Attorney
- Enduring Guardianship



**Linda Emery
& ASSOCIATES**

LAWYERS & CONVEYANCERS

CONVEYANCING

- Purchase & Sale of Property
- Refinancing Mortgages
- Purchase & Sale of Business
- Leasing • Retirement Villages

COURT APPEARANCES

- Criminal Law
- Traffic Matters
- AVO Matters
- Drink Driving

4323 4766

Ground Floor, Suite 6, 22 Watt St Gosford

Email: lemery@lindaemery.com.au

Woy Woy School of Music

guitar

violin

piano

saxophone

drums

clarinet

ukulele

flute

vocals

bass

Now Enrolling for Term 4

Ph: 4344 5809 www.woywoymusic.com

Out and About



Little Theatre presents The 39 Steps

The longest running comedy in London's West End began its 10 performance season at Woy Woy's Peninsula Theatre on Friday, October 26.

The 39 Steps is based on the well-known Alfred Hitchcock thriller, but has been transformed into a hilarious and thrilling play that won the 2007 Olivier Award for Best New Comedy in London.

A cast of four actors play 139 characters in this production from Woy Woy Little Theatre.

Two Central Coast actors, Duncan Piney and Paul Russell, play

a multitude of characters between them, while Martin-John Pemberton plays hero Richard Hannay and Caitlin Shaw dips in and out of disguises as Pamela, Margaret and Annabella Schmidt.

All four are regulars with the 50-year-old theatre group, with Piney last seen as the stalker in Boy Gets Girl.

He has also appeared in Sydney and Melbourne theatre productions, as well as a major part in The Winslow Boy at the Sydney Opera House.

Paul Russell has some 30 years of experience in professional and

community theatre in Brisbane, Perth, Sydney, Newcastle and the Central Coast, where he was seen in Woy Woy Little Theatre's stagings of David Williamson's Influence and Operator.

Both Pemberton and Shaw have many shows under their belts, and were last seen on stage in the sold-out Woy Woy production of Arsenic and Old Lace earlier this year.

The 39 Steps will run until Sunday, November 11.

Media Release, 22 Oct 2012

David Wicks,

Woy Woy Little Theatre



(Back) Paul Russell and Duncan Piney
(Front) Martin Pemberton and Caitlin Shaw

**Free Pick-Up and Delivery Service
For Vacuum cleaners and parts
on the Peninsula**

JR's HAVE moved
Call for expert repairs of all your
whitegoods. Spare parts available

JR's Appliance
Repairs and
Services
4342 3538

Ferries diverted

Due to high winds and tide conditions on Tuesday, October 23, ferry services between Palm Beach, Wagstaffe and Ettalong were diverted.

The ferries were diverted on a limited schedule to Patonga.

The ferry service returned to normal on Wednesday, October 24, when the conditions were deemed safe.

Email, 22 Oct 2012
Elisabeth Styler, Palm
Beach Ferries

On Saturday 10th November come along to the

Gosford City Markets

Second Saturday of each month

8am to 1pm in Kibble Park,
Gosford - Rain, hail or shine!

Something for everybody....

Fresh produce, wines, a
variety of meats, breads,
plants, handmade jewellery,
gifts, art and crafts and more!

For all stall enquiries phone:
43227726 or email:
info@gosfordcity.com.au

Why not stock up
on hand - made
unique Christmas
gifts now, plus
entertainment
and more!

Bring a picnic blanket and enjoy the
Markets in Kibble Park

Proudly brought to you by **gbid** and
Gosford City Rotary

Proudly sponsored by **Imperial**
FREE parking at Gosford Town Centre
1077 200 500 1013

A joint project between Gosford Business Improvement District and Gosford City Rotary
Sponsored by Peninsula News - A Ducks Crossing Publication.

WOY WOY LITTLE THEATRE INC PRESENTS

Adapted by Patrick Barlow
From the novel by John Buchan
From the movie of Alfred Hitchcock

Directed By Christine Vale

ALFRED HITCHCOCK'S THE 39 STEPS

Sponsored by **Peninsula News**
Community Access

"Where Hitchcock meets Hillarious"

October 26 - November 11
2012

The Peninsula Theatre
Cnr Ocean Beach Rd & McMasters Rd
Bookings: www.laycockstreettheatre.com
or 43 233 233 (booking fees apply)
Peninsula Theatre Box Office opens 15th October
Mon, Wed, Fri 10am - 12noon
4344 4737



www.woywoylt.com.au also on FACEBOOK



Out and About

Cafe accepts rejected sculpture

Peninsula resident Roger Heighington has had his sculpture accepted for exhibition at a local cafe after it was rejected for the Gosford Art Prize.

Mr Heighington said he spent two years creating the sculpture called Frill of the City and said he believed it was "a very good sculpture, one of the best I have done".

It will now be on show at the Hatters Tea House at Ettalong.

Frill of the City depicts a stone frilled-neck lizard straddling a symbolic city and was carved from a single piece of stone.

"It is a statement regarding the ultimate triumph of nature over the

human built environment," said Mr Heighington.

"I think it is a very relevant piece.

"It was created by a local artist and is made from sandstone, a local material.

"We are surrounded by this stone, the hills around us are made from it; it is at the very core of the identity of the Central Coast.

"Furthermore, it is the Year of the Dragon, and the frilled-neck lizard is a real-life Australian dragon.

"I saw the pieces that had been accepted into the art prize, and it was disappointing to see a lack of carved three-dimensional sculptures there.

"Sculpture, as far I'm concerned, is about taking a hunk of raw

material and creating something else from it that can inspire other people.

"Sculpture is a tradition as old as the history of mankind.

"It's had a massive impact on our development as a species.

"If this tradition was lost, it would be nothing less than a tragedy.

"This whole situation makes

me wonder whether traditional sculpture is still valued as an art form.

"All I wanted was for the piece to be exhibited so that the general public could appreciate it, and think about what it means," said Mr Heighington.

Hatters Tea House owner-manager Ms Annette Backshall

said Hatters Tea House was a big supporter of all things local, "especially the rich pool of talented artists that reside on the Coast and we are very excited about showing this piece".

Email, 22 Oct 2012
Roger Heighington, Ettalong
Photo: Roger Heighington



Just gets better

\$2500
members draw must
be won next Thursday
night, starts from 6pm
1st of November.

NSW Permit number LTPS/12/08354



Melbourne Cup Luncheon

COLD SEAFOOD
Whole Cooked King Prawns, Half Shelled Large NZ Mussels,
Thai Style Octopus, Seafood Salad

COLD MEAT PLATTER
A selection of Shaved Leg of Ham, Roast Beef
and Roast Chicken

ASIAN CUISINE
Garlic Tiger Prawns, Sweet Sour Pork, Pepper Steak
Chicken Cashew Nut, Special Fried Rice, BBQ Plum Pork

WESTERN CUISINE & ENTREE
Lasagne, Beef Burgundy, Crispy Chips,
Prawn Cutlets, Spring Rolls, Fried Dim Sim

FRESH SALADS
Tossed Garden Salad with Dressing, Traditional
Coleslaw Caesar Salad and Basil Pesto Pasta Salad

DESSERTS
Mud Cake, Cheese Cake and Fruit Salad

TEA AND COFFEE

MEMBER \$34.90 | NON MEMBER \$39.90

WIN A CRUISE

Would you like to Win a Cruise
for two people valued at \$2500!

- Members simply swipe their Golden Card at the Rewards Terminal every day from Monday 8th October 2012 to earn entry tickets in the draw.
- Members will also receive an additional entry ticket for every single \$5 transaction at the club's Beverage Outlets.
- Members will also receive an additional entry for every single \$10 transaction in the bistro.
- Members will receive an additional entry for every \$10 Club Keno transaction.
- Golden Sand Members will receive 1 additional entry ticket per day.
- Golden Sun Members will receive 3 additional entry tickets per day.
- Golden Pearl Members will receive 5 additional tickets per day.

MINOR DRAWS

will be on the following dates 20 names will be
drawn out to go into the major draw.
THURSDAYS 7:30PM
18th October | 25th October | 1st November |
8th November | 15th November

MAJOR DRAW

SUNDAY NOVEMBER
18TH AT 5PM

BONUS DRAW

extra 30 names will be drawn on 18th November at 4pm



NSW Permit Number LTPS/12/08354
Terms and Conditions available
from club reception

Melbourne Avenue, Umina Beach

Telephone: 4341 2618

Meet our fully qualified and experienced staff

AN Obsession FOR Hair N Beauty LOUNGE

Ph 43 44 3013

Monday Specials

Male & Female Cuts \$20

Kids Cuts \$10

Tint Regrowth \$35

Eyebrow Wax & Eyelash Tint \$20

Appointments & Walkins Welcome

Professional & friendly staff

Beauty Services available

Everyday Specials

Half Head Foils, Toner, Cut & Dry off \$88*

Global Colour & Dry off \$75

Perm, Cut, Blow Dry & Set \$55

Open Monday to Saturday, late night Thursdays

*Conditions Apply, please see store for details

Shop 293B West Street Umina Beach

Out and About



Church has playgroup vacancies

Umina Uniting Church has a number of vacancies in its Friday morning playgroup for children aged up to five.

The supported playgroup has a team of helpers to assist with morning tea for mums and children, craft, reading of stories and singing.

It has new development and age appropriate equipment for inside and outside play.

The playgroup runs weekly during school term and enquiries should be made to Margaret on 43601890.

The Umina Uniting Church will not hold its annual Spring Fair this year and will instead host a Festival of Christmas on Saturday, December 1.

The Festival will feature the usual stalls along with a display of Christmas decorations.

Anyone wishing to have a table with items for sale, or who would like to display a Christmas decoration should phone Annette on 4341 0803.

Email, 24 Oct 2012
Annette Strong, Umina
Uniting Church



Gosford Regional Gallery curator Mr Tim Braham, Gosford mayor Cr Lawrie McKinna, Keiko Matsui and Gosford Regional Gallery assistant curator Sarah Samild

Ceramics winner of Gosford prize

Keiko Matsui of Umina was the ceramics category winner at the Gosford Art Prize exhibition which is on display at the Gosford Regional Gallery until Sunday, November 25.

Ms Matsui's winning Chrysanthemum Vase was made from porcelain on her potter's wheel and hand painted with cobalt.

Japanese by birth, Keiko moved to Australia in 1999 and has been creating functional vessels since 2000.

She studied ceramics at the National Art School in East Sydney and graduated with Honours in 2006.

Gosford mayor Cr Lawrie McKinna congratulated Keiko and asked how long it took her to make a piece like the Chrysanthemum Vase.

"A little over 10 years," said Ms Matsui.

"I practice almost every day." Keiko and her family recently moved to the Central Coast from Bondi.

"After giving birth last year to my son, Mor, it made me question the quality of life and space," she said.

Having only lived in big cities, Keiko said she was reluctant at first to move out of Sydney.

However, having made the

decision for the sake of her family she said she is now embracing her new life style.


Keiko is also in the middle of her first solo exhibition in the Southern Highlands.

The exhibition will run at the Sturt Gallery in Mittagong until Sunday, November 18.

Ms Matsui will also speak at the Gosford Regional Gallery on November 3, at 2pm.

Media Release, 17 Oct 2012
Keiko Matsui, Umina

On SUNDAY 11th November
10am - 3pm
Peninsula Waterfront
Local Art, Clothing, Jewellery & Fresh Produce
Meet the Artists, buy original and unique artwork
Come and enjoy a great community event on
The Peninsula with live music and entertainment.



Contact
Riyaz Pocketwala
0416 162 067
kojak67@live.com.au

Find us on Facebook under
Woy Woy Art Market

Contact
Liam Grant
0415 498 548
islamemailsi@yahoo.com.au

Art & Produce Markets
Between the ferry wharf and The Bayview Hotel in
Anderson Reserve on The Boulevard, Woy Woy

INSTEP FOOTWEAR
Summer Fashions from Ziera in store now



Isabella



Harlow

Good old fashioned service with a smile

ZIERA Beautiful inside, beautiful outside.

Shop 136 - Imperial Shopping Centre - Gosford - 4324 2264

Want2be Costumes & Lingerie
1/94 Blackwall Rd, Woy Woy
The largest selection of Costumes on the Peninsula.
At these prices you will NEVER hire again!
Adults Costumes starting from \$16!
Also lingerie with Corsets from \$20 and Stockings from just \$3
www.want2be-costumes.com
Tel 0413 655 072



Like us on Facebook

have a **LET'Z PARTY**
www.letzhaveaparty.com.au
Your Party Specialist!!!
* Balloons * Costumes
* Masks * Invitations
* Decorations * Confectionary
We are the Peninsula's largest & most economical locally owned Party Shop
We have a great range of Halloween Costumes plus effects, now instore

Helium Hire Available Here

OPEN 7 DAYS M-F 9-5PM SAT: 9-1PM SUN: 9.30-MIDDAY

43445678
348 WEST STREET UMINA BEACH



Artist's acrylic media artwork exhibited



Judith's painting, A Country Visit

Umina artist Ms Judith Hoste will have her acrylic media artwork exhibited, alongside the work of Bensville resident Ms Jan Butler, at Shorethyme restaurant in Norah Head from Tuesday, November 13, to Thursday, November 25.

Ms Hoste is an award winning artist and teacher and holds classes in oils, watercolours, pastels, acrylics and drawing at

her studio gallery in Glenhaven Close, Umina.

Ms Butler paints in oils, watercolours, pastels and most recently turned her hand to coloured pencils.

Both artists have donated works to charities for fundraising events.

Central Coast Art Society vice-president Ms Fran Melrose will open the exhibition on the Tuesday from 5pm.

Email, 11 Oct 2012
Judith Hoste, Umina Beach

Camping night for surf club

A night of camping will be held on Friday, November 16, at Ocean Beach Holiday Park to raise money for Umina Surf Life Saving Club.

The \$20 site fee will be donated to the surf club.

Park manager Ms Vanessa Fordyce said: "All you need is \$20, your camping gear and a sense of adventure, we provide the rest," she said.

"You can bounce around on one of our two jumping pillows, relax in the pool or take the pedal karts for a spin," said Ms Fordyce.

Big Four Holiday Parks marketing general manager Ms Rachel Pugh said the ninth annual camping event would appeal to all holiday makers wanting to try something new and make a difference.

"Camp and Care gives everyone the opportunity to enjoy

a night of camping at a flat fee of \$20 per site, with the added bonus of knowing the money is going to a local person, group or organisation in need."

Online submission, 3 Oct 2012
Morgan Bailey, BIG4 Holiday Parks

Wollombi Valley Country Fair

3rd and 4th November from 10:00 am
Local produce, arts and crafts.
Food stalls and entertainment including historical re-enactments, music, antique machinery, guided tours etc.
Lantern Parade at dusk on Saturday followed by a bonfire. (Weather permitting)
Opening of Sculpture in the Vines at 4 pm Saturday.

CHEAP AS CHIPS

8 Pcs. Original Recipe Chicken,
6 Kentucky Nuggets,
2 Lge. Chips, 2 Lge. Potato & Gravy

\$19.95

Offer expires 1.12.2012. Limit of one offer per coupon, per customer. Set combinations apply. Only available at KFC Woy Woy.

KFC Woy Woy

91 Blackwall Rd 4341 4939

Find us on Facebook

You'll love it here

Celebrate Melbourne Cup

TUESDAY 6th NOVEMBER 2012

LIVE ENTERTAINMENT featuring...
AUBREY & MARTIN Duo

All the fun starts from 12noon

Fashion Show Parade

Fashions on the Field
Great Prizes to be won!

Half Tide Brasserie

- Special Melbourne Cup Menu Items
- 9 for \$9 Menu available
- Full Café & Brasserie Menu also available

Ettalong Beach Club proud Supporter of the...

BRISBRANE WATER OYSTER FESTIVAL

Sunday 11th November

9.30am to 4pm

- Live Bands
- Woodchop Spectacular
- Children's Zone including Rides, face painting etc
- Oyster Eating competition
- Food & Beverage Stalls

To take place in front of the Club on Ettalong Foreshore.

Chance to WIN A \$150 Jhalu Day Spa & Fitness Gift Certificate.

Answer the following question and return this slip to the Club's Reception before 3pm Sunday 11th November 2012.

How often do you access the Club's Website for Club Events & information?

Draw will take place on Sunday 11th November 2012 at 4pm. Winner will be notified by Telephone.

Name & Phone: _____

51 - 52 The Esplanade, ETTALONG BEACH * Ph (02) 4343 0111
ATM & Courtesy Bus Service * www.ettalongbeachclub.com.au

Out and About



Central Coast Community Energy members at Woy Woy waterfront

Oyster festival at Ettalong foreshore

The Brisbane Water Oyster Festival will be held on Sunday, November 11, from 9:30am at the Ettalong Beach foreshore.

The Oyster Festival will offer food, wine, oysters and entertainment to the Peninsula community with the main attraction being the oyster eating competition.

A local radio station will host the competition where 12 people will get to eat as many oysters as they can in 30 seconds.

Breakfast announcer Paddy Gerard will host the two sessions on the day.

The two winners will each receive a lunch for two on a Sydney Harbour cruise boat.

The Oyster Festival was first established to promote the local oyster industry and has grown to include a day full of live entertainment.

Entertainment will be provided by cover band On the Prowl, the Fabba show and DJ Dave.

Activities for children will include the Under the Sea Kidz Zone featuring a jumping castle, face painting, photo booth, amusement rides and show bags.

There will also be horse riding and bungee jumping.

A Wood Chopping Spectacular will be on display near the food court and festival goers can join in to test their skills.

An oyster opening demonstration will also be held by the Hawksbury Oyster Farmers in the food court area.

Media Release, 18 Oct 2012
Deborah Lowndes, goneDot.e group

Energy association calls for members

The Central Coast Community Energy Association has been formed following a number of meetings at the Peninsula Environment Centre over the last few months.

The group, which is now calling for members, aims to own and operate renewable energy generation projects on the Central

Coast.

Central Coast Community Energy will run a series of public forums in conjunction with its ordinary meetings that would be open to the public.

The first talk is scheduled for Thursday, November 29, at the Peninsula Environment Centre from 7pm and will look at how to understand your electricity bill.

"Our group is attracting members from across the Coast, people from all sorts of backgrounds, from people with decades of working in the energy sector through to those who have no technical knowledge but a desire to increase renewable energy" said secretary Mr Jo Muller.

"It's really exciting to see what a broad range of the community is interested in this project."

Mr Muller said that the Central Coast Community Energy Association aims to have at least 1000 members by the end of next year which would allow it to establish a co-operative scheme as the business vehicle to own and operate solar, wind or other renewable energy generation on the Coast.

Executive member Ms Kate da Costa said the group would have a stall at Woytopia on October 28 where people could sign up as members on the spot.

"While it takes time to move to a full commercial community owned project, Central Coast Community Energy plans to start off as soon as possible with a pilot project focusing on a mid-scale, 100kW solar PV array," said Ms da Costa.

Central Coast Community Energy chair Mr Dennis Silvers said the group has begun discussions with councils on the Coast already.

"There is a real strategy for community engagement and moves to renewable energy in both councils, as a way of reducing greenhouse gases, avoiding the carbon price and cutting electricity bills" said Mr Silvers.

The Association will also investigate discounts for members on renewable energy or energy saving products and services, and has contacted TAFE to negotiate special courses for members.

Email, 15 Oct 2012
Jo Muller, Central Coast Community Energy Association



- Adult Drumming Courses
- Daytime Drumming @ Gnostic Forest
- Drumming Courses in Schools
- Corporate Team Building
- Birthday Drumming Parties - All Ages
- Community Drum Circles
- Holiday Drumming Playshops
- Weddings, Events and Functions
- Quality Drums & Accessories for sale

**For info & Bookings call - KATY & WARREN
4342 1112 or 0423 548 540 - www.drumbala.com**

ADVERTISEMENT

Deborah O'Neill MP

On our side



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

• Anniversary messages	• Medicare
• Centrelink	• Aged pension
• Family support payments	• Pharmaceutical Benefits Scheme
• Veterans Affairs	• Immigration

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.

Travel Australia at "SEE" level

Pick up at Woy Woy Station

Live Shows

All Incl:- Coach & Entry for Wed Matinees
Chitty Chitty Bang Bang 5th Dec & 9th Jan
Day Trips

<p>Thurs 8th Nov Blackheath Rhododendron \$47 pp Thurs 15th Nov Hawkesbury Paddlewheeler \$73 MOTEL ACCOMMODATED TOURS 9 Day Christmas in Mt Gambier incl traditional hot Xmas lunch plus all entries Dep 22nd Dec 12 \$1925 ppts</p>	<p>5 Day Christmas in Gloucester incl traditional hot Xmas lunch plus all entries Dep 23rd Dec 12 \$999 ppts</p>
--	---

OR go to our web site for more Trips

ROAD RUNNER Landscape Photography

For all Holiday, Charter & Excursions
 Email: roadrunner@sctelco.net.au OR **4353 9050**
 PO Box 370 Wyong 2259
 Lic'd T. A. 2TA 4764

FREE Home pick ups Central Coast, Newcastle, Lake Macquarie, extended tours only
www.roadrunnertours.com.au
Log in for FREE membership and special deals

JHALU

Day Spa & Fitness

Spring into Summer

Facial Package \$100.00

Includes a Deep Cleansing Facial
FREE head, neck & shoulder massage
FREE rejuvenating eye treatment
FREE eyebrow wax
FREE nail paint, valid before 5pm.
 Excludes Saturday after 1pm, NSW Public & School Holidays

Find us on **Facebook**

Open 7 Days Mon - Fri 6.30am
 Sat - Sun 8am
 Level 1, Mantra Resort
 Ettalong Beach
 4341 3370 - www.jhalu.com.au
 info@jhalu.com.au



Author speaks about new novel

Author John Hughes will speak about his essays and new novel on Thursday, November 8, at Gospel Garden in Umina from 10:30am.

The author event is part of the celebrations for the National Year of Reading with a vote held earlier in the year to pick a book representative for each state.

More than 16,200 readers voted and John Hughes' collection of autobiographical

essays *The Idea of Home* was voted the winning title for NSW.

Hughes will speak about the writing process and the publishing process as well as his new novel *The Remnants*.

Hughes grew up in a migrant household and said he has had a lifelong fascination with Europe and Australia's relationship to it.

He is currently senior master in English and senior librarian at Sydney Grammar School.

Email, 18 Oct 2012
Mandi McIntosh, Book Bazaar

Music school holds concert

The Woy Woy School of Music will hold a concert at Lizottes in Kincumber on Tuesday, October 30, and Wednesday, October 31.

"Students have been working hard to prepare pieces to share among fellow learners," said Woy Woy School of Music co-owner Ms Madeline VanDerMast.

"There is no better way to reach out to the community and share the gift of music than to host a night of musical fun and entertainment.

"We're proud to see musicians of all ages participating."

The Woy Woy School of Music will also host an Open Day session on Saturday, January 19.

During the Open Day the Woy Woy School of Music will be offering free lessons for those interested in learning to play, with a variety of musical instruments available.

Email, 22 Oct 2012
Madeline VanDerMast, Woy Woy School of Music



Restricted team winners Marcia Lewis, Jody Swaine, Jack Carson and Anne Reilly

Bridge club holds three events

The Brisbane Water Bridge Club held three highly contested events earlier this month.

The Spring Pairs was won by Phyllis Whyte and Louis Koolen followed by Christine Hadaway and Karen Ody in second and Judy Wulff and Marilyn Whigham in third.

The Brisbane Water Bridge Club Teams Championship was won by Norm Berger, John Redfearn, Angela Dougall and Kevin Dougall followed by Susan McCall, Pam Joseph, Rhonda Innes and Kerryn Murray in second place and Nancy Joss, Lorraine Lindsay, Di Coats and Wendy Mitchell in third.

The Restricted Teams Congress was won by Marcia Lewis, Jody Swaine, Jack Carson and Anne Reilly followed by Judy Zhu, Shijun Tian, Alex Zhang and Irene Guo in second place and Heather Cox, Cynthia Deane, Heather Tarrant and Jurate Petrauskas in third place.

Media release, 12 Oct 2012
Jenny Buckley, Brisbane Water Bridge Club
Photo: Barry Foster

Photos judged

The Killcare Wagstaffe Trust's banksia photo competition was judged and displayed at the Maitland Bay Centre over the October long weekend.

Robyn Workman was the winner in the digital category for her work *Crackneck Craggy* while Fiona Lambell won the print category with her image titled *Banksia*.

The winners will both receive a framed print of their entry.

The trust will also frame copies of the winning entries.

Newsletter, 25 Oct 2012
David Legge, Killcare Wagstaffe Trust



Margin's Mushrooms

Come visit us!

Freshly picked mushrooms \$10 a bag
Open: Monday - Saturday 9am -11 am
Farm: 4341 3003
Lot 151 - 171, Woy Woy Rd, Woy Woy
(The bottom of Bulls' Hill)

Gardeners!

Premium Mushroom Compost
Pick up 167 Blackwall Road
Free delivery on 20 blocks!
(Home) 4344 2468
www.marginsmushrooms.com.au

Strata Lounges Re-Upholstery

Specialising in

- Lounge, Cane & Dining Suites.
- Full Furniture restoration service
- Cushion repairs – zippers etc.
- Recliner cables supplied & fitted
- Car Roof Linings

Fully Qualified Tradesmen
A huge range of quality fabrics available.

Mobile service

We come to you

Free pickup and delivery.

You can now book your free no obligation quote by email/phone and we also have our free advice service by email

4342 8188 or
0408 120 124

www.homeimprovementpages.com.au/

connect/stratalounges/
stratalounges@live.com.au



J&B MEATS

Chicken Breast Fillets

\$7.99kg



WIDE RANGE OF HOMEMADE SAUSAGES AND RISSOLES

Rump Steak Kebabs

Four for \$6



Satay Chicken Kebabs

Four for \$6



Sunday & Saturday open till 1pm
Monday to Friday open till 5.30pm

All meat cut to your requirements

4341 1861

Right in the middle of Umina

294 West St, Umina Beach



- Haggis
- Black Pudding
- Tattie Scones
- Square Sausages
- Scottish Pies
- White Pudding



Scottish fare Is Back Again!

Peter Hutton & Son Family Butchers
3/46 Picnic Parade | Ettalong Beach

4341 2293

Directory - Not for profit Community Organisations

Animal Care

Animal Welfare League
provides aid to sick or injured animals & subsidised assistance in the desexing of dogs.
Meet 2nd Tues, Spike Milligan Room Woy Woy Library, 10am.
Debra 4344 4435
awicentralcoast@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 Art Class
Approaches to Visual Arts, supported by History of Art, to develop your own style
Wed & Frid - Adults
Bunka Embroid, Cards, Crotchet, 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

Church

Good News Church
Meets every Sun - 10am
Woy Woy Public School
Park St Woy Woy
Modern Service
Children Catered for
Youth Fridays 7pm during School term
www.goodnewschurch.org.au
PO Box 1009 Woy Woy 2256
Pastor Sam Collins
4344 3000

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 multicultural 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 College, free tax help, Post & Pre Natal Exercises.
Counselling - Drug, Alcohol, Relationship, Financial, Gambling, Weight Control.
Over 55's - Social Outings, Oil Painting, Multi craft, 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⁾
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. ⁽³³⁾
www.aacc.asn.au
Help with all Computing problems, Program demos + Q&A sessions
• 2nd Wed Windows 7 -10pm
Narara Valley HS
Fountains Rd, Narara
• 3rd Wed - Linux
9.30am-12.30pm
East Gosford Progress Hall - Cnr Webb Rd & Henry Parry Drive
• 4th Thurs **Social + Windows 12.15 - 3.15pm** - East Gosford Progress Hall
secretary@aacc.asn.au
4362 1918 or 4324 2740

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 guest speakers
4341 5170

Beachside Family Centre ⁽²⁸⁷⁾
School-based community centre for families with children from birth to 8 years old. Group programs and community activities - Umina Public School
Sydney Ave
4343 1929

Bridge ^(286c)
Tues 12.15pm 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.
wwwcphousie@hotmail.com

Central Coast Amateur Radio Club (CCARC) ^(97/317)
Do you wish to join the world wide hobby of Amateur Radio?
Dandaloo St, Kariong open Saturday from 11am to 4pm
ccarc@ccarc.org.au
4340 2500

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.
Meet 1st Sat 1pm
Lions Community Hall, behind 8 Russell Drysdale St, E. Gosford. www.centralcoastfhs.org.au
Visits 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 - Cooina Village, Neptune St, Umina
10.30am For senior members of Woy Woy/Umina Community
Gentle exercises, quizzes, games, social activities, guest speakers, entertainment and bus trips - 4341 0698

Lions Club of Woy Woy Peninsula
meet on the 1st and 3rd Mondays at the Everglades Country Club.
4326 1996
Make new friends and have fun while you serve your community.

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
Woy Woy - 4334 3877

Peninsula Village Carer's Support Group ⁽²⁸⁷⁻³¹¹⁾
Invitation to carers of loved ones with dementia
Meet 1st Wed - 10 to 11.30am
Paula Newman 4344 9199

Peninsula Village Playgroup ⁽²⁸⁷⁻³¹¹⁾
Carers, Grandparents, parents & children - Come & join our 'Intergenerational Playgroup'
Every Tues 10 to 11.30am
Paula Newman - 4344 9199

Probus Club of Umina Beach ^(81/298)
Friendship, Followship and Fun - Advancing intellectual, cultural and social interests for active retirees 55yrs+
Non Political and Non Sectarian
- 2nd Wed every mth, 10am, Everglades Country Club
uminabeach@probusclubs.com.au
P.O. Box 443 Woy Woy

Central Coast Prostate Cancer Support Group (Gosford)
Meet last Friday Month Terrigal Uniting Church
9.30am to 12 noon
Affiliated with PCFA
4367 9600

Rotary Club of Kariong/ Somersby ⁽³⁰⁹⁾
International service club exists to improve lives of communities in Australia and overseas.
Join us for fun-filled activities, fellowship and friendship.
Meet breakfast at Phillip House
21 Old Mount Penang Rd (opp Shell), Fridays 7.15am
4340 4529

kersuebay@philliphouse.com.au

Rotary Club of Umina ^(6/294)
International service organisation of business leaders seeking to improve the lives of young people and those in need in our community and abroad. Weds.
Everglades Country Club
curleys@ozemail.com.au
0409 245 861

Rotary Club of Woy Woy
Rotary is a great organisation in which to be involved in community, international and social activities. It is a fantastic way to discover and fulfill your true potential. To become a part of this, we meet every Tues 6pm, at the Everglades Country Club.
Contact Don Tee
4369 7496
0428 438 535

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

Umina Beach Men's Shed Inc. ⁽²⁸⁷⁻³¹¹⁾
Men come and share, a variety of tools, pursue interests and hobbies, Spend time with other men and Learn new skills
Darrell 4341 2355

Umina Beach Scrabble Club ^(65/302)
For all levels and ages
Every Wed, 9.30-12.30pm, relax, enjoy a cuppa while you play Scrabble
Mingaletta, 6 Sydney Ave, Umina
4344 2808

Volunteering Central Coast ^(67/295)
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.
vrc@volunteeringcentralcoast.org.au
4329 7122

Wagstaffe to Killcare Community ⁽²⁸⁵⁾
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 ^(282c)
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 ⁽²⁸⁷⁾
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
- 4341 0584
marymacs@woywoycatholic.org.au

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, Every Fri 8 - 9pm
www.oa.org - 0412 756 446

Pink Butterfly Breast Cancer Support Group -
First Sunday 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⁾
Formed to restore medical services previously available at this hospital - upgrade to a standard commensurate with the needs of the Peninsula and the Gosford City area
2pm 2nd Sat St Lukes Church Hall, Blackwall Rd Woy Woy
4344 4811

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.com.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 - all ages welcome
7.00pm Monday Nights
Central Coast Leagues Club
Ray 0405 030 945
randtbale@bigpond.com
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

Central Coast Greens
Central Coast branch of Geens NSW, active regarding ecological sustainability, social and economic justice, peace

and non-violence, grassroots democracy and getting Greens elected
3rd Thur, centrally on the Coast
centralcoast.nsw.greens.org.au
centralcoastgreens@gmail.com

Sport Woy Woy Judo Club)
Classes for adults, juniors and seniors
Tuesday & Friday Evenings
Ettalong 50+ Leisure and Learning Centre
0434 000 170
www.wwic.org.au

Veterans National Malaya Borneo Veterans Association Australia Inc ^(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. Mon & Wed 9am-1pm
4344 4760 Cnr Broken Bay Rd & Beach St Ettalong.
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

Women'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
Craft and Friendship:
• Monday: 6pm
• Wednesday: 9am
• Sunday: 1st Sun of month 12.30pm
• Branch meeting: 1st Wednesday of the month 10am
CWA Hall, Cnr West and Sydney St, Umina.
4341.5404 or 4369.5353

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.
4342 2283

Gosford RSL Sub-Branch Women's Auxiliary ^(61/296)
For women over 18 years. 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 7pm
Phillip House Kariong
4324 7176
gosfordnorthiw@live.com.au

If you would like your Community Organisation listed here, call us on 4325 7369



Learning about rapid change

Ettalong Public School principal Mr Colin Wallis attended a workshop in Warners Bay on Tuesday, October 16, about the formulae for the Resource Allocation Model that will govern school finances from 2013.

"This certainly is a time of rapid change in the Department of Education and Communities but also one of much learning," said Mr Wallis.

Mr Wallis also attended

the Brisbane Water Learning Community's workshop on Wednesday, October 10, about the new English K to 10 syllabus.

"It was a great success and certainly puts our learning community on the front foot with this innovation.

"Jes Zammit is taking a leading role and we are confident our local schools will be well prepared for the introduction in 2014 of the new syllabus," he said.

Newsletter, 16 Oct 2012
Colin Wallis, Ettalong Public Schools

Choir presents remembrance concert

The Central Coast Philharmonia Choir will present its Life, Peace and Remembrance concert on Saturday, November 3, at the St John the Baptist Church in Woy Woy from 7:30pm.

The focus of the concert will be the Faure' Requiem, a mass which ranked number three in the ABC Classic French 100.

Other works will include music

by Stephen Leek, Bach and Biebl with the organ played by Christopher Wagstaff.

Soloists will include Umina resident Kyle Williams on bass, who is a member of the University of Newcastle Chamber Choir and soprano Anna Sandstrom, a former Central Coast resident who is now based in London.

Media release, 23 Oct 2012
Monica Bray, Central Coast Philharmonia Choir



Anna Sandstrom

Literacy day

Ettalong Public School has raised \$300 from its Indigenous Literacy Day held on Thursday, October 18.

"There was a great collection of pre-loved books from our children that were exchanged for a gold coin for other students to read and enjoy," said principal Mr Colin Wallis.

"The proceeds will all go towards assisting remote Aboriginal communities to obtain literacy resources for children."

Newsletter, 23 Oct 2012
Colin Wallis, Ettalong Public School



We specialise in:

- Establishment of Setting Up New Developments
- Management of Existing Schemes
- Pre-Purchase Strata Inspection Reports

LJ HOOKER STRATA MANAGEMENT
WOY WOY
Ph 4341 1719
strata.woywoy@ljh.com.au

Peninsula directory of services, contacts and support groups

Ambulance, Police, Fire 000

Emergency

Ambulance, Police, Fire 000
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

Aboriginal & Torres Strait Islander Organisations

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

Accommodation

Dept. of Housing Gosford 4323 5211
Cassie4Youth 4322 3197
Coast Shelter 4324 7239
Pacific Link Com Housing 4324 7617
Rumbalara Youth Refuge 4325 7555
Samaritans Youth Services 4351 1922
Youth Angle • Woy Woy 4341 8830
Woy Woy Youth Cottage 4341 9027

Animal Rescue

Wildlife Arc 4325 0666
Wires 8977 3333

Community Centres

Peninsula Community Centre 4341 9333
Men's Shed Cluster Inc 0413 244 484

Counselling

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

Family and Relationships

Centacare Gosford 4324 6403
Gosford Family Support Service 4340 1099

Horizons (For men with children) 4333 5111
Uniting Care Burnside Gosford 1800 067 967

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

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 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 Diary

For events in post code areas 2256 and 2257

Monday October 29

Colour Me Clever, Beachside Family Centre, Umina, 10am-12pm

Tips to Help You Use Your iPad class, Peninsula Community Centre, 9:15am-11:30am

Wednesday October 31

Pink Ribbon Morning Tea, Paper Pens and Printing, 9am-12pm

Friday November 2

Liz Frencham and Gregory Page performance, The Garden, Umina, 7pm

Saturday November 3

Salvation Army Annual Fair, Umina, 8am-2pm
Life, Peace and Remembrance Concert, St John the Baptist Church, Woy Woy, 7:30pm

Sunday November 4

Celebrate in Song workshop, Wadhaiy Leisure and Learning Centre, Ettalong, 1-4:30pm
Central Coast Philharmonia Concert, St John the Baptist Church, Woy Woy, 7:30pm

Monday November 5

Colour Me Clever, Beachside Family Centre, Umina, 10am-

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. See the Coast Community News for events in post code areas 2250, 2251 & 2260 and the Wyong Regional Chronicle for events in post code areas 2258, 2259, 2261, 2262 & 2263

12pm

Wednesday November 7

Umina CWA branch meeting, 10am, Umina CWA Hall

Thursday November 8

Author talk with John Hughes, Gospel Garden Ministry, 11am

Sunday November 11

Bouddi Foundation of the Arts interview with David Williamson, Wagstaffe Hall

Ocean Beach Malibu Club contest, Umina Beach
Brisbane Water Oyster Festival, Ettalong Foreshore, 9:30am

Friday November 16

Camp and Care with BIG4, Umina Beach Holiday Park

Saturday November 17

One Magic Night featuring Eddie Daniels, Woy Woy Leagues Club, 8pm

Tuesday November 20

Prostate Cancer information session, Everglades Country Club, 7:30pm

Friday November 23

Woy Woy Public School 100 year celebration day

Saturday November 24

Woy Woy Public School 100 year open day

Ettalong Beach Arts and Craft Centre Annual Christmas Exhibition and Sale, 9am-3pm, Peninsula Community Centre

Sunday November 25

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

Ettalong Beach Arts and Craft Centre Annual Christmas Exhibition and Sale, 9am-4pm, Peninsula Community Centre
Woy Woy Lions Club monthly car boot sale, Dunban RD, Woy Woy, 7am-1pm

Thursday November 29

Central Coast Community Energy Association public forum, Peninsula Environment Centre, 7pm

Wednesday December 5

Umina CWA branch meeting, 10am, Umina CWA Hall

Saturday December 8

Discobility, Peninsula Community Centre, 12pm-5pm
Umina Boardriders end of year

Classifieds

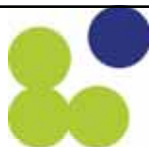
Classified

ADVERTISEMENTS
cost only \$30 plus GST
for 5 cms, and will be
working for you in your
local community for
TWO WEEKS
Phone: 4325 7369
Fax: 4339 2307

E-mail: manager@duckscrossing.org

Ad a logo or photo
only \$6 +GST
Ad full colour
only \$6 + GST

Accounting



- Accounting & Bookkeeping
- Registered BAS & Tax Agents
- SME Specialists
- Over 20 years experience
- MYOB Professional Partner

02 4344 3717

2/94 Blackwall Rd
Woy Woy
info@mycpartners.com.au

Antennas

A Better Picture
**Antenna & Digital
Installations & Tuning**
New home specialist
Credit cards OK
HAYWARD VIDEO
All areas
Gosford 4323 6367
Woy Woy 4344 4414
Warnervale 1800 244 456
0412 685 555

Automotive



- Drivability Issues
- Engine Misfires
- No Start
- PCM-ECU Issues
- Common Rail Diesel
- Electric Steering
- Traction Control
- Airbags
- Air Conditioning
- Refrigeration
- Restraint Systems
- Transmissions
- EFI
- ABS

www.autoscan.net.au
paul@autoscan.net.au

Pre-Purchase Vehicle Inspections.
Ph 0447 528 015 / Ph 0409 008 999

Blinds

**NEED BLINDS
IN A HURRY?**

Express 1 week
Proud Local
Manufacturer
@ West Gosford
PH: 4324 8800



www.premiershades.com.au

Blinds

**ABACA BLINDS
& SHUTTERS**
Woy Woy
Free Quotes
4342 4144
0418 640 336

Bore Water

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

Builder

**A&B Building
Maintenance**

Over 35yrs experience

Small Jobs, Decking

Repairs to renovations

Ring or text Mike

0418 439 287
Lic 17078

**Carpentry
- Building**

over 30 years
experience
Local know how -
working with pride
and honesty
Paul Skinner
Lic 62898c

0432 216 020
or **4339 2317**

Carpentry



**Decks, Pergolas,
Maintenance**

and all aspects of
carpentry - Call Rob on
0405 804 523
Free Quotes - Lic No. 250292c

Celebrant

CELEBRANT

Maureen Catherine
Crawley
Celebrant for all
occasions

4344 7572

0418 113 799

mcmariagecelebrant@gmail.com
www.mccweddings.com

Cleaning

**Unique Cleaning and
Floor Restoration**

- Carpet Cleaning
- Window Cleaning
- Pressure Cleaning
- General Cleaning
- Stripping and Sealing Floors
(vinyl - stone)
- Graffiti Removal
- Pre-Graffiti Coating Protection

A.B.N. 66720164085

Mobile **0421 493 447**

Doors



**Interior, Exterior
and Security Doors**

Bi-Fold, French & Wardrobe
Stainless Steel Security Door &
Window Systems, Security Grilles,
Fly Screen Doors and Fly Screens,
Dog & Cat Doors

**ALL MAINTENANCE
AND REPAIRS**

Unit 1/14 Alma Avenue Woy Woy

9am to 5pm Monday to Friday

4339 2424

0402 186 546

Free Quotes

Police Masters Lic No. 409982903
Security Lic No. 2E409985334
Carpentry Joinery Lic No. 108056c

Electricians

BKW

Electrical Services

Lic No:248126C

Lights - Fans -

Power - Reno's

Switchboards -

Security lights

No job too small

Call Ben on

0404 093 299

Entertainment

**The
Troubadour**

**Acoustic
Music Club**

meets at the
CWA Hall Woy Woy
Floor Spots available

Nov 24

Battlers'

Ballad

7PM

Tickets \$12

Concession \$10

Members \$8

Tickets available
at the door. see

www.troubadour.org.au

4341 4060

Entertainment

BLUESANGELS
Your total acoustic
blues/roots package,
top to toe, and then
some. Minnie the
Moocher to Eagle Rock
and on into indie roots,
beatnik jazz, backhills
bluegrass and prog folk.
Available as duo, trio or
band negotiable for your
party, event or venue.
Hear and see them at:
November 18 - 1-5pm
BARBS Kantara House
Green Point
tomflood@hotmail.com
4324 2801

Fencing

**Craig Lack
Fencing**

All colorbond, lattice, pool and garden
fencing. All gates No job too small

We will beat any written quote

Operating on the Coast for 10 years

Fully licenced and insured

"We work with the customer"
Call Craig 24/7 for all your fencing
needs on

0405 620 888 or 4344 1363
Lic. 180056c

Gardening

**A Reliable
Service**

All aspects of Lawn &
Garden Maintenance,
Pruning, Chainsaw,
Rubbish Removal and
Window Cleaning
John Watts

0432 214 980

THE LANTANA MAN
**LANTANA
Management
Solutions**
Free your trees!
Reclaim your garden
& bushland
Greg Burch
'on time every time'
Specialist - Residential & Acreage
Fully insured
Call now 4328 5885
or 0402 830 770

Handyman

Residential/Commercial/Industrial
**FRIENDLY
PROFESSIONAL SERVICE**
Free Quotes
Lawn & Garden Tree Trimming
Painting General Carpentry
Paving Tiling
Pergolas Furniture/Shed
Assembly
Rubbish Removal Stump Removal
Fully insured - Discounts for seniors
Call Justin on:
0414 382 212 - 0413 587 701
ABN: 87179898230

Handyman

**Contact
the House Doctors**
For your professional
Handyman Service
Rendering Repairs
Plastering Repairs
Painting & Decorating
Roof Repairs
Partition Walls
Carpentry Repairs - Locks
The List goes on, you
name it, we will fix it!
0401 880 406

**Coastal Rails
& Ramps**

- Grab Rails & Handrails
- Recycled Rubber Ramps
- Custom Access Ramps

For prompt, courteous
and affordable service.

Phone Michael

0409 061 373

4339 1489

www.coastalrails.com.au

*"a helping hand to better
mobility"*

Mobile Mechanic

**D.T. Central Coast
Mobile Mechanic**

*All mechanical
repairs & servicing

*Rego inspections -
All makes & models

*Very reasonable rates

*Pensioner discounts
Tim Howell Lic.No. 44 033038

4341 2897

or

0418 603 667

Painting

**MASTERPAINTER
QUALITY
TRADESMAN**

15yrs experience in
decorating and certificate
in **drywall plastering**
Services coastwide
Prompt - Free consulting
and Quotes

**All Interior
& Exterior
Paint work**

Senior's rates start at
\$20 per hr
Quality guaranteed
Dulux paints

CALL JONATHAN

0466 966 547



Painting

**PAINTING
FIX
SOLUTIONS**
Restorations and Fixits!
Residential & Commercial
Interior & Exterior
New Work & Repaints
Free Quotes
All work guaranteed
0410 404 664

Paving

SPECIFIC PAVING

A reliable professional finish

- Entertaining areas
- Driveways and paths
- Pool surrounds
- Retaining wall systems
- Turf

Call Ian for a free quote

**0417 803 709 or
4344 2873**
Lic No. 168403c

Pets



Dog Grooming
All Breeds
Clipped and Styled
Council Approved
Located at Umina Beach
For Info Phone Vickie
on 0400996110

Plumbing

**Umina Beach
Plumbing**

All aspects of plumbing:
Drainage and Gasfitting,
Domestic and
Maintenance Works
**Installation of
rainwater tanks**

4344 3611

0402 682 812
Lic 164237c

**Ducks
Crossing**
Phone 4325 7369
Publications
Publishers of newspapers, magazines and catalogues

**Classified
advertisements
start from only \$30 + GST**

Classifieds

Positions Vacant



Sales staff required for expanding newspapers

Ongoing growth has meant that we can't cover the territory effectively and need help. We have a small, friendly team working as a group and independently with a community spirit aimed at benefiting not just ourselves, but everyone on the Coast.

Must have experience in advertising sales and own vehicle. You can choose your own working hours and will have an unlimited potential to earn as much as you want based on your own enthusiasm and success.

If this sounds like you and you're ready to take on a new challenge, please send a brief resume with contact details to PO Box 1056 Gosford NSW 2250 or by email to: manager@duckscrossing.org

Public Notice

Woy Woy Peninsula Lions Club

Sunday, Nov 25, 9am to 1pm

Great variety of stalls ~

BBQ, Tea & Coffee.

Vendors Welcome ~

Car Boot Sale - \$15 per car

Now at Dunbar

Road Car Park

NB stall sites not open until 6.30am
Cnr. Ocean Beach Road Woy Woy

Always Last Sunday
(Except December)

More Details...

Enq: 0428 418 535

Wollombi Country Fair

**3-4 November
from 10am**

Arts, crafts, local produce,
historical re-enactments,
Lantern Parade,
Sculpture in the Vines.

www.fair.wollombi.nsw.au

Removals

KEYVINS REMOVALS & DELIVERIES

Deliveries & Removals, Local
Sydney, Newcastle & Country.
Single items or a house full.
Competitive rates.

02 4342 1479

0411 049 559



Roofing

R&R Roofing

Specialising in all
roofing repairs
• Leaks
• Whirly Birds
• Gutter
• Skylights

25 yrs experience
Free Quotes
Pensioner Discounts
0414 431 671
Lic. 250241c



Every bequest brings us
closer to a cure for cancer.



For more information
contact Mella Moore today.
T: 1300 780 113 • W: cancercouncil.com.au

Roofing

**FUTURE TEK
ROOFING & CLADDING**
All Types of Roof Repairs
Re-Roofing
New and Old
Fully insured
Free inspections
and quotes

**Tony Fitzpatrick
0401 354 283**

Lic. 115103c

Telecommunications

**TELSTRA
STORE
WOY WOY**

SHOP 24
DEEPWATER PLAZA

IT'S HOW
WE CONNECT

Licensee: Darren Smith
Call: 02 4341 0061
Email: manager1@woywoytelstrastore.com.au

Tuition - Dance

Gosford Scottish Country Dancers

Hold a regular class
every Wednesday
from 7 to 10 pm
at the Church
of Christ Hall,
Henry Parry Drive
Wyoming
No experience or
partner necessary
All ages welcome
Cost \$5.00 per week
**Contact Marcia -
4369 1497**

Tuition - Music

Frank Russell

**Double Bass &
Guitar Lessons**
All ages - Beginners
To Intermediate
Umina
**Ph 0417 456 929
Or 4341 4060**

Tuition - Music

Private Guitar Lessons

- Affordable
 - Suit beginners
 - All ages
- Phone Lachlan
0434 798 534**

TV Repair

Hawkins T.V. Service

TV and Audio Repairs
Antenna Sales & Install

23 Wallaby Street, BLACKWALL

**4341 8860
4341 7332**

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
155 The Entrance Rd
The Entrance
4333 8555**

The Shame File

Ducks Crossing Publications has a very liberal credit policy for advertisers and realises that from time to time, people, businesses and organisations get into financial difficulty and may need assistance and time to get things back on track.

However, some people, businesses and organisations take advantage of this generosity they use advertising but simply don't pay their account after several months and need to be taken to court to do so.

From time to time, as necessary, we will name these people, businesses or organisations as a warning to our readers so that they will be wary when dealing with them.

- | | |
|---|--|
| Robert Longney -
Ya Local Bait 'n Boats
• Digi Now of Kincumber
• Sharon Martin - Devine Image
• Marilyn Clarke - Formerly of Skippers Take Away Seafoods
• Steven Rutter - Blockbuster Rubbish Removal - Narara
• Depp Studios formerly of Umina
• Stan Prytz of ASCO Bre Concreting
• Andrew and Peter Compton
• Bruce Gilliard Roofing of Empire Bay
• Jamie's Lawn Mowing of Woy Woy
• William McCorriston
- Complete Bathroom Renovations | • First Premier Electrical Service of Umina Beach
• JCs Renovations & Landscape Building Services of Point Clare
• High Thai-d Restaurant of Umina Beach
Bob Murray of Vetob P/L trading as Browse About of Woy Woy
• Mal's Seafood & Charcoal Chicken of Ettalong Beach
• Simon Jones - All external cleaning and sealing services
• Renotek, Tascott
• ASCO BRE Concreting
• Erroll Baker, former barber, Ettalong
• Marks Pump Service, Woy Woy
• Michelle Umback - 2 Funky, Terrigal |
|---|--|

Woy Woy achieves solid Naplan results

Woy Woy Public School Year 3 students have received the results from their Naplan tests which detail their progress in reading, spelling, writing, grammar and punctuation and numeracy.

Principal Ms Ona Buckley said the Year 3 students achieved "an excellent result" in reading with a mean score of 428.6 which was 2.3 above the state average.

"Our results were also above the region, our same school group and the schools in our learning community," said Ms Buckley.

"The school is very pleased with this result.

"A solid reading program throughout the Kindergarten to Year 2 section has contributed, as well as the introduction of the Reading Recovery program for Year 1, Jolly Phonics, the Language Learning and Literacy and Best Start testing for Kindergarten.

"Our job now will be to challenge and support this group of students through to the Year 5 Naplan so they can show solid growth.

"The school target for reading this year was to increase the percentage of Year 3 students achieving at

proficient bands (bands five and six) from 27 per cent to 30 per cent; we actually increased it to 49 per cent," said Ms Buckley.

In spelling, Year 3 students achieved a mean score of 400.1 which was 28 below the state average but showed growth from 396 since last year.

"This is positive for the school and shows that the consistent spelling program we are implementing throughout the school (K-6) is achieving its purpose," said Ms Buckley.

Year 3 students achieved a 411 mean score in writing which was 14 score points below the state and one point below the region.

"The school will look at the Naplan writing data carefully to assess how we can better support our students to raise results," said Ms Buckley.

"In the grammar and punctuation section, our Year 3 students achieved a mean score of 419.4 points which, compared against all DEC students in NSW, was seven score points below average but from the 2011 results has increased from 390.

"A solid growth for the school.

"In our school plan for the next three years, we have targeted grammar and punctuation as a priority and the school is developing a consistent program of teaching and learning K-6 to target improving our results in this area of literacy," she said.

Year 3 students achieved 390 score points in numeracy which was 15 points below the state and 10 points below all NSW DEC students.

"We have shown a slight decrease on numeracy results for Year 3 for 2012 but have come above our same school group and have achieved just below the region score of 397," said Ms Buckley.

"The school has now put into place a comprehensive maths program (K-6) and we should see our results growing as the program becomes embedded in school practice.

"The school target for Numeracy for Year 3 students was to increase the students achieving at proficient bands (Bands 5 and 6) from 25 per cent to 28 per cent.

"We achieved 36 per cent which is again a good result," she said.

**Newsletter, 16 Oct 2012
Ona Buckley, Woy Woy Public School**

Troubadour CC
Ukulele for Fun
with the
Troubadour
next meet - 7pm
November 20
Everglades Country Club - Dunbar Road Woy Woy
4341 4060 AH

Central Coast Bush Dance & Music Association

Experience Folk
Music at its best at
East Gosford

Progress Hall @
7.30pm Henry Parry
Drive

**November 10
Bushdance with
Sydney Coves**

Enq: 4344 6484

Admission \$18

incl. supper

Folk Fed Affiliates &
Pensioners \$15,
Students 13 to 18 \$8

www.ccbdma.org

for more information

02 4381 0457

Out and About



Branch employee Jennie Nolan

Bank branch award for customer service

An Ettalong bank branch has been awarded the number one position for customer service in NSW, and sixth nationally, against a field of more than 450 banks across the country.

Bendigo Bank engaged external agencies to mystery shop its branches in person and by telephone to gain random samples of quality service levels.

Bendigo Bank Ettalong Beach Community Branch manager Mr Peter McKeon said: "Mystery shoppers are completely unknown and unannounced, and our staff have no idea who they are or what they may enquire about."

"To be number one in NSW and sixth nationally is a great achievement that reflects the lengths the branch staff will go to, to provide an exceptional customer experience."

"We know from our existing customers that they regard our customer service as second to none, but to have that reflected in a mystery shopper result shows what potential customers can expect when they choose us as their bank."

"The local community bank supports the community at grass roots level by providing financial assistance to charities and community groups," he said.

Media release, 24 Oct 2012
Peter McKeon, Bendigo
Bank Ettalong Beach
Community Bank Branch

Supermarket is rebranded

A supermarket in Woy Woy has been rebranded after it has been taken over by a new franchise.

The former Franklins store is now operating as Ritchies Supa IGA, opening under its new name on Monday, September 24.

The Franklins store ceased operating the night before which made for a swift overnight conversion.

Ritchies SUPA IGA supermarket offers a range of items across departments including dairy, frozen and dry groceries with a total of around 15,000 product lines.

The 1600 square metre store also includes a delicatessen which stocks a range of continental gourmet produce.

Around 1000 new product lines have been introduced to the store since the changeover, including an expanded range of cheeses, sauces, oils, biscuits and baked goods to give shoppers more variety.

Ritchies IGA acquisitions and projects manager Mr Paul Papson said he was "really pleased with the conversion, and believe the supermarket will better meet the needs of locals with our extensive range, competitive pricing and excellent customer service".

"Our Woy Woy supermarket is in the same catchment area as our sister stores located a few kilometres away in Erina and Erina Heights, so we will be able to work together to strengthen the support of our local community with both our Ritchies IGA Community Benefit Card and the IGA Community Chest Program," he said.

Ritchies has maintained its 30 staff from the former Franklins supermarket.

The supermarket is open from 8am to 7pm on Mondays, Tuesdays, Wednesdays and Fridays and 8am to 9pm on Thursdays, 8am to 6pm on Saturdays and 9am to 5pm on Sundays.

Media release, 24 Oct 2012
Diana Baeuer, City Public Relations

Surf clubs will compete in Navy event

Killcare Surf Life Saving Club and Ocean Beach Surf Life Saving Club will compete in the Navy Australian Surf Rowers League Series over three events from Saturday, November 3, to Sunday, January 20.

The first round will be held at Mollymook on Saturday, November 3, followed by round two at Coffs Harbour on the weekend of November 24 and 25 and the third round at Manly on the weekend of January 19 and 20.

The NSW arm of the event consists of over 1500 rowers

making up 250 crews from 70 surf clubs around the state across six divisions.

At the end of the rounds, all crews are invited to race for individual glory at the Navy Australian Surf Rowers League Open in Stockton, NSW, from Friday, February 8, to Sunday, February 10.

The best performing NSW crews in each division will be selected to race as the NSW representative crews at Stockton where they will compete against other state representative crews in the Navy Interstate Championship.

The official launch of the Navy Australian Surf Rowers League Series will be at Surfers Paradise on Saturday, November 3.

Media Release, 8 Oct 2012
Darren Saffin, Progressive PR

ETTALONG BEACH ARTS AND CRAFTS CENTRE

Members and Tutors invite you to see an exciting range of arts & crafts at our :

ANNUAL Christmas Exhibition & Sale

WHEN?

Saturday 24th November 2012 9am to 4pm
Sunday 25th November 2012 9am to 3pm

WHERE?

The Peninsula Community Centre
Corner Ocean Beach Rd & McMasters Rd
Woy Woy

Our annual exhibition provides the opportunity for members to display their artworks to the community, maybe sell a few items as well as well as contributing to fund raising for the centre. With Christmas only a few weeks away it is a chance to find some original and sometimes quirky gifts to delight that someone special

For more information phone: 4341 8344 or visit
www.ebacc.com.au

KITCHENER PARK CORNER OF PICNICE PDE & MAITLAND BAY DRIVE ETTALONG

Sponsored by Peninsula Community Access News

INTERNATIONAL FOOTBALL SCHOOL CENTRAL COAST CAMPUS



Australia's first high school combining elite football development with a ground breaking approach to education opens on the Central Coast in 2013.

Find out more at our
INFORMATION NIGHT
7pm Wednesday 31 October 2012

The Old Cricket Club House
The Avenue, Mt Penang Parklands
Kariong NSW 2250

For more information, to register your questions and to sign on for updates visit our website

www.internationalfootballschool.com

Sponsored by Peninsula Community Access News



Animal Welfare League - Central Coast Branch

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 roam.

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

Junior Roosters' season ends

The Woy Woy Junior Roosters has held its end of season presentation night, with president Mr Tim McParlane summarising the year's activities.

He said the events which helped celebrate the club's 50 year anniversary were all well supported.

"The 50th reunion in June was a great night with a large crowd in attendance to see the Hall of Fame announced.

"Our Development Day held in July with assistance from ARL Development had over 130 participants not only from Woy Woy but also from neighbouring

clubs and some boys and girls who don't play rugby league," said Mr McParlane.

"We held the Rite of Passage Night for both our Under-13 teams and our Under-14 team.

"The night included a presentation on social media and illicit drugs in society with the Under-13 boys also being presented with club bags on the night.

"Both Under-13 teams and their coaching staff attended a trip to the State of Origin game in Sydney and the Woy Woy Cup again had good representation from local schools, with a fantastic display of footy all day.

"Our building project of

the new barbecue area was also finally completed, our fundraising and social events were both successful and fun for all who attended and our Rooster Round-Ups continue to be enjoyed by all who attend them."

The club had 266 registered players and fielded 19 teams representing the club in every age group in the CCDJRL competition: one in the Under-7s, 14s and 16s and two in each of the Under-6s, 8s, 9s, 10s, 11s, 12s, 13s and 15s.

A ones team was also fielded in all age groups except for the Under-16s.

Of the 12 teams playing competitive football, five made the semi-finals 10-3s, 11-3s, 12-3s, 13-1s and 15's with the 12-1s narrowly missing out on semi-final berth, finishing in fifth spot on points.

The 10-3s were beaten in the minor semi-finals with the other four teams making the finals.

The 11-3s and 13-1s won their games and the 12-3s and 15-1s were beaten.

The 11-3s and 13-1s were both up against undefeated teams in the grand final and were both successful in winning the premiership.

The club had 16 players chosen in development squads for this year and of those, seven were chosen for representative teams: Max Bovis in the Under-13s; Ryan Donnelly in the Under-14s; Loughlin Kirwan, James Methven, Guy Pearson, Joe Williams and Liam Swan in the Under-15s.

"Two of our players received awards at the CCDJRL presentation night in September."

Max Bovis from the Under-13s was awarded the Best Forward for the Under-13s representative team and was also named Best Player on grand final day for all International Grand Finals.

Kurt Burrell was named Under-16-2s Best and Fairest.

Mr McParlane said: "For our club to function as well

and smoothly as it does the contribution of funds and time from a number of organisations and individuals is required and very much appreciated."

He thanked sponsors, committee members, ground managers, First Aid officers, coaches, managers, trainers, parents, guardians, carers, supporters and players.

Mr McParlane said: "The 2013 season ahead looks to be a promising one for the Roosters."

He said the club would be fielding competitive teams in all age groups.

There was the possibility of a larger number of players being chosen in representative squads and more teams reaching grand finals.

The year would also the start of a relationship with the Easts Group and in particular the Sydney Roosters "which is very exciting", said Mr McParlane.

Major award winners were: 6 Gold: Bailey Chislett, 6 Green: Eden Wolfe, 7 Green: Beau Phillips, 8 White: Brayden Purcell, 8 Green: Toby Pymble, 9 Gold: Cooper Staunton, 9-1s: Scott Mateer and Nathan Redhead, 10-1s: Mino Polaia, 10-3s: Joel Saley, 11-1s: Jack Young, 11-3s: Issac Zadavic, 12-3s: Mitchell Wright, 13-1s: Luke Moore, 13-2s: Cooper Lovell, 14-1s: Matt Purcell and Max Edwards, 15-1s: Joe Williams, 15-2s: Harry Newcombe

16-2s: Kurt Burrell.

Under-15s Players' Player awards were won by: Dean Sullivan 15-2s, Sam Bovis 15-1s Under-16's Players' Player: Kurt Burrell

President's Award Most Improved International Player:

Matt Purcell 14-1s

President's Award Most Improved Under-16s: Jordan Wynberg

Mini Player with Most Potential: Scott Mateer 9-1s

Mod Player with Most Potential: John Saley 12-1s

International Player with Most Potential: James Methven 15-1s

Club Person of the Year: Rachael Harrington

Coach Of The Year: John Faulkner 11-3s

100 Games: CJ Ellis, Ethan Church, Issac Jones, Luke Besley, Kyle Mclean, Michael Kirwan, Loughlin Kirwan, Mitch Richardson, Lewis Laycock, Mitch Morgan, Jarrod Lynch, Sam Bovis, Nathan Bawden, Josh Sharma, Pat Thompson, Josh Richardson

150 Games: Ryan Jewiss.

Dedicated Player Award – 10 Years of Service: Aaron Redhead (2011), Dean Sullivan (2011), Ryan Jewiss, Braidon Little, Josh Richardson

Dedicated Club Service Award – Junior Life Membership: Aaron Redhead

2013 Club Captain: Sean Downey

Media release, 16 Oct 2012

Tim McParlane, Woy Woy Junior Roosters Rugby League Club



James Methven receiving International Player with the Most Potential trophy from Ken Fuller Woy Woy Juniors Hall of Fame Player

NEED NEW BLINDS?

PREMIER
shades-awnings-blinds

\$100 OFF*

Call the local experts FIRST!

Proud local manufacturer of quality timber look venetians and verticals.
Distributor of a huge range of blinds, awnings and shutters.

Visit our showroom to view our huge range

1/305 Manns Road, West Gosford, NSW, 2250

Phone NOW for a free measure & quote on 4324 8800

expires 31/12/2011 - *For every order over \$1000, you can take \$100 off

XPL

XTREME POKER LEAGUE

"Ahead of the game"

\$1000 Guaranteed Sporties @WoyWoy

The Old Pub Woy Woy
Phone Shane 0419 016 166
www.xplpoker.com

BRIAN HILTON

MOTOR GROUP **THE BIG LOCAL**

Woy Woy Service Department

Servicing the Coast for over 40 years

CA **BRIAN HILTON**
CUSTOMER ADVANTAGE
driving you forward

Ask about our new loyalty program

Specialised Servicing & Repairs

Most makes and models

Genuine Toyota, Kia & Ssangyong
Spare Parts



Opening hours

Mon-Fri 7:30am – 5:30pm

Sat 8:00am – 12:00pm

1 Charlton Street

Woy Woy

Phone: 4344 1455



Women win bowls cup

For the first time in six years, the Everglades Country Club women's bowls have taken home the prestigious Challenge Cup, a District trophy contested by clubs throughout the Central Coast.

Sharyn Teasdale, Colleen Vrolyks and Ros Sinnott. As the defending champions Everglades Country Club in Woy Woy will be hosting this event next year.

Email, 12 Oct 2012
Simone Clarke, Everglades Bowling Club



Floorball played at Dural

Peninsula Floorball Club members played in the Northern Beaches Open Competition in Dural on Saturday, October 6. The juniors had the opportunity to play against other clubs from Newcastle and Victoria.

"They had a fantastic, fun-filled day with lots of experience gained," said Peninsula Floorball Club junior coordinator Ms Tanya Watson. "The Peninsula Floorball club also has an adult elite team and these players are some of the best. "Floorball is a fast-paced fun sport, a game that everyone loves and is often described as ice hockey without the ice," said Ms Watson. The sport is suitable for juniors aged between six and 14 with competitions held on Tuesdays from 5pm. Seniors play from 7pm at the Peninsula Leisure Centre. Email, 20 Oct 2012 Tanya Watson, Peninsula Floorball Club

TIDE CHART

(Fort Denison)

LAT 33° 51' S - LONG 151° 14' E - TIME ZONE - 1000
Times and Heights(m) of high and low waters
Add one hour to the times below when Daylight Saving is in force

Time - Height(m)	Time - Height(m)	Time - Height(m)
MON - 29	TUE - 30	WED - 31
0115 0.39	0146 0.41	0218 0.44
0737 1.65	0811 1.67	0844 1.69
1400 0.36	1437 0.35	1514 0.35
1958 1.39	2034 1.36	2111 1.33
THU - 01	FRI - 02	SAT - 03
0251 0.47	0326 0.51	0403 0.55
0918 1.68	0954 1.66	1031 1.62
1550 0.37	1630 0.40	1711 0.44
2149 1.29	2229 1.25	2312 1.21
SUN - 04	MON - 05	TUE - 06
0445 0.60	0531 0.64	0053 1.17
1113 1.56	1159 1.51	0626 0.68
1757 0.48	1847 0.51	1251 1.45
2359 1.18		1943 0.51
WED - 07	THU - 08	FRI - 09
0155 1.18	0258 1.24	0355 1.33
0730 0.70	0842 0.68	0950 0.61
1350 1.42	1455 1.41	1559 1.43
2040 0.49	2134 0.45	2224 0.39
SAT - 10	SUN - 11	MON - 12
0446 1.46	0534 1.60	0621 1.74
1053 0.51	1150 0.39	1245 0.27
1657 1.47	1751 1.51	1845 1.53
2310 0.33	2356 0.29	

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

OCEAN BEACH RD

PHYSIOTHERAPY,

SPORTS INJURIES, SPINAL & REHABILITATION CENTRE

- Back, Neck & Knee Pain • Sports & Work Injuries • Joint & Muscle Pain
- Exercise Programs • Wheelchair Access • Rehabilitation
- Massage • Home Visits • Veterans Affairs • On-site Parking

JOSHUA JUNG B.App.Sc. (Phy) MAPA **STEVE ROW** B.App.Sc. (Phy) MAPA

433 Ocean Beach Rd, Umina 4342 0999 - 0417 231 066

BEFORE & AFTER HOURS AND WEEKEND APPOINTMENTS AVAILABLE

UMINA

BAIT & TACKLE

CHEAP BAIT

Large Range of BAIT
Excellent Range
of TACKLE

FRESH GREEN WEED

Open 7 Days
From 6am Weekends and 7.30am Weekdays

LESLIE STREET, UMINA (02) 4341 1686

Glassy waves for Malibu contest

Glassy two to three foot waves were surfed at this month's Ocean Beach Malibu Club's contest at Umina on Sunday, October 14.

Hayden Emery turned in one of his best performances to outpoint Kai Ellice-Flint in the round two battle of the firsts.

Ben Scully-Hawkins took out third place ahead of Craig Coulton and Chris Irwin.

Bryce Williams, who would normally be in the mix in the firsts, arrived for his round one heat with about a minute and a half remaining which relegated him to surf the final round of the day which he won from Hayden Wellington and John Payne.

Garry "Hands" Halliday had a comfortable win in the seconds from Tom Payne and Pete Wellington while Daniel "Dickie" Summers had a close tussle with Mark Rylands and Dave Moulton in the thirds.

Craig Palmer was successful in the fourths from Billy Burke and Daryl "Ozzie" Anderson in what was a close contest.

Round one, heat one: Chris Irwin, Daniel Ambler, Dave Wirth, Mick Day, Liz Ambler

Heat two: Craig Coulton, Tom

Payne, Dave Moulton, Craig Palmer, Angus O'Malley.

Heat three: Kai Ellice-Flint, Darrell Young, Mark Rylands, Bill Burke, Hayden Wellington.

Heat four: Ben Scully-Hawkins, Peter Wellington, Daniel Summers, Cyndi Zoranovic, John Payne, Darren McIntosh.

Heat five: Hayden Emery, Garry Halliday, Lachlan Mackay, Daryl Anderson, Bryce Williams.

Round two, heat one: Hayden Emery, Kai Ellice-Flint, Ben Scully-Hawkins, Craig Coulton, Chris Irwin.

Heat two: Garry Halliday, Tom Payne, Peter Wellington, Daniel Ambler, Darrell Young.

Heat three: Daniel Summers, Mark Rylands, Dave Moulton, Lachlan Mackay.

Heat four: Craig Palmer, Bill Burke, Daryl Anderson, Mick Day, Cyndi Zoranovic.

Heat five: Bryce Williams, Hayden Wellington, John Payne, Angus O'Malley, Darren McIntosh, Liz Ambler.

The next Ocean Beach Malibu Contest is scheduled for Sunday, November 11, at Umina.

Media release, 23 Oct 2012
Craig Coulton, Ocean Beach Malibu Club
Photo: Tony Gilbert



12 year old Lachlan Mackay

Woy Woy South Wipe-out

Woy Woy South Public School P and C is currently planning the school's Wipe-out event which will take place on Friday, November 23.

Students will have the opportunity to participate in a number of water activities that will

be set up across the playground.

The event is the school's major fundraiser.

Principal Mr Terry Greedy said the success of the day would rely heavily on the number of parents who volunteered to help the P and C organise the activities and the effort the children are prepared to put in to collecting sponsors.

All money raised as part of the event will go toward enhancing the learning environment for the students.

"In past years this has been a huge day for all involved," said Mr Greedy.

Newsletter, 9 Oct 2012
Terry Greedy, Woy Woy South Public School



Exclusive Home Team Member Offer!

2,500

BONUS POINTS!



Join Now!



HOME

TIMBER AND HARDWARE

Join Now!

OPEN 7 DAYS
Monday ~ Friday - 7am - 5pm
Saturday - 8am - 4pm
Sunday - 9am - 2pm

Phone: 4341 1411
Fax: 4343 1355
182 Blackwall Road, (at the lights) Woy Woy






*Simply spend a total of \$250 over four purchases from Monday 1st October to Monday 31st December




100% Locally staffed
Campbell Building Materials
100% Locally owned

50% OFF on all

Nature's OwnTM BIO+ ORGANICS[®]

The Science of Wellbeing



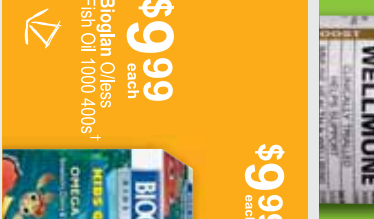


RRP \$5295 each		RRP \$3395 each		RRP \$3995 each		RRP \$4790 each		RRP \$4295 each	
\$2648	N/O Odless Fish Oil 1500mg 400s [†]	\$1798	N/O Odless Fish Oil 2000mg 200s [†]	\$1998	N/O Ultra Krill Oil 1000mg 30s [†]	\$2395	N/O Glucosamine 1500 with Chondroitin 120s [†]	\$2148	N/O Glucosamine 1500 120s [†]


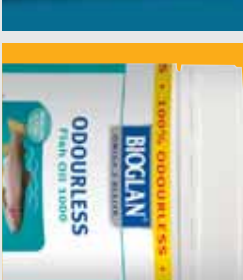

RRP \$1750 each		RRP \$3995 each		RRP \$3595 each		RRP \$1950 each		RRP \$2995 each	
\$875	BIO Calcium 600+ Vit D3 400 120s [†]	\$1998	BIO Cranberry 10,000+ 90s [†]	\$1798	N/O Magnesium 500mg 180s [†]	\$975	N/O Vitamin B12 1000MCG 60s [†]	\$1498	N/O Complete Sleep Advanced 30s [†]




30% OFF on all **CENOVIS[®]**



RRP \$2395 each		RRP \$2395 each		RRP \$4295 each	
\$1678	Cenovis Krill Oil + Fish Oil 30s [†]	\$1678	MEN'S MULTI 30s [†]	\$907	WOMEN'S MULTI 62s [†]




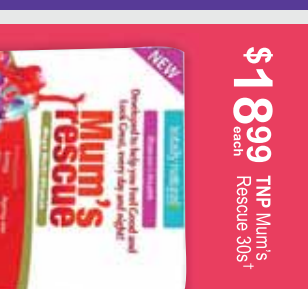
RRP \$3199 each		RRP \$3999 each		RRP \$1999 each		RRP \$1599 each		RRP \$2999 each	
\$3199	BM Macu-Vision 150s [†]	\$3999	BM Joint Formula Advanced 120s [†]	\$1999	BM Lyprinol 50s [†]	\$1599	BM Eco Krill 333.3mg 30s [†]	\$2999	BM Aivei Men's & Women's Multi 120s [†]

RRP \$2999 each		RRP \$3899 each		RRP \$1699 each		RRP \$1699 each		RRP \$1999 each	
\$2999	Swisse Active Recovery Protein Powder 400g [†]	\$3899	Swisse Plant Omega-3 60s [†]	\$1699	Swisse Wellmune 30s [†]	\$1699	Swisse Mega B+ 30s [†]	\$1999	Swisse Green Lipped Mussel 60s [†]

RRP \$999 each		RRP \$999 each		RRP \$2899 each	
\$999	Odourless Fish Oil 3000	\$999	BioGlance Kids Gummies 60s [†]	\$2899	BioGlance Red Krill Oil 1000mg 30s [†]

RRP \$2489 each		RRP \$1469 each		RRP \$2489 each	
\$2489	NW SlimRight Detox n Burn 60s [†]	\$1469	NW Rest & Restore Night Vitamins 60s [†]	\$2489	FatBlaster Coconut Detox 750ml [†]

RRP \$2489 each		RRP \$2489 each	
\$2489	Kivia Digestive Health Tablets	\$2489	Kivia Digestive Health Capsules

RRP \$1789 each		RRP \$1899 each		RRP \$499 each		RRP \$1899 each	
\$1789	Centrum Advanced & Advanced 50+ 100s [†]	\$1899	PF Antarctic Krill Oil 1000mg 30s & 500mg 60s [†]	\$499	The Good Vitamin Range 1	\$1899	TNP Mum's Rescue 30s [†]

315 West St
Umina Beach
Ph: 4341 1488

YOU SAVE

CHEMIST

be rewarded!
JOIN TODAY

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

the right price
+professional advice
+reward card
+you save
CHEMIST