



The Palm Beach ferry navigating the narrow Brisbane Water channel near half-tide rocks

PHOTO NBN News Central Coast

## Dredging dispute appears no closer to resolution

**The on-going dispute between Gosford Council and the State Government over dredging the Brisbane Water Channel appears no closer to resolution, with both parties denying responsibility.**

The NSW Department of Primary Industries - Lands has issued a statement denying responsibility for dredging the channel, saying it was the council's job.

Gosford Council has denied this, claiming that the State Government was responsible.

Dredging work undertaken by the council at Ettalong was for "beach replenishment ... not to address navigation issues", according to Council's director of community growth, Ms Judy Jaeger.

The dispute has resurfaced with calls from Marine Rescue Central Coast for dredging, and warnings to the boating public of the dangers with the channel having moved and narrowed.

The Department of Primary Industry public affairs manager Mr John McClymont said the department was responsible for

dredging to maintain navigation access to government-owned maritime infrastructure.

Mr McClymont said that meant the department's responsibilities were limited to "coastal harbours and river entrances where breakwaters have been constructed to assist in providing stable navigation conditions for boating access".

However, according to Mr McClymont: "There is no state-owned maritime infrastructure in this area of Brisbane Water.

"Responsibility for dredging in local waterways, such as Brisbane Water, has in the past been delivered by local councils with support from the State Government.

"Gosford Council did not apply for funding for this site under the last funding round for Rescuing Our Waterways," he said.

However, Ms Jaeger said that the NSW Department of Primary Industries (Crown lands) owns the estuary and Roads and Maritime Services is responsible for making sure channels can be navigated safely.

"The NSW Government is responsible for making sure that the Ettalong channel can be safely

navigated by boats and other vessels, not Gosford Council," Ms Jaeger said.

"Around two years ago, Gosford Council spent over \$500,000 to dredge and move a significant amount of sand from the Ettalong Beach sandbank directly offshore from the Lance Webb Reserve as part of beach renourishment works," she said.

"The sand was not taken from within the Ettalong channel.

"The purpose of this project was not to address navigation issues within Ettalong channel, but rather to improve the amenity of Ettalong Beach in line with Council's foreshore and coastal zone management planning.

"We are currently looking at what options are available to complete future renourishment works at Ettalong Beach.

"However at this stage, council has ruled out buying and operating its own dredge to complete these future works," Ms Jaeger said.

**Media statement, 9 Feb 2016**  
**John McClymont, NSW Department of Primary Industries**  
**Media statement, 17 Feb 2016**  
**Judy Jaeger, Gosford Council**

## Peninsula People Power starts

**People Power on the Peninsula is a new group of like-minded residents who want to activate community debate on council amalgamation, green spaces, reinstating NSW government services, petrol prices and youth homelessness.**

Mr Jack Lloyd from Umina has convened the group, which at the moment has 12 members.

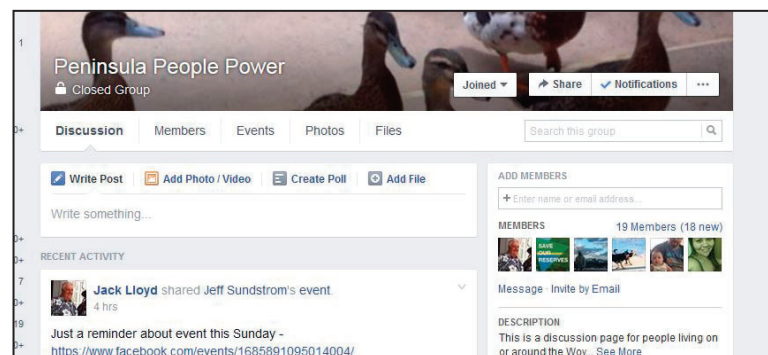
"We are going to try and have a conversation and get some

community action going around the five issues we have identified as being critical to the future of the community on the Peninsula," Mr Lloyd said.

He said he hoped other Peninsula residents concerned about the five identified issues would join the group via its Facebook page.

The group's page is "closed" so discussions are not public and new members need to ask to join.

**Interview, 18 Feb 2016**  
**Jack Lloyd, Umina**



Peninsula People Power has launched a Facebook page to campaign on local issues

**THIS ISSUE contains 51 articles - Read more news items for this issue at [www.peninsulanews.info](http://www.peninsulanews.info)**





## News

# 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](http://www.peninsulanews.info) for all editions published

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## 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: [editorial@centralcoastnews.net](mailto:editorial@centralcoastnews.net), on disks or by handwritten letter if these facilities are not available to you. Contributions must include the date, your name, address and phone numbers. Name and Suburb will be published. Anonymous contributions will not be included. Submissions may be published in edited form.

All accepted contributions also appear on our website.

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## Woy Woy Community Media Assoc Inc 2016 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

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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

# Marilyn and Frank are moving north

**Almost 17 years after they took the first steps to found Troubadour Central Coast Folk and Acoustic Music Club in Woy Woy, Marilyn and Frank Russell are moving north.**

They'll join family in Queensland but will be sadly missed on the Central Coast, according folk club publicity officer Ms Leila Desborough.

"They leave a strong and unique musical legacy behind," she said.

"With their long-standing support and guidance, the Troubadour has grown to be one of the strongest and most successful folk clubs in NSW, attracting high quality performers from Australia and internationally with performances in the Woy Woy CWA Hall on the fourth Saturday of each month," she said.

"Building on their experience

running the Woy Woy School of Music for many years, Marilyn also went on to establish the remarkable Troubalukers, a ukulele group that has made an important difference to the lives of many on the Central Coast.

"Those who join to learn to play the instrument, soon find themselves performing in an amazing musical ensemble.

"The Troubalukers visit Hammond Care dementia cottages once a month and regularly perform for other community groups as well as doing the floor spots most months at the Troubadour Folk Club.

"Frank and Marilyn are also key movers and shakers behind the St Albans Folk Festival, held each year over the Anzac Day weekend."

Marilyn and Frank gained national fame in 2012 through the

TV program The Voice.

Their musical protege, Karise Eden went on to win the first series of competitive Australian reality television talent show.

"Uncle Frank and Auntie Marilyn were prominent in the early episodes and received much attention in the aftermath of

Karise's inspiring win.

"To celebrate their contribution to the musical heritage of the Peninsula and the Central Coast, there will be a celebration at the Troubadour on February 27 as part of the program with the Canadian singer-songwriter Scott Cook.

"Make sure you get there in time to hear Frank and Marilyn perform their composition True Love Never Dies, from the newly released CD Troubadour tracks."

**Email, 17 Feb 2016**  
**Leila Desborough,**  
**Troubadour Folk Club**

# YOUR CHANCE TO WIN

**The Peninsula News and Monkey Business would like to give six readers the chance to win a copy of Monkey Business, a novel by two local authors, Flavia Ursino and Kevin Coleman.**

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Prize winners may be required to pick up their prize from our Gosford office. Entries may be passed on to prize providers for marketing purposes.

There she encounters virologist Dr Mabunda, once esteemed but now an alcoholic harbouring a dark past.

Estelle returns home to her family and its offbeat dynamics but ends up rushed to hospital from her father's mansion.

Suspended between life and death, she experiences a series of foreboding dreams then wakes to a new awareness.

A fated encounter with the charismatic Ryan Knight unravels over time to bring light to a dark secret.

To win your copy of Monkey Business write your full name and address and a day time telephone number on the back of an envelope and send it to Peninsula News Monkey Business Competition, PO Box 1056 Gosford NSW 2250.

Entries close 5pm Thursday, March 3.

The winners of our Humble Boy competition were Nea Roberts from Saratoga, Diane Orton from Pearl Beach and Mel Fleming from Woy Woy.

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# Land was valued at market peak, says agent

The Peninsula property market was at the peak of an unprecedented boom last July when the NSW Valuer-General was determining the land values used to set council rates, according to a Woy Woy real estate agent.

Licensee of Wilson's Estate Agency in Woy Woy, Mr Andrew Quilkey said: "July 2015 was basically the peak of the market."

He said there was no vacant land on the Peninsula and that there was a "huge" difference between the Valuer-General's valuation of the land and the market price achievable for a house sale.

According to the Office of the Valuer General the total overall land value for the Gosford LGA increased by 17.2 per cent between 2012 and 2015, growing from \$19.64 billion to \$23.02 billion.

A snapshot of 25 Peninsula properties taken from Valuer-General's data shows that land values across the Peninsula have on average jumped by about 21 per cent over the three years.

However, changes in land values were not uniform.

For example, land in Bay St, Patonga, decreased in value by five percent, while land in Rawson Rd Woy Woy increased in value by 38 per cent.

The NSW Valuer General, Mr Simon Gilkes described the growth



Peninsula house prices were at their peak when valuations were decided last July

experienced across the Gosford LGA over the past three years as "moderate to strong" with the highest increases occurring in residential areas.

Mr Quilkey said his real estate agency experienced a boom at the time the Valuer-General was assessing land values.

"It was July to August that was the peak of the boom and it had never been higher than at that time," Mr Quilkey said.

"That was really when no one knew what houses were worth because we had six buyers fighting for each property.

"Prices were skyrocketing.

"We saw 18-19 per cent growth in six months, so in that six months, basically every day house values went up."

He said the hottest areas at that time were "anything within a 10 minute walk to Woy Woy train station... anything with good

views... all the waterfront and anything within five minutes of the Umina and Ettalong CBD and the beach".

Then at the end of last year, according to Mr Quilkey, prices dropped off but have since recovered since the beginning of 2016 although there is less stock and fewer buyers.

"The trigger was the Chinese share market when that started

to get uncertain we lost a lot of Sydney investors."

Mr Quilkey said there was a "huge" difference between the Valuer General's estimate of the unimproved value of a block of land and the market price achievable for a home and land.

"If it is a brand new house instead of a 30-year-old house, that could mean a couple of hundred thousand dollars difference in the price," he said.

According to Mr Quilkey, Gosford was already a high-rating council.

"People in Sydney are paying the same if not less," he said.

Mr Quilkey said he had been working as an agent on the Peninsula for at least 12 years and said he believed that in that time the growth rate in property values across the area has been an average of 70 per cent.

He said the new valuations promise to deliver a similar scenario to that experienced during the last boom of 2003-04.

"If you go back rates went up a lot in 2004-05 but then in 2008 when everyone's land valuations dropped by 30 per cent, the council didn't adjust its rates the other way," he said.

Interview, 18 Feb 2016  
Andrew Quilkey, Wilson's Estate Agency Woy Woy  
Email, 8 Jan 2016  
Kelly Burke, NSW Office of the Valuer General  
Reporter: Jackie Pearson

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## News

# Wicks delivers Peninsula Growth Statement

**Member for Robertson, Ms Lucy Wicks, recently delivered a Peninsula Growth Statement in Federal Parliament.**

"The Peninsula region ... is a diverse area, which has really grown in the last 100 years from a service centre and holiday hot spot into a thriving hub of more than 30,000 homes and businesses," Ms Wicks said.

"Tonight I want to launch the first Peninsula Growth Statement, to update local families and businesses in a very important geographic area...about what the Federal Government has been doing.

"It is a beautiful part of the Central Coast known by many people around Australia," she said.

"Sadly the Peninsula's been neglected by many governments, not least the former Labor Government, who failed to meet the very real need for more jobs and better infrastructure in this very important part of my electorate," she said.

She said the Turnbull Government was delivering on its election commitments and building a stronger Peninsula through community engagement and investment.

Ms Wicks said the imminent

completion of the redevelopment of Woy Woy Oval was "the most significant civic redevelopment on the Peninsula in recent years".

Ms Wicks said the completion of the oval would fulfil a commitment of \$3.5 million from the Federal Government, and help realise a dream by sporting clubs, businesses and the local community to turn a run-down sports ground into the second largest stadium in Wicks' Robertson electorate.

"Featuring a 600-seat grandstand, new club facilities and a kiosk, it will be a venue where sporting folklore will be written for decades to come, starting this season," ms Wicks said.

"This project has already created several hundred jobs and could act as a continuing catalyst for growth," she said.

"From Woy Woy Oval, if you head just a little way down Ocean Beach Rd to Umina Beach, then turn right at McEvoy Ave, you'll find at the foot of a hill, an oval called McEvoy Oval.

"It's a stunning, beautiful wide open space used by a number of local community and sporting groups.

"But sadly, its focal point at the moment is a run-down toilet block.

"So it's no wonder that we have

seen a tremendous response to our recent announcement of \$304,000 of a grant to knock down and upgrade the facility.

"It will mean improved storage, a canteen and club room in a vibrant and functional community hub in Umina Beach," Ms Wicks said.

Other topics covered by Ms Wicks' included a nod towards a \$200,000 commitment for more CCTV cameras in Woy Woy, Umina and Ettalong Beach.

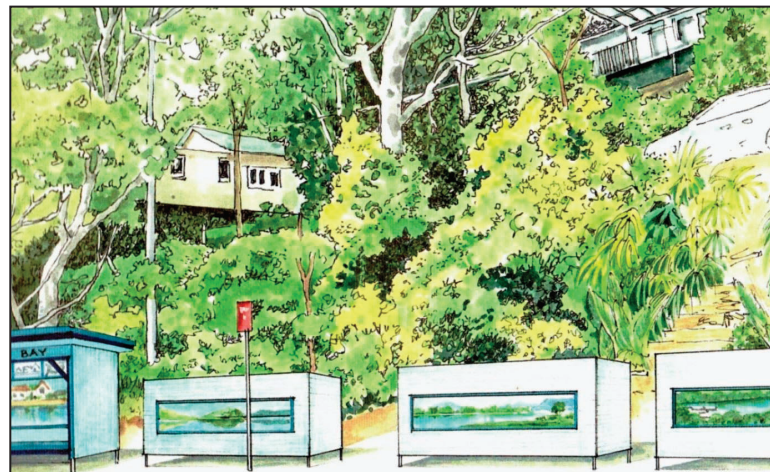
A commitment of \$500,000 to building new roundabouts in Umina and Woy Woy as part of the Black Spot Program and a review of the upgrades to Lone Pine Ave in Umina and Springwood Ave in Ettalong.

\$675,000 was also committed to upgrade Woy Woy Rd, Langford Dve and the M1-M2 Missing Link.

Ms Wicks concluded her address with a 'Ready for Service' declaration for NBN broadband on the Peninsula.

"In coming weeks, more than 30,000 more homes and businesses will be declared 'Ready for Service' on the Peninsula and able to switch on to superfast broadband.

Media release, 10 Feb 2016  
Tim Sowden, office of Lucy Wicks



An artist's impression of the screens to hide garbage bins in Phegans Bay by artist Jim Doe

## Plan to hide bins in Phegans Bay

**The Bays Community Group and Gosford Council have arrived at an agreed plan to erect screens to hide garbage bins in Phegans Bay.**

An artist's impression of the proposed screens has been put together for feedback and discussion either via email or at the next meeting of the community group.

"I have met with Gosford Council officers several times about the garbage bin issue at the turning circle in Phegans Bay," Group president Mr Bob Puffett said.

"We have come up with a proposal which will both address the problem and enhance the area.

"The artist's impression by Mr Jim Doe will give you an idea of what the finished job will look like," he said.

"We all have the responsibility to put our bins out for collection and bring them in when emptied so please help by doing this and by keeping our streetscapes clean."

Newsletter, 14 Feb 2016  
Bob Puffett, The Bays Community Group

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# Court dismisses boarding house appeal

The NSW Land and Environment Court has dismissed an appeal against Gosford Council's refusal of a proposal to build a boarding house in Ettalong.

Gosford mayor Cr Lawrie McKinna said it had been a long and anxious wait for the community to hear the fate of the Ettalong boarding house proposal.

"It is fantastic to see that Council's refusal of this development application almost two years ago has now been vindicated by the Court," Cr McKinna said.

"In the end the key issue the court had to decide was whether the proposal was compatible with the character of the local area," he said.

"Thanks to the strong arguments put forward by council's planning and urban design experts, the court decided this proposal did not fit with the area's character.

"There's no doubt that this is a major win for Council and local residents, especially given our ongoing concerns about the nature of the application," he said.

At an extraordinary meeting in May last year, Gosford councillors decided to cease conciliation



A meeting at Ettalong Diggers last July was part of the long-running community campaign to stop the boarding house

proceedings in the court and defend council's refusal of the applicant's original proposal in 2014.

"Like I've said before, defending planning decisions in the court is not something councillors take lightly, particularly given the potential cost to the wider Gosford City community," Cr McKinna added.

"But the decision highlighted how important it was to listen to the groundswell of opposition from the local community and defend our original refusal."

However, the Court also found

that concerns about parking, amenity and social impacts were not adequate reasons to refuse the application.

The development application was seeking to construct a mixed use development on Ocean View Rd in Ettalong, which comprised ground level retail areas, a cafe with outdoor seating and parking and a boarding house above.

The Peninsula Chamber of Commerce welcomed the news that the Court had formally refused the proposed boarding house at Ettalong after "a

protracted court battle".

"This is wonderful news for the Ettalong community and all those residents that fought so hard to oppose this boarding house", said president Mr Matthew Wales.

"It was also a credit to Gosford Council and its legal team who put forward a strong case backed by a very passionate local community.

"In hindsight, we are so glad that the council listened to the Chamber of Commerce and the

local residents when we urged them to fight the boarding house in the court," Mr Wales said

"We know this decision has come at a cost, but it was worth the fight to protect the lifestyle and amenity of the Ettalong community.

"The Chamber has always been of the view that boarding houses are necessary but only when they are located appropriately and close to community and support services.

"The Ettalong proposal was clearly in the wrong location and the court has now agreed by refusing the application.

"We sincerely hope that the applicant respects the wishes of the community and puts forward a more appropriate development that reflects the needs of the local community and is sympathetic to the local residential neighbourhood."

Media release, 16 Feb 2016

Lawrie McKinna, Gosford Council

Media release, 16 Feb 2016

Matthew Wales, Peninsula Chamber of Commerce

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8.00am till 1.00pm Rain, Hail or Shine.**

**Gosford City Farmers' Market**  
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# Marine Rescue busy on Valentine's Day

**Several calls of assistance were made to Marine Rescue NSW Central Coast on Valentine's Day.**

Acting publicity officer for Marine Rescue Central Coast, Ms Shea Wicks, said: "An eventful mix of valentines and vessels created much demand for the Central Coast team of Marine Rescue over the weekend of February 13 and 14.

"Valentine's Day seemed to open the floodgates with calls of assistance from up to six pleasure craft."

The first call came from a stranded 18-foot runabout with an overheated engine and four people aboard.

It was towed from Ettalong to Davistown by skipper Mr Jim Robertson and crew member Mr Paul Oliver in the vessel Central Coast 21.

Simultaneously, Central Coast 22 with skipper Mr Al Howes and crew members Mr Paul Hanlon and Mr Karl Leipia towed a bowrider with five people aboard from Woy

Point to Gosford boat ramp.

As these missions were being completed, a call for help came from a vessel at Flint and Steel Beach requiring a tow to Empire Bay.

This resulted in a joint effort: Marine Rescue Cottage Point 30 towed the vessel to Half Tide Rocks where the tow was handed over to Central Coast 21 which delivered the craft safely to Empire Bay.

Several other rescues took place on the day.

A craft was towed from Saratoga to Lions Park.

A 40-foot yacht was removed from a mud-flat in Brisbane Water, and a five-metre runabout was towed from Booker Bay to Blackwall.

The first day of the weekend was somewhat quieter.

The first call for help came from a jet-ski rider needing a tow from Wagstaffe to St Hubert's Island.

Central Coast 21 completed the tow without incident.

Later in the day, skipper Mr Terry

Reynolds, with crew members Mr Paul Oliver, Mr Karl Leipia and Mr Duncan Coles, answered a call and towed a yacht, which had lost its auxiliary motor, from Yattalunga to Gosford.

Media release, 15 Feb 2016  
Shea Wicks, Marine Rescue  
NSW Central Coast

# Association opposes amalgamation

**The Wagstaffe-Killcare Community Association has attended a meeting at Erina Centre, Erina Fair, on Sunday, February 21, about the council merger proposal attended by the Shadow Minister for Local Government, Mr Peter Primrose.**

The association has said it was against amalgamation because it was a significant diminution of the community's representation.

Their flyer to promote the event said: "The Baird Liberal Government is ignoring the community and pushing through their amalgamation agenda behind closed doors.

"The proposed council merger is going to mean a loss of local jobs and worse services for residents.

"The Central Coast deserves a greater say over who represents us and how our council is run."

Flyer, 10 Feb 2016  
Peta Colebatch, WTKCA

# Residents asked to 'declutter'

**Wagstaffe residents have been asked to "get into decluttering mode now" to support the Wagstaffe-Killcare Community Association's annual Easter Trash N Treasure sale that will be held on Saturday, March 26.**

"This major event is totally dependent on community

generosity," said president Ms Peta Colebatch.

"Keep hold of anything you think might be of interest to someone else that you might otherwise have thrown or given away," she said.

"We accept all manner of things but no clothes, large heavy furniture, beds and no dog eared or discoloured books (classics excepted)."

The association is also looking for a local with garage space that could be used to store trash n treasure items until the sale.

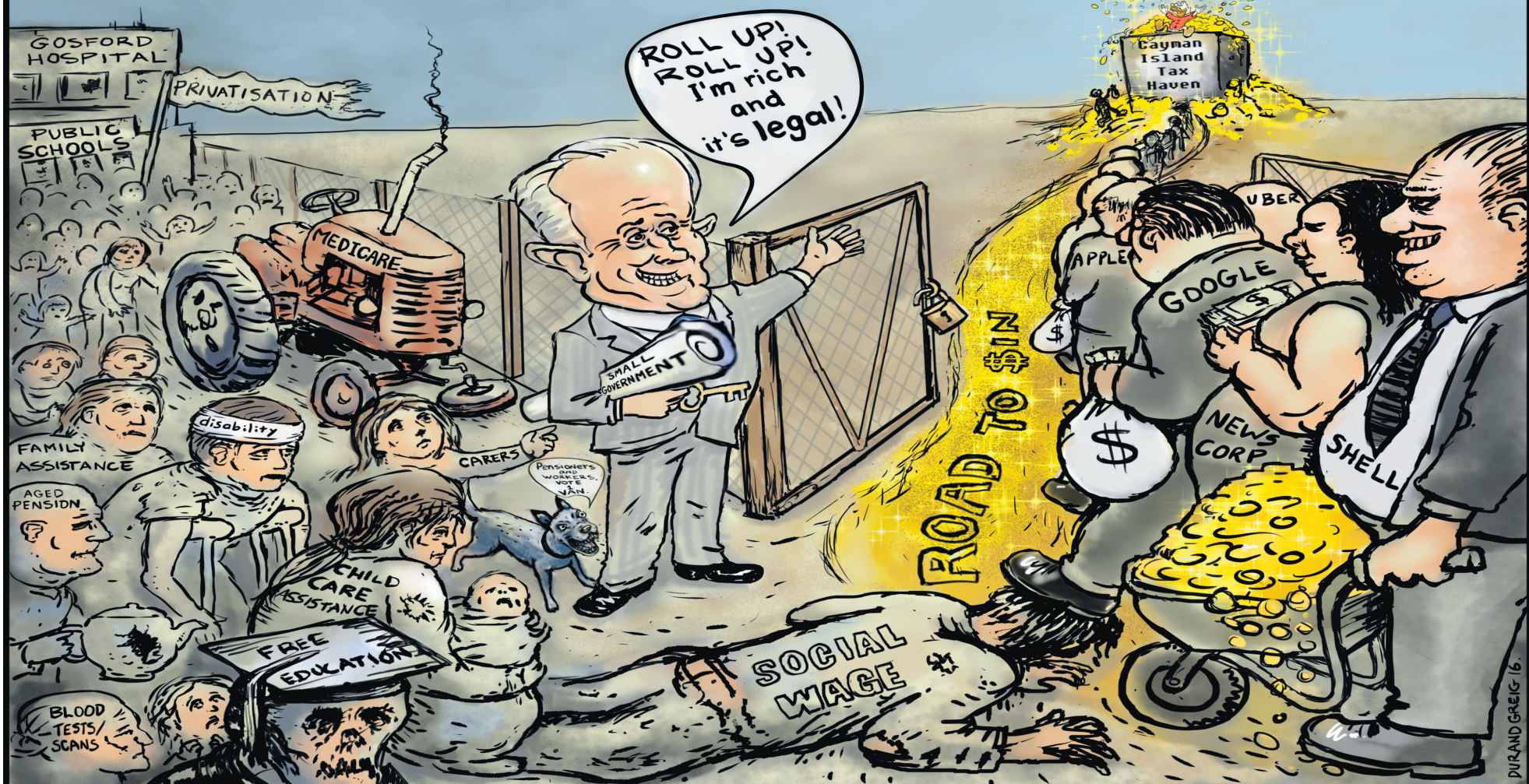
"We need volunteers to help set up on the Friday and on the day," she said.

"This is always a fun event with all money raised going back into the local community," she said.

Newsletter, 5 Feb 2016  
Peta Colebatch, WTKCA

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Central Coast Greens launched their federal campaign at Woy Woy



From left Sen Lee Rhiannon addressed the Greens' launch for the federal seat of Robertson with Ms Hillary Morris (seated)

## Greens present regional vision at Woy Woy

Greens candidate for the federal seat of Robertson, Ms Hillary Morris, and Greens Senator Lee Rhiannon, have put forward their party's vision for the Central Coast at the Woy Woy CWA Hall on February 12.

Senator Rhiannon, who is up for re-election, visited Woy Woy to launch Ms Morris' campaign.

"Hilary is a great representative of her local community," Senator Rhiannon said.

"I am looking forward to campaigning with her on key federal issues like climate change, housing affordability and refugees over the coming months," she said.

Ms Morris' vision is to create new opportunities for job growth around renewable energy, passive recreation, ecotourism, agricultural initiatives and the arts.

Ms Morris said the current Member for Robertson, Ms Lucy Wicks, had paid scant regard to

the community's aversion to the location and design of the ATO office, which is planned for the former grounds of Gosford Primary School.

Ms Morris said she was a strong believer in public education and was firmly against the current HELP scheme on the reasoning that it burdens graduates, particularly those from disadvantaged backgrounds, with large debts.

Ms Morris' launch was presented by the Greens' Dobell candidate, Ms Abigail Boyd.

Ms Boyd spoke at the launch about creating a fairer tax system, investing in health and education, and providing affordable housing.

"The Greens have been the only real opposition in parliament for the last two and a half years," Ms Boyd said.

"We've been dragging the old parties into the 21st century," she said.

Media release, 14 Feb 2016  
Justine Suthers, Central Coast Greens

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Recent outdoor renovations at Hardys Bay Club

Photo Karen Adler



The new pergola at Hardys Bay Club

Photo Karen Adler



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Betting  
returns  
to Hardys  
Bay

A TAB facility will be reinstated at the Hardys Bay Club after three years absence.

Construction started in early January on a separate TAB room attached to the main bar and it is expected to be open and ready for bets to be placed by the end of February.

Club owner Mr Bruce Murray said it was something the community had repeatedly asked him for and he was pleased to be able to bring it back to the club.

The reinstatement of the club's TAB follows the recent renovation and reinstatement by the club of the courtesy bus, the building of the cubby house and the pergola area.

Newsletter, 5 Feb 2016  
Peta Colebatch, WTKCA



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# Australia Day attracts 600 to Wagstaffe

**About 600 people attended the Australia Day Breakfast at Wagstaffe this year.**

"After a night of rain, we were fortunate with great weather and a great turnout of approximately 600 plus people to the Australia Day breakfast at Wagstaffe Square," said Wagstaffe-Killcare Community Association president Ms Peta Colebatch.

"With the support of the Gosford Council, the many volunteers for the association once again put on the traditional Australia Day breakfast in the Square.

"The worker's tasks include: tidying the hall, sweeping the square, preparing the bread and onions, and arranging decorations.

"The Killcare RFS assists with the collection of chairs from storage, and on the day itself, yet more helpers put out the chairs in the square, erect the marquee, arrange the serving stations, and cook the eggs, while the fires cook the patties on the BBQ.

"So it is a true community event, with everyone helping and contributing - all capably managed by Jeanette Martin and Fay Gunther.

"Our speaker, Andrew Rourke spoke of the concept of community or what an ideal neighbourhood should be like - "be considerate, don't extend your house and

ruin your neighbours view, give a helping hand, pick up litter, work together to clean up after a storm, turn the music down (certainly don't play Justin Bieber).

"And similarly be tolerant: some people like ducks, some don't, accept you may not keep your uninterrupted view, enjoy the music, accept that people are different and accept their difference.

"Be a leader and set a good example for others to follow. It all comes down to compromise and wanting to get along. It's not rocket science."

"Chris Dillon sang He Ain't Heavy, He's My Brother, a song based on stories of selfless help regardless of colour or creed and led us all in singing *We are Australian*.

"Our local poet, Ken Tough, narrated of his poem, Boondee's Mob, a moving description from personal experience of school life, the good and bad, the highs and lows, the contrasts, the lessons learned, for white kids and aboriginal bush kids in a small country town in the early 50s. You can listen - search for "Boondee's Mob" on YouTube.

"So we are all fortunate to live in such a helping community.

Email, 18 Feb 2016  
Peta Colebatch, WTKCA



Around 600 people attended Australia Day at Wagstaffe



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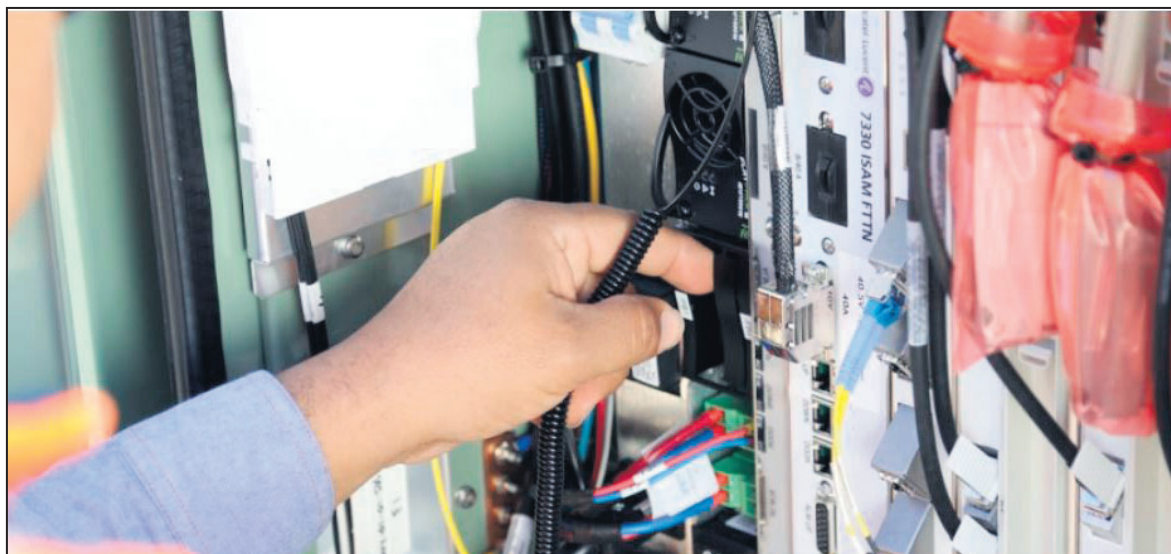
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Households in The Bays should now have access to the NBN

## NBN date uncertainty

**The Bays may be about to receive access to the National Broadband Network, but the actual start date was uncertain.**

According to the February edition of the Bays Community Group Inc newsletter, Optus and

Telstra were providing conflicting information about the availability of the NBN in the Bays area

Telstra was suggesting it would be live from February 13 but Optus were unable to confirm that date, the newsletter reported.

A spokesperson for the NBN

Co said public roll out maps on the company's site would not be changed for a week and that generally coincided with an area going live.

**Newsletter, 13 Feb 2016**  
**Bob Puffett, The Bays Community Group Inc**

## Financial literacy workshops held at community centre

**A series of financial literacy workshops called In Charge of My Money will be held at the Peninsula Community Centre in March.**

The workshops are an interactive program designed to provide the knowledge and skills necessary to make informed and effective money-management decisions.

They aim to develop skills to manage money, manage debt, set financial goals, budget and save and plan for the future as well as to provide information on where to get help.

Community development officer for the Peninsula Community Centre, Ms Louise Manson, said:

"This course will be useful in providing information about good money-management for the whole family.

"Help your children develop good money habits for the future." Child-minding under certain conditions will be available on request.

In Charge of My Money will run over three sessions on Monday, March 7, 14 and 21, between 9:15am and 11:40am.

The Peninsula Community Centre is located at 93 McMasters Rd, Woy Woy.

For more information, call the centre on 4341 9333.

**Email and flyer, 9 Feb 2016**  
**Louise Manson, Coast Community Connections**

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## Workshop for parents of teenagers

**The youth support program, Evolution Youth Service, is hosting a one-day workshop on March 10 in Woy Woy for parents of teenagers.**

It is designed to equip parents with the knowledge and tools to assist their children's progress through their teenage years safely and happily.

The Resourceful Adolescent Program for Parents aims to help teenagers develop healthy self-esteem and develop independence while continuing to feel safe and part of the family.

It also aims to help parents manage stress and manage conflict with their teenage children.

The one-day workshop will be held on Thursday, 10 March between 9.30am and 2.30pm at the Evolution Youth Service premises at 2 Ross St, Woy Woy.

It is a free workshop and lunch will be provided.

Spaces are limited and booking is necessary.

For more information or to book, call 4342 3684.

The workshop was developed in association with Uniting Burnside for parents of teenage and pre-teenage children.

**Email, 18 Feb 2016**  
**Linda Thomas, Uniting Burnside Central Coast**



## Secrecy suggests something is going on

The murky dealings over the Kibbleplex site in Gosford seem to be well matched by the equally obscure negotiations over the China Theme Park site in Warnervale.

In both cases, it sounds as though inept local-government servants are being well and truly outmanoeuvred by shrewd property speculators, while the public (the owner of both sites) is being kept completely in the dark and spoonfed only the least possible amount of information that both councils can get away with.

Nobody in the community is

### Forum

being offered an opportunity to assess these negotiations, and we shall only find out anything when the deal is past any possibility of influencing the outcome.

Didn't someone say that the essence of government is open agreements openly arrived at?

The government is fond of telling us that, if we are doing nothing wrong, our actions should be open to scrutiny by any agency that wants to pry into our affairs.

Doesn't the same principle apply to government whose main purpose is to act in our interests, and doesn't the passion for

secrecy suggest that something is going on that will eventually be to our detriment?

Both of these projects will shortly come under the aegis of the new Central Coast municipality, at which point it is to be hoped that there will be a more responsive and responsible attitude to community rights.

Perhaps, the property speculators are hoping to seal a binding agreement with the two existing councils before the sales come under the scrutiny of the new authority.

Email, 31 Jan 2016  
Bruce Hyland, Woy Woy

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## Don't be taken for fools

The advertisement and article as submitted by Dr Van Davy (PN, Feb 8) is an insult to the intelligence and self-esteem of the individuals to whom was directed, "pensioners and workers".

Dr Van Davy has shown unequivocally that he is a rabid socialist and more than likely a communist.

His rantings are so full of lies, misrepresentations and propaganda it is difficult to grasp the enormity of his deceit.

A legitimate rebuttal of his claims would occupy more space than this worthy journal could provide.

A simple example of what I am on about:

Dr Davy said: "We pay much more than the wealthy" but a 15 per cent tax on a \$500 family budget is \$75 per week, ignoring the fact we

### Forum

already pay 10 per cent and a 15 per cent GST may not be a reality.

The fact is the "wealthies" actually pay more GST than the pensioner and the average worker.

More lies and deceit were put out by Labor just prior to the last Federal election.

They said Tony Abbott would cut pensions and tax our investments in order to give people earning \$150,000 up to \$75,000 every time they had a baby.

In fact, Tony Abbott was elected and these blatant and deceitful claims never eventuated.

I urge all pensioners, self-funded retirees and workers to think for themselves, acquaint themselves with the facts and figures and do not be taken for fools.

Letter, 9 Feb 2016  
Colin Williams, Ettalong



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## Forum

# Airy parkland is a breath of fresh air

**Gosford Cr Vicki Scott and Ms Sue Chidgey, and Save Central Coast Reserves, are to be congratulated in trying to get Gosford Council to abandon its proposed sell off of what is essentially community land.**

Of particular interest to our family and others nearby is the proposed selling off of the wonderful little parkland which fronts both Brisbane Ave and Greenhaven Dve, Umina.

This airy parkland is a breath of fresh air to neighbouring homes which sit cheek by jowl, and is used frequently by parents with their kids, by dog walkers and by families who hold picnics there.

Only last weekend a family was playing a friendly game of cricket while young kiddies played on the swings.

The park used to have other play things, a slippery dip and so on, but council in its wisdom took

## Forum

those away.

No consultation with parenting groups just democracy Gosford Council's way.

Gosford Council was also underhanded in its original description of this parkland, stating the block numbers as 195-196 when, in fact, it should have described them as Lots 195-196.

It's not unreasonable to suspect that Gosford Council in issuing those street numbers was hoping this issue might fly under the radar. Shame on them.

We spend time, as others do, with our little three-year grandson and to see this little bloke's face light up as Nanny and Poppy push him ever higher on "his" swings is truly one of the joys of being a grandparent.

Gosford Council, why do you want to deny us and our little fella one of life's simple joys? God knows life is hard enough without

this sort of bastardry being foisted upon us.

As it stands, the intersection where Greenhaven Dve meets with Brisbane Ave is already a very busy one.

The council's plans to sell off this valuable park, which affords a lovely lifestyle, will produce a serious number of units which in effect have the potential to produce a ghetto.

This will put more vehicles onto these already busy roads with the potential for more accidents.

The nearby infrastructure is already under enormous pressure when it rains.

This intersection has for years produced horror potholes that will degrade further given the potential for more cars as a result of units being built.

Gosford Council, go find your money elsewhere and let us enjoy one of the few freedoms we have left in this country.

Email, 9 Feb 2016  
Alan Mitchell, Umina

# Merger will lead to higher rates and neglected concerns

**Below is my submission to the review of council amalgamation.**

As a resident of Umina, I wish to express my strong opposition to the proposed merger of Gosford and Wyong councils.

While there are certainly problems with local government in my area, I do not believe that amalgamation of the two councils will do anything to address the problems and in my opinion, it is likely to exacerbate them.

Residents of the Peninsula see themselves as a separate group from other Coasties and we welcome the fact that we support an independent newspaper, the Peninsula News, which deals exclusively with local events.

Under the Gosford Council administration, most side-streets on the Peninsula remain without kerb and guttering even though rate-payers here pay water rates and a stormwater levy.

There is clearly an impression that rate monies go to improvements in other areas.

Umina is proud of its beaches but these have been consistently rated as poor by independent rating agencies.

Stormwater still arrives at the beachside and causes erosion.

Gosford Council relies on expensive consultants who have failed consistently to find permanent solutions.

With an even greater area to cover, it seems improbable that a new, amalgamated council could do more than merely prioritise, on an even longer list, works in our area which are long overdue.

There is clearly a feeling among Peninsula residents that we have been given a "raw prawn" response recently from council and state government.

The State Government refused to reverse its decision to close the motor registry office in Woy Woy.

Even though there were several

## Forum

### LETTERS TO THE EDITOR

should be sent to:

**Peninsula News**

PO Box 1056, Gosford 2250 or  
editorial@centralcoastnews.net

See Page 2 for  
contribution conditions

protests and a petition signed by 15,000 people, the State Government went ahead and shut down the Woy Woy outlet.

Many like me had problems with this change.

I was forced to visit Gosford twice to apply for a disability parking-permit so that I can transport my father, aged 102, around the city.

To add insult to injury, the State Government ignored a request to establish a Service NSW office in Woy Woy.

During my lifetime, I have lived in Australia's largest local government area, Brisbane City, and its smallest, the City of Fitzroy.

I have seen mergers in action with Toowoomba Regional Council and with the City of Yarra (combining Fitzroy, Collingwood and Richmond).

All of these changes led to heartache for residents, higher rates, neglected local concerns and disused buildings.

It would be remarkable if this did not occur again under the proposed merger of Gosford and Wyong.

What is needed is reform within Gosford Council rather than adding more challenges to policy and administration.

Email, 12 Feb 2016  
Jack Lloyd, Umina

# Roosters have something to crow about

**At last the Roosters have something to crow about with the new infrastructure at Woy Woy Oval.**

At this time, I can report that the two buildings are nearing completion.

The 600-seat grandstand includes a large broadcasting box, a cafe and a lift for the disabled.

The playing surface was a swamp-area and three-feet of soil have been dug out to make way for the new surface.

The ground has been moved very close to the tennis courts and has been watered and mowed for

## Forum

the past eight weeks.

It really looks terrific.

As school boys during the Second World War, we were taken to the oval to play teams from Gosford Primary and Kincumber Orphanage (for example).

I remember the priest who accompanied these boys and some readers may recall him."

His name was Father Croke and he was a wonderful man.

It brings me no joy at all to learn that we are going from a 12-team competition to a 10-team one with

the loss of Central Wyong and the probable loss of the Umina Bunnies.

The volunteers and committees for these clubs worked hard to keep the game alive.

Can you imagine going to the football without the local derby between the Roosters and the Bunnies?

I know one thing.

We double our takings when these two teams meet and I wish Umina well in their appeal against their suspension.

We'll probably hear more about the official opening of the new ground over the next few weeks.

I feel Peninsula residents will be proud to have this new facility and it should bring visitors to our town, which we badly need.

Email, 8 Feb 2016  
Bruce Richards, Woy Woy

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## Forum

# Government promotes 'planning confusion principle'

**"Council rejects threat to democracy" was the Peninsula News headline back in June 2014.**

The report was about the proposal to authorise Mr Paul Anderson, CEO of Gosford Council, to "determine all planning applications that he deemed were in accordance with council's policies".

We now know this would have included developments exceeding regulations by at least 210 per cent.

Fortunately, at that time, the councillors voted unanimously to defeat the proposal, now known as "democracy in reverse".

Recent issues of Peninsula News have reported on Gosford Council's proposed carefree sale of community land.

There has been, and continues to be, community objections to this decision, with public meetings and protests to challenge this dictatorial administration.

The Draft Central Coast Regional Plan refers to a "flexible regulatory environment" as an advantage of the development approval process.

## Forum

Meanwhile, in another NSW Government office, the Minister for Local Government, Mr Paul Toole, supports "simplified council regulations as each council is currently responsible for separate and potentially inconsistent regulatory environments".

What actions have the Premier, Minister for Local Government, Minister for Planning taken to ensure that developments exceeding planning regulations by 210 per cent are not approved?

What actions has the government initiated to investigate the whole planning system?

It is no surprise there is unrest and opposition.

The "Planning Confusion Principle" states: Each government authority and Local Government Area in NSW will independently of other government authorities and LGAs make decisions to advance the interests of its management without public consultation, transparency or accountability.

What a mess, Mr Baird.

Letter, 9 Feb 2016  
Norman Harris, Umina

# NEWSPAPERS

## Central Coast

## Other Regional News - In brief

**Peninsula News focuses on news specifically relating to post code areas 2256 and 2257.**

Given the advent of a Greater Central Coast Council in the near future,

following is a summary of the first 9 news articles published in the most recent edition of each of our sister Central Coast publications.

The full articles and more, as well as all previously published editions, can be seen on line on our website

[www.peninsulanews.info](http://www.peninsulanews.info) and on [www.centralcoastnews.net](http://www.centralcoastnews.net)

Copies of these other publications may be obtained from our offices in Gosford, by subscription, or from a myriad of locations in the areas covered by each publication.

# COAST Community News

February 11, 2016

Your independent local newspaper

Ph: 4325 7369

Issue 126

**Commission of Inquiry called for before Coast water supply is irreparably damaged**

The Mountain Districts Association has called on NSW premier, Mr Mike Baird to hold a Commission of Inquiry into the Mangrove Mountain Golf Course Remodelling...

**Merger procedure is democracy in reverse**

Eight residents registered to speak at the public hearing into the proposal to merge Gosford Council with Wyong Council.

**Councillors gagged over merger proposals**

Guidelines issued by the NSW Office of Local Government appear to gag Gosford councillors from speaking out against the proposed merger with Wyong.

**Parliament hears about benefits of ATO building**

The House of Representatives has been given an update on the creation of jobs in Gosford by federal member for Robertson, Ms Lucy Wick.

**Council merger savings will mainly be from job cuts to council staff**

The NSW Greens have set up their own council amalgamations website in response to the NSW Government's refusal to release key...

**Erina Motor Registry to be replaced by a Service NSW Centre**

NSW minister for finance, services and property, Mr Dominic Perrottet has announced a new Central Coast Service NSW Centre will open at Erina in...

**The people have spoken but they're not sure anyone listened**

Gosford councillors have voted against a motion that would have saved five parcels of community land from potential reclassification and sale.

**Councillors vote to support merger after heated debate**

Liberal councillors and Gosford mayor, Cr Lawrie McKinna have voted in favour of a last-minute motion to support the NSW minister for local government's ...

**Cutting-edge technology installed at new eye care practice**

Central Coast optometrist and advocate for preventative eye care, Dr Amanda Rungis, recently established a new practice, Sure Eye Care, at Riverside Park...

The full articles and more can be seen on line on our website [www.centralcoastnews.net](http://www.centralcoastnews.net)  
Coast Community News articles can also be read and shared on your mobile phone by going to [www.coastcommunitynews.com.au](http://www.coastcommunitynews.com.au).

# Wyong Regional CHRONICLE

February 16, 2016

Your independent community newspaper - Ph: 4325 7369

Issue 86

Wyong Regional Chronicle focuses on news specifically relating to post code areas 2258, 2259, 2261, 2262, & 2263.

**Mehan outraged at delay in storm damage repair**

Residents of the Bateau Bay area are still struggling to repair their homes following the violent hail storm that struck the area on September 17 last year.

**Forgotten North residents vote to join Lake Macquarie Council**

Around 140 residents from Gwandalan and Summerland Point attended a meeting on Monday, February 8 to discuss a proposal to alter the boundary of Lake Macquarie Local Government

**The Entrance Motor Registry to close**

The Entrance area will be left without a NSW service centre or motor registry as a result of a new service centre opening in Tuggerah in March, according to member for The Entrance. Mr David Mehan...

**Tip Top Bakeries to invest millions in Charmhaven site**

Over 100 new jobs will be created in the Wyong local government area in the coming years following Tip Top's announcement of their purchase of an existing manufacturing site in Charmhaven.

**Wyong Grove acquisition in the hands of the Finance Minister**

The bid to acquire part of the former Wyong Grove Public School to keep it in community hands is now at the mercy of the NSW finance minister, Mr Dominic Perrottet.

**Contracts exchanged for Australia China Theme Park land**

Wyong Council has exchanged contracts with the Australia China Theme Park (ACTP) for the sale of 15.7 hectares of land at Warnervale for \$10 million plus GST.

**Wyong Council is already acting as a pseudo Central Coast Council**

Wyong mayor, Cr Doug Eaton OAM said he would be happy for the Wyong Regional Chronicle to report that Wyong Council is already acting as a pseudo Central Coast Council.

**Mayor makes presentation on merger**

Wyong mayor, Cr Doug Eaton OAM made a presentation on behalf of Wyong Council at one of the (non-advertised) public hearings into the merger between Wyong and Gosford Council.

**Acting CEO to remain until merger proclamation**

Mr Rob Noble's contract as acting CEO of Wyong Council has been extended until mid-June, by which time a merger proclamation is expected.

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

## INSTEP FOOTWEAR

**Skechers new styles now in store**



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## Forum

# Let's make this democracy work

**It was wonderful to see so many people concerned about the sell-off of their parks, attending a Gosford Council meeting last week.**

Five people plus Cr Vicki Scott and Cr Hilary Morris spoke about the parks listed for the meeting and why they should be removed from the list.

Unfortunately, there was no one there to speak for the parks on the Woy Woy Peninsula.

This is sad as Council will be looking forward to a selling bonanza on the Peninsula.

There are many older residents as well as new young families who need a park within walking distance.

It gets them outside, gives them a little exercise and then they can relax with their friends; have a picnic etc on a bench in the coolness provided by native trees except that there are no seats provided.

They should not need to get in a car.

If you travel on the train to Sydney you will see a number of pocket parks, beautifully cared for, with lovely seats in them.

The pocket parks on the Peninsula look unloved and neglected: they are not attractive.

Gosford Council has a history of neglecting open spaces for which they have another purpose.

They then declare them lacking in environmental significance, weed ridden or places for anti-social miscreants.

## Forum

There is always a hidden agenda.

The reserve in Jumbuck Cls, for instance, is breathtakingly beautiful with many old paperbarks; Melaleuca Quinquinerva which even 80 years ago covered much of the Peninsula.

I have heard that five units are planned for this site.

I have also heard that asbestos was dumped here, which the Council covered with sand.

It is almost ironic that all of these parks are testing sites for the health of the water table.

Hard surfaces prevent water filtering through the soil and lead to flooding.

Some councilors seem to think that land without buildings is a waste; parks without children is not a park.

Perhaps they have simply forgotten that before primitive life emerged from the water millions of years ago and started to provide oxygen, the animal life which includes us, could not start to evolve.

This is still the case.

Plant life preceded animal life and is essential for our survival.

I believe that mankind is conducting an enormous experiment, by covering as much of the land as possible with buildings.

We do not know where the cut-

off point will be but the planet is certainly showing signs of stress.

The Peninsula is short of open space.

The population has grown enormously and will continue to grow.

People with power surely need to look to the future: to have some vision instead of seeing everything in dollar signs for the here and now.

Council tells us it is well in the black, so just why do they want to suddenly sell off our parks?

Leaders need to take the public with them.

This happened not many years back when Gosford Council said there was a water emergency: most people restricted their water use and the emergency disappeared.

We have been given no reasons for selling off our parks and reserves, simply that they are surplus to councils needs but what about the people's needs?

Is our quality of life no longer relevant?

The Peninsula already suffers from poor decisions made by former Councils.

One of the biggest problems is the Esplanade being developed too close to the shore line and thus giving no room for the beach to do what it usually does, move.

We now have very expensive problems as can be seen at the end of Barrenjoey Rd.

There have been many other mistakes made, which we all have

to live with and pay for.

People on the Peninsula need to show that they care about what council does.

We are still supposed to be living in a democracy but if the people don't speak or shout in this instance, power will run away and we will be living in an even hotter environment due to the lack of trees; grid lock will exist on the roads because of increasing population and car use and the public will be getting healthier by the day thus adding to the health budget.

If we do not raise our voices and phone our councillors and elected representatives, we will surely yet again be glossed over as unimportant; a dumping ground for ugliness and rubbish.

Tell them that you do care, that you want the parks to be well maintained and that you would like some seats in them.

For goodness sake let's make democracy work.

Email, 19 Feb 2016

Margaret Lund, Woy Woy

## Two community stalwarts die

### Forum

**I write, sadly, to pass on news of the death of two stalwarts of the community.**

Mr Ian Thiering died peacefully in care at Blue Wave, Woy Woy, last weekend.

Ian lived at Woy Woy for the past several years but before that was a resident of Pretty Beach.

He was a staunch member of the Killcare Wagstaffe Trust but, more importantly, was an executive member of the local branch of Neighbourhood Watch for all of the years that it operated on the Peninsula.

Lee Casey passed away on

Tuesday, February 9.

Lee was a long-standing member of the Bouddi Society and its committee and was also a foundation member of the Bouddi Foundation for the Arts.

Lee will be remembered as a former editor of the Bouddi News and, notably, as the editor of the book, The Bouddi Peninsula: a very special place.

Email, 13 Feb 2016

Robyn Warburton, Wagstaffe

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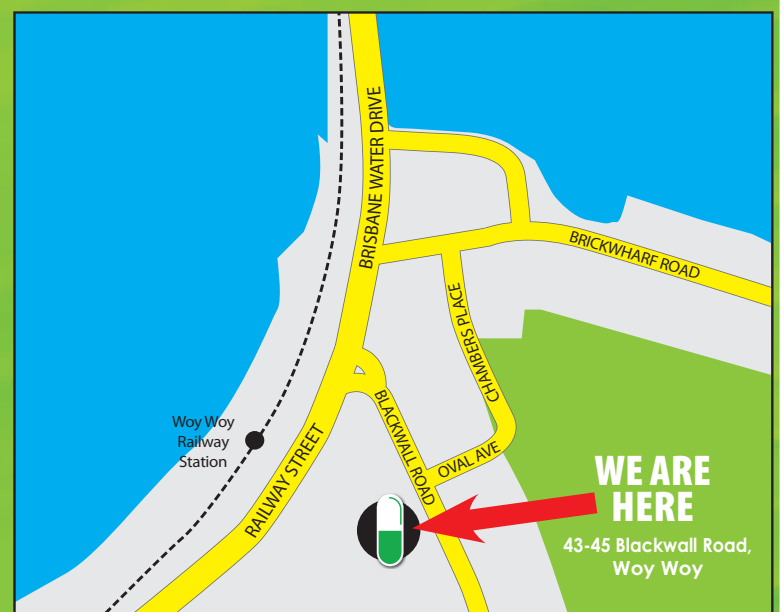
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Health



# Guide dogs' support group at Woy Woy

The Central Coast support group for Guide Dogs NSW-ACT will be at Woy Woy on Friday, March 4, selling merchandise and raffle tickets.

Members of the group will be available at Deepwater Plaza to share their experiences with visitors and discuss how Guide Dogs provide free services to help people with impaired vision.

Support group president Ms Margaret Grace said: "Every dollar from the community counts

as Guide Dogs NSW-ACT only receives minimal government funding.

The cost to breed, train and raise one Guide Dog is now more than \$35,000.

"We appreciate the support given to us by Central Coast Shopping Centres who provide space for our fundraising stalls and the wonderful generosity of the local community and supporters who continue to come along and purchase Guide Dog merchandise, and raffle tickets."

The support group's fund

raising efforts are to help more people who are blind or vision impaired to move around safely and independently.

Fundraising stalls are held between 9am and 2.30pm.

The Central Coast Support Group meets on a quarterly basis and is always looking for new members to assist fundraising endeavours.

For further information, contact Ms Grace on 0409 536 168.

Media release, 7 Feb 2016  
Lynne Lillico, Guide Dogs Support Group

# Feedback given on fitness proposal

The Wagstaffe-Killcare Community Association has received to feedback on its proposal to install fitness equipment for seniors in a small area near the entrance to the Pretty Beach end of the dog track.

"We have received a lot of positive comment and some adverse comment to which we are responding," said association president Ms Peta Colebatch.

"In support: as our senior population ages, it is a long way or even impossible to get to Ettalong or Woy Woy to find equipment," she said.

"Just as we have local play

equipment for children, the oldies also deserve an area that is easily accessible locally.

"Throughout NSW many councils are now installing parks with multiple usage.

"Yes, defining who is older can be pretty broad: there are many others in the community of varying ages who could also benefit.

"Bouddi Peninsula residents are encouraged to come to our meetings at Wagstaffe Hall on the second Monday in March to join in the discussions on this proposal," she said.

Newsletter, 5 Feb 2016  
Peta Colebatch, WTKCA

# Mingaletta disease program

Mingaletta is starting a new group this year open to Aboriginal people wanting to improve their health and wellbeing.

Aunty Jean's Chronic Disease Outreach Program runs on Mondays from 10am to 2pm.

Those with ailments including heart problems, diabetes, asthma and high blood pressure are welcome to attend and learn how to manage these conditions.

This also includes exercise and learning about understanding healthy lifestyles and behaviours.

The Young Women's Yarning Circle will start on Wednesday, February 24 and run weekly until April 6.

The Yarning Circle aims to give young Aboriginal women a place to have a yarn about culture and discuss issues impacting

the community in a fun and safe environment.

Topics will include drugs and alcohol awareness, health, nutrition and domestic violence.

The Yarning Circle will conclude each week with a morning tea that family will be invited to attend.

Inquiries about the Yarning Circle can be made to Lisa on 43423684.

Playgroup is still running on Tuesdays from 10am to 11.30am where Wiggles and Giggles will entertaining the little ones.

The free playgroup at Mingaletta is another opportunity to meet other mums and bubs and have a sing-a-long.

Mingaletta ATSIC is located at 6 Sydney Rd, Umina.

Call 43427515 for more information.

Email, 16 Feb 2016  
Mingaletta ATSIC

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From left (front) Rose and Nancy (in yellow) with parliamentary secretary for the Central Coast Scot MacDonald, Minister Ajaka and Robyn Parker

## Free course about mental illness and substance abuse

**A free course for the families and carers of those with a mental illness, Substance Use and Mental Illness, will be held at the Peninsula Community Centre on Wednesday, April 6.**

This course will provide information about the issues involved in caring for someone with drug and alcohol and mental health issues.

The focus is on the caring role.

Key topics include the relationship between mental health and drug and alcohol abuse, the impact on families and carers, harm minimization, the Stages of Change model and recovery.

Key skills will include strategies for minimizing harm, identifying communication strategies based on stages of change and coping strategies for families and carers.

Registration starts at 9:45am and the course will run from 10am to 12:30pm with morning tea provided.

Childcare is not available.

To register for training or for more information contact the UnitingCare Mental Health and Family Carer Service on 4322 1855.

UnitingCare also runs a Family and Carer Mental Health Program support group at Umina that meets on the fourth Tuesday of every month at Mingaletta, 6 Sydney Ave, Umina from 10am to 12pm.

The group is facilitated by a UnitingCare support worker and meets for tea, coffee, to chat and exchange stories of their experiences as carers.

The support group offers a safe place to talk with others who are going through similar experiences.

It provides time out for carers, offering opportunities for friendship and networking.

Carers can get tips from one another and share things they've found helpful.

Occasionally speakers are invited to talk about other services, courses and helpful information

Email, 15 Feb 2016

Tegan Jones, UnitingCare Mental Health

## Minister visits dementia support centre

**The NSW Minister for Ageing and Disability, Mr John Ajaka, visited the Woy Woy Social Support Centre of Delphis Australia on Thursday, February 18.**

The centre provides support to clients from the Peninsula area living with Alzheimer's and Dementia.

The centre's CEO, herself a former NSW Minister (for the environment), Ms Robyn Parker said Delphis Australia was delighted to have a visit by Mr Ajaka and Parliamentary Secretary for the Central Coast, Mr Scot MacDonald.

"Mr Ajaka also has responsibility for volunteers in NSW and I impressed upon him the enormous value of the very dedicated volunteers who offer their time on a daily basis to support the staff at the social support centres.

"Some of our volunteers have been with us for over 10 years and our service is so much the richer for their contribution," Ms Parker said.

She said the Minister participated in some memory games, rolling up his sleeves to get involved in some light exercises and interacted with everyone at the centre.

The Woy Woy Social Support Centre is one of three centres that offer day programs for people living with Dementia and Alzheimers.

Email, 18 Feb 2016

Robyn Parker, Delphis Australia

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## Education

### Bomb hoaxes at Umina

**Hoax bomb threats have caused Umina Beach Public School to be evacuated twice since the beginning of the school term.**

The first bomb scare was on Thursday, February 11 and the second was on Wednesday, February 17.

Principal Ms Lyn Davis thanked the community for its support following the first bomb scare.

"The Umina community showed what a caring community we are," Ms Davis said.

"Our community got into action very quickly.

"Students, staff and volunteers evacuated the school in an orderly manner.

"We experienced outstanding support from Club Umina, the local tennis club and caravan park.

"All of these venues gave the

children shade from the sun whilst we awaited the all clear.

"One parent provided fruit for the children at the caravan park while other venues did what they could to keep the children happy and comfortable.

"We know how rapidly our local police responded and can be comforted by the thought that response times are very quick.

"I would also like to thank the many parents who took the time to express their thanks to the staff for their efforts in keeping your children safe."

Ms Davis sent a note home to families on Wednesday, February 17, stating that a second bomb threat had again caused the school to be evacuated.

Ms Davis said police were aware of numerous threats made to many schools across NSW and Queensland.

"Following our immediate contact with police a significant number of officers attended the school.

"I would like to reassure the whole Umina school community that after a brief evacuation of all students, then a debriefing assembly, the school has now returned to its normal routines.

"It is important to emphasise that student safety, wellbeing and support is our absolute highest priority at all times," she said.

School counsellors were made available to students on the day of the bomb threat and will be if needed in the future.

Investigations are continuing and NSW police are liaising with the Department of Education.

Newsletter, 16 Feb 2016

Letter, 17 Feb 2016

Lyn Davis, Umina Beach Public School

### Social skills program uses interactive equipment

**Students at Woy Woy Public School will participate in the Social Skills Program offered by the Sports in Schools organization this year.**

The school has chosen to participate in the program "to further our intensive work around our Positive Learning Behaviour and Values Programs running in our school," said principal Ms Ona Buckley.

"This does come with a cost to students but is most definitely a very sound life skill program that directly follows the K to 6 Personal Development, Health and Physical Education (PDHPE) syllabus.

According to Ms Buckley, the program targets the five most important, essential skills that all children should develop:

communicating, decision-making, interacting, moving and problem-solving.

"The lessons are delivered by trained teachers working for the Sports in Schools organisation in an outdoor setting on our school grounds using great interactive equipment," she said.

The program is to run in term two on Mondays with all classes from kindergarten to Year 6 involved.

"Building resilience and confidence to prepare our children in our increasingly busy, modern society is a must if they are to achieve success and happiness in future careers."

Newsletter, 17 Feb 2016

Ona Buckley, Woy Woy Public School

### New award for high achievers

**Ettalong Public School has added a new award for its high-achieving students, the quiet achiever's award.**

Relieving principal Ms Lynn Balfour said: "Our first winner will be announced very soon.

The quiet achiever's award will be presented monthly and will entitle the winner to a book voucher

and a voucher for bread rolls.

"Already I have met with a number of excited children who have earned their Principal's Award," she said.

"It looks like the Pizza with the Principal lunches will be recommending very soon."

Awards at Ettalong Public School carry over from year to

year.

Ms Balfour reminded children to collect their Caught You Being Good tokens and trade them for the next level award, which will be either a bronze, silver or gold certificate.

Newsletter, 16 Feb 2016

Lynn Balfour, Ettalong Public School

### Grant for weekly gym program

**Umina Beach Public School has been successful in applying for a grant to fund a weekly gymnastics program for students in Years 1 and 2.**

"Each grade will be participating in a four-week program every Thursday, provided by Gosford Gymnastics," said teacher Ms Deb Hughes.

"Year 2 will commence on

February 18 and Year 1 will begin next term.

"We are sure the children will benefit greatly from this expert tuition," Ms Hughes said.

Sporting Schools is an Australian Government initiative designed to help schools to increase children's participation in sport, she said.

Newsletter, 9 Feb 2016

Deb Hughes, Umina



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## Fire brigade looks for members

The Killcare Wagstaffe Rural Fire Brigade is looking to expand its membership.

"We are looking for men and women who live in the local area and would like to help their local community," said brigade captain Ms Michelle Biddulph.

An information evening was held at the Killcare Fire Station, Stanley St, Killcare, on Tuesday, February 16, but for more information email killcarerfb@gmail.com.

Newsletter, 5 Feb 2016  
 Michelle Biddulph, Killcare Wagstaffe Rural Fire Brigade

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## Shared path to be extended

**The shared bicycle path and walkway on the Ettalong Public School side of Uligandi St is to be extended.**

Ettalong Public School relieving principal Ms Lynn Balfour said she had been advised by Gosford Council that the path would soon be extended to Barrenjoey Rd.

"This is welcome news for the many pedestrians using Uligandi St but it will affect parking in this street for a short time while construction is in progress," Ms Balfour said.

"Council has requested that I remind all drivers of the parking signs around the school

boundaries," she said.

"Disabled spaces can only be occupied with vehicles displaying a Disabled Driver label.

"No stopping means just that: Cars must not stop in this zone."

According to Ms Balfour, rider permits have been prepared and will be distributed to children in Years 3 to 6 who have requested permission to bring a bicycle or scooter to school.

Students and parents were reminded to supply a bike chain to secure the bike during school hours.

Newsletter, 16 Feb 2016  
Lynn Balfour, Ettalong Public School



The Pretty Beach Public School Buddy Bench

## Teacher retires after 42 years

**Ms Gloria Bilton of Umina Beach Public School has retired from teaching after 42 years in the profession.**

"I began teaching in 1974 and it's time to go," Ms Bilton said.

"Retirement is bittersweet, so many wonderful memories and I'm already missing everyone and the buzz of the new school year," she

said.

"Sincere thanks to parents and families, both past and present, for allowing me to share the lives of your children.

"They have taught me so much," she said.

Newsletter, 9 Feb 2016  
Gloria Bilton, Umina Beach Public School

## Buddy bench at Pretty Beach

**Pretty Beach Public School has introduced the Buddy Bench.**

When students don't have anyone to play with or can't find their friends, they can visit the

Buddy Bench.

Other students who notice that there is someone on the Buddy Bench, can assist that student in finding someone to play with.

"It has been in action for over a week now and it seems to be

working effectively," said principal Ms Deborah Callender.

"It is a great support for students."

Newsletter, 18 Feb 2016  
Deborah Callender, Pretty Beach Public School

## Ethics classes to start at Ettalong

**Ethics classes will commence at Ettalong Public School on Tuesday, February 23.**

Mr Simon Townsend will be tutoring year one children.

Relieving school principal Ms Lynn Balfour said ethics classes would be held at the same time as religious education lessons and are offered to students in the non-scripture groups.

"Numbers for ethics classes are strictly limited and, at the moment, we only have one trained tutor," Ms Balfour said.

"Pleasingly though, I have a small number of parents who are

planning to train which will enable me to increase the number of ethics classes, as the year progresses,"

she said.

Newsletter, 16 Feb 2016  
Lynn Balfour, Ettalong Public School



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Out & About



From left Paul Russell as Jim the gadener, Yvonne Berry-Porter as Flora and Keith Conway as Felix during the second act of Humble Boy at Peninsula Theatre

Woy Woy Little Theatre starts with Humble Boy

Woy Woy Little Theatre's first production for 2016 is Humble Boy, a play by Charlotte Jones.

The play is set in an English country hamlet featuring the melancholic figure of Felix Humble (Keith Conway), an ill-adjusted physicist whose attempts to conceive a general theory of everything have come to naught.

He returns to his late father's Cotswold garden to find his beloved bees have disappeared and his mother Flora (Yvonne Berry Porter) preparing to remarry before the funeral nibbles have reached room temperature.

Felix soon realises that his

search for unity must be expanded to include his own chaotic life.

Others in the cast include Paul Russell, Sierra Phillips, Greg Buist and Terry Collins making her return to the Little Theatre after an absence of many years.

The play was recently staged by the Melbourne Theatre Company.

Humble Boystarted its three-weekend season at the Peninsula Theatre in Woy Woy on Friday, February 19, and will complete its run on Sunday, March 6.

Tickets are available on line at [www.woywoylt.com.au](http://www.woywoylt.com.au) or by phone 4344 4737 and leave a message.

Media release, 17 Feb 2016  
David Wicks, Woy Woy Little Theatre Company



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## An opportunity to sample Italian culture

**The Central Coast Italian Festival at Ettalong will be an opportunity to experience Italian culture, sample Italian wines and beer and taste fine Italian cuisine.**

This year's festival will be held at the Ettalong Beach Tourist Resort on Saturday and Sunday, April 9 and 10.

Tiramisu tasting, gelato gulping or pasta pig-outs are being promoted as among the ways to sample Italian cuisine at the annual festival.

The Tiramisu Tasting Competition will be a new attraction at the 2016 festival.

Local restaurants will line up their samples of Italy's favourite desert to compete for the award of Best Tiramisu.

For those who miss out, the regular Pasta Eating and Gelato Licking competitions will also be held.

Stalls are expected to fill the piazza with authentic home-cooked Italian foods such as pasta, piadina and pizza plus cannoli, crostoli and cucidati.

The Mediterranean-inspired resort contains a boutique motel, the Cinema Paradiso complex with seven theatres decorated in Italian and Art Deco themes.

The complex also houses a bustling European-style village market with fresh produce, locally-made crafts and cafes, including a coffee roaster touted to produce what many locals report is the best coffee on the Central Coast.

Ten restaurants surround the exterior of the resort, offering Italian, Spanish, Indian, Chinese, Japanese, Turkish and Australian cuisine.

An Italian State Tourism representative will provide a presentation and tips on travel in Italy.

An Italian art and photography display will be showcased on the grand staircase in Piazza Giulietta.

A collection of Italian cars will line up for viewing.

Italian fashion, jewellery and accessories will be available for sale from market stalls.

Ettalong's very own "Michael Angelo" will be on site with paintbrush in hand, adding to the collection of Italian Renaissance art found throughout the resort.

Italian singers George Vumbaca and Sam Pellegrino will entertain.

Children's entertainment will include the Punch and Judy and Pinocchio Puppet Shows, as opportunities to pat Benny the donkey and the Italian breed of Maremma dogs.

The Italian Festival is an all-weather event.

Media release, 15 Feb 2016  
Alexandra Quinn, Ettalong Beach Tourist Resort



Claude Festa and his baked Italian treats



Authentic Italian wares at the Central Coast Italian Festival



Pasta eating at the 2015 Central Coast Italian Festival

### EASTER BUNNY

delivers Easter Eggs to Ettalong Diggers

## EASTER RAFFLE

**Monday 21 March**

Over \$2,000 worth of Easter Eggs to be won!

Plus...MAJOR PRIZE  
A Wheel Barrow full of Chocolate!

**Ticket sales from 5.30pm.  
Drawn at 7.30pm**

**THE EASTER BUNNY**

will be there from  
5.30pm-7.30pm  
to meet & greet the children  
& his helper will be making  
balloon animals!

## Good Morning ETTALONG

The Good Morning Ettalong show delivers the ultimate in daytime entertainment.

Ticket price includes tea/coffee on arrival, lucky door & raffle ticket, lunch, dessert, bingo, the GME show band, hosts and of course incredibly talented artists—Bookings Essential!

**TUESDAY 23rd FEBRUARY**

Doors open 10am  
Tickets: M \$15 N/M \$20

Bob Howe & Kel-Anne Brandt

ATM & COURTESY BUS SERVICE

## Absolutely 80s

THEN & NOW

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The Good Morning Ettalong show delivers the ultimate in daytime entertainment.

Ticket price includes tea/coffee on arrival, lucky door & raffle ticket, lunch, dessert, bingo, the GME show band, hosts and of course incredibly talented artists—Bookings Essential!

**Sat 27 February**

Tix \$30 members/\$35 guests

## Meals on Wheels

Central Coast

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Choose your favourite  
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Free delivery

Want to meet new friends and have some fun? We can Help!

Join us for a delicious midday meal and transport can be supplied  
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## Ettalong BEACH DIGGERS

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Ph (02) 4343 0111 ~ [www.ettalongdiggers.com](http://www.ettalongdiggers.com)







## Crafts centre's rent doubles

**The Ettalong Beach Arts and Crafts Centre will pay Gosford Council twice as much for use of its buildings in Kitchener Park.**

The increase in rental fees comes with a new licence agreement with Gosford Council.

The new agreement will come into force from the beginning of the 2016-17 financial year. "Under this new agreement our annual rental fees will be doubled and our public liability insurance has to be increased from \$10 million to \$20 million to comply with Council regulations," the centre's February newsletter reported.

Meanwhile, the centre's committee is waiting for Gosford Council's planning department to respond to an information request to get a proposal under way to make improvements at the centre prior to the new agreement coming into force.

"Other improvements we wish to get under way are to install

a covered walkway between the two centre buildings, and to install weather proof roofing to the pergola at the front of the centre," said Ms Penny Howard.

"We do need council permission and we are currently waiting for a response from the planning department to find out how we can get this proposal under way."

Pottery classes at the centre have already benefited from the addition of new sinks and cupboards in the kitchen area.

The fixtures and their installation were all the work of volunteers.

The centre has also been invited to have an exhibition at the showground from April 30 to May 1 and quilters and potters from the centre will be manning the display over the two days.

The centre's annual meeting will be held on March 14 at 1pm.

**Newsletter, 14 Feb 2016**  
**Penny Howard, Ettalong Beach Arts and Crafts Centre**



Angela Brewer returns to Opera in the Arboretum 2016

## Soprano returns for Opera in the Arboretum

**East Gosford soprano Angela Brewer will return to Pearl Beach for Opera in the Arboretum 2016.**

This year's Opera in the Arboretum, which will be held on March 19, is already booked out.

It is an open-air festival of top Australian opera singers, held amongst the gum trees and kookaburras in the Pearl Beach Crommelin Native Arboretum.

Angela began her opera studies at the Victorian College of the Arts, University of Melbourne.

She completed a Bachelor of Music Performance and an Honours degree.

Angela said she was often requested by the ABC to record

and broadcast live to air concerts.

Her recorded repertoire includes Seven Early Songs by Alban Berg, a selection of Italian Aria Antiche, Russian art songs and arias by Shostakovich, a selection of 20th century American stage composers songs and Mr Tambourine Man – Seven Songs of Bob Dylan by John Corigliano.

In 2003, she performed on stage as the solo operatic artists for the Australian Ballet's world premiere of Wild Swans at the Sydney Opera House and Melbourne State Theatre.

For 12 years, Angela performed as a chorus member, cover and principal artist with Opera Australia while regularly giving concerts

and a Young Artist Recital for the company.

Angela was contracted every year in all main stage productions in Melbourne and Sydney until she resigned in 2009 to work overseas.

The same year she made her international operatic debut in Chinain Suor Angelica, Puccini and in May 2013 she was invited to audition at the Copenhagen Opera House, Denmark.

In 2010, she was invited back to Opera Australia as a guest artist in A Street Car Named Desire, Previn. She returned to Denmark in 2015.

**Emails, 12 Feb 2016**  
**Angela Brewer, East Gosford**  
**Website, 18 Feb 2016**  
**Opera.pearl-beach.com**

## Bridge lesson at Wagstaffe

**Sydney bridge teacher Mr John Roberts will visit Wagstaffe Hall on March 18 to give a two-hour lesson in his second workshop in 12 months.**

Mr Roberts is expected to give 32 students of the game a two-hour lesson.

"The subject is yet to be identified, however, if John's instruction 12 months ago is any guide, the lesson is sure to provide

new ideas and enlarge the mind," said Wagstaffe-Killcare Community Association organiser Ms Helen Ferguson.

The cost will be \$22 per head with afternoon tea to follow.

The lesson will be limited to 32 players.

Places should be booked by calling Helen on 4360 1820 or Anne on 4360 1612.

**Newsletter, 5 Feb 2016**  
**Helen Ferguson, WTKCA**



**Peninsula News**  
Community Access

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# NEWSPAPERS

## central coast

**www.centralcoastnewspapers.com**

**A free newspaper with in-depth Wyong Local Government Area news!**

**THE RHYTHM HUT, GOSFORD**

**SUNDAY 28th FEBRUARY, 5pm**

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Opposite Catholic Church at Woy Woy



# Directory - Not for profit Community Organisations

**Art**  
**Ettalong Beach Art & Crafts Centre**  
Adult classes in Pottery Watercolours, Oils, Acrylics, Pastels, Silvercraft, Patchwork & Quilting Children's Art & Pottery Mon – Sat 10am – 3pm 4341 8344 madogis@hotmail.com

**Central Coast Art Society**  
Weekly paint-outs Tues 4369 5860. Workshops 9.30am 1st & 3rd Wed Gosford City Art Centre 4363 1156. Social Meetings 1.30pm 4th Wed for demonstrations publicity@artcentralcoast.asn.au 4325 1420

**Point Clare Art & Craft**  
Wed - Adult Art Class Wed & Fri - Adult Crafts Bunka Embroid, Cards, Crotchet, Cross Stitch \$3 Point Clare Hall 10am - 12noon 4325 5007

**Hospital Art Australia Inc.**  
Meet every Tue and Fri 9am-2pm - 109 Birdwood Ave, Umina - Painting and Canvas drawing. Volunteers welcome hospitalartaustralia.com.au 0431 363 347

**Bushwalking**  
**National Parks Association Central Coast**  
Twice weekly bush walks, varying distances and grades of difficulty. Explore, enjoy scenery, fauna, floral, history. Keep fit and make friends. 4389 4423 & 4332 7378

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

**Ettalong 50+ Leisure & Learning Centre**  
Mon - Fri - Cards, Computer Lessons, Dancing, Indoor Bowls, Fitness, Handicrafts, Leatherwork, Line Dancing, Painting, Scrabble, Table Tennis, Tai Chi, Yoga, Darts 4341 3222

**Community Groups**  
**ABC "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 www.fabcnsw.org.au 4341 5170

**Central Coast Over 30s Social Group**  
Social contact, entertainment events & new friendships for people in their 30's, 40's, 50's & 60's etc. Live music, house parties, restaurant nights, BBQ's/picnics, trips away etc. Free calendar 0422 243 101 cco30s@live.com.au

**Central Coast 50+ Singles Social Group**  
Ladies & gents dinner, dancing - BBQs & socialising each w/end. Monthly programme for all areas 4396 3640 or 0437 699 366 50pssg@gmail.com

**Mingaletta Aboriginal Torres Strait Islander**  
Provides members and other groups a meeting place and referral hub for education, health, well-being and cultural programs. Mon-Fri 9am - 4pm 6 Sydney Ave Umina 4342 7515 admin@mingaletta.com.au

**Peninsula School for Seniors**  
Community Centre, McMasters Road, Woy Woy Discussions, rumikin, craft, history, walks, & coach trips Tues, Wed, Thur 4341 5984 or 4341 0800

**Peninsula Village Playgroup**  
Carers, Grandparents, parents & children 'Intergenerational Playgroup' Tues 10-11.30am 4344 9199

**Probus Club of Woy Woy**  
Friendship, Fellowship, and social functions for active retirees. 1st Wed - 10am Everglades Country Club 4341 9195

**Seniors Computer Club Central Coast**  
Classes held Monday to Friday for everyone over 50 Basics: Mon, Tues and Thurs 10am to 12noon Different programs every day, 10am to 12noon or 1pm to 3pm Apple-Mac: Mon, Tues, Wed All at our club rooms, Kincumber Neighbourhood Centre Bookings or inquiries 02 4369 5692

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

**Umina Beach Men's Shed**  
Men share a variety of tools, pursue interests and hobbies, spend time with other men and learn new skills Darrell 4342 9606

**Volunteering Central Coast**  
Refers potential volunteers to community orgs. Supports both volunteers and community orgs. Training for volunteers & their managers. 4329 7122 recruit@volcc.org.au

**Wagstaffe to Killcare Community**  
Protect and preserve the environment & residential nature of the Boudi Peninsula and to strengthen community bonds 2nd Mon, 7.30pm Wagstaffe Hall 4360 2945 info@wagstaffetokillcare.org.au

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

**Health Groups**  
**Al-Anon**  
If someone's drinking is causing you problems... Al-Anon can help 4344 6939 1300 252 666 Meetings Sat 2pm Woy Woy Hospital Ocean Beach Road

**Arthritis NSW**  
3rd Tues 10.30am Peninsula Community Centre, Cnr McMasters Rd and Ocean Beach Rd, Woy Woy 1800 011 041

**Better Hearing Australia - Central Coast**  
Hearing loss management support and education. 7 groups across the Coast Providing practical experience and confidence 4321 0275 www.centralcoast.betterhearingaustralia.org.au

**BlueWave Living**  
Woy Woy Community Aged Care facility providing residential aged care to the frail aged. Permanent and respite care accommodation available. Information 2nd and 4th Tues - 11am 4344 2599 reception@bluewaveliving.org.au

**Gambling Solutions**  
Gambling help counsellors providing free confidential professional service to gamblers, family and friends. Woy Woy, Kincumber, Gosford and The Entrance 4344 7992

**GROW** - Small friendly groups formed to learn how to overcome anxiety, depression, and loneliness and improve mental health & wellbeing. Weekly meetings at Bateau Bay, Woy Woy and Wyong. 1800 558 268 or www.grow.org.au

**Meals on Wheels**  
Delicious meals delivered free Join us for a midday meal Help with shopping and cooking classes 4341 6699

**Mary Mac's Place**  
Providing hot, freshly cooked meals - Mon to Fri 11am-1pm with support, info & referrals 4341 0584 marymacs@woywoycatholic.org.au

**Overeaters Anonymous (OA)**  
12-step fellowship for those with eating disorders. No dues, fees, or weigh-ins. Peninsula Com. Cntr, cnr. Mc Masters Rd & Ocean Beach Rd. Woy Woy, Fri 8pm www.oa.org 0412 756 446

**ParaQuad**  
Specialist healthcare products home delivered for all continence, wound care, respiratory and nutrition requirements - Professional Clinic Support avail. 1300 886 601 www.brightsky.com.au

**Peninsula Village Wellness Centre**  
Offering holistic and complementary therapies including aromatherapy, massage and music therapy 4344 9199

**Peninsula Village Meals**  
Delivered daily to your door Nutritious, great for the elderly 4344 9199

**Peninsula Village Carer's Support Group**  
For carers of loved ones with dementia - 1st Wed - 10 to 11.30am Paula 4344 9199

**Peninsula Women's Health Centre**  
Clinic sister; counselling; alternate therapists; groups and community education; drop-in; support for women in crisis; 4342 5905 Wed & Thur 9.30am-3pm 20a McMasters Rd, Woy Woy www.cowhc.com.au

**Prostate Cancer Support Group (Gosford)**  
Last Fri, Terrigal Uniting Church, 380 Terrigal Drive, Terrigal 9.30am to 12 noon 4367 9600 www.pcfa.org.au

**Riding for the Disabled**  
Horse Riding as a therapy for those with intellectual or physical disabilities. Volunteers required. No previous exp. necessary - School hours only. Mon to Sat 4340 0388 stateoffice@rdansw.org.au

**Schizophrenia and Bipolar Fellowship**  
For Schizophrenia/Bipolar/ Mental Health sufferers, family, carers and friends. 1st Thur - 1pm Room 3 Uniting Church Donnison St Gosford 4344 7989 or 4368 2214

**Woy Woy Public Hospital Alliance**  
To restore medical services previously available & upgrade to a standard that meets with local needs. 2pm 2nd Sat St Lukes Church Hall, Blackwall Rd Woy Woy 4344 4811

**Woy Woy Stroke Recovery Club**  
Everglades Country Club 2nd Tues 11am Company, up-to-date info, hydrotherapy, bus trips 4341 7177

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

**Music**  
**Brisbane Water Brass**  
Brass Band entertainment for the community playing all types of popular music. Rehearsal every Tues 7.30pm-10pm 0419 274 012

**Gosford Musical Society Minstrels**  
Entertain at various venues on the Coast seeking new members Thur Night Laycock St

North Gosford 4341 4210  
**JAZZ LEAGUE**  
Live Jazz Bands - Come to listen, Come to dance Free - Every Sun Central Coast Leagues Club Gosford 2-5pm www.jazzleague.net

**Soundwaves**  
Men's a-capella 4 part harmony chorus - all ages 7pm Mon. Central Coast Leagues Club John 0413 276 698 jbthomson51@gmail.com

**Troubadour Central Coast**  
Folk, Traditional & Acoustic Music and Spoken Word Concerts, Ukulele meets, and Sessions 4th Sat 7pm CWA Hall Woy Woy 4341 4060 mail.info@troubadour.org.au

**Political Groups**  
**Australian Labor Party**  
Political discussions, national, state and local government issues

**Umina Ettalong Branch**  
2nd Mon Umina Beach Bowling Club 7.30pm 4342 3676  
**Ourimbah/ Narara Branch**  
Niagara Park Primary School 7.30pm 1st Mon 0410 309 494 kyle.macgregor@hotmail.com  
**Woy Woy Branch**  
Everglades Country Club 7.30pm 2nd Mon 0412 517 520 belindaneal@bigpond.com  
**Peninsula Day Branch**  
1pm 2nd Mon CWA Hall Woy Woy 4341 9946

**Central Coast Greens**  
Active regarding ecological sustainability, social & economic justice, peace & non-violence, grassroots democracy & getting Greens elected 3rd Thur, centralcoast.nsw.greens.org.au centralcoastgreens@gmail.com

**Service Groups**  
**Lions Club of Woy Woy**  
1st and 3rd Mon. Woy Woy Leagues Club 0478 959 895 Make new friends and have fun while serving your community.

**Northern Settlement Services - Volunteers**  
Volunteers needed for friendly visits to the elderly in nursing homes. People with a second language encouraged. Training support provided 4334 3877 cvsc@nssservices.com.au

**Rotary Clubs**  
International service club improves lives of communities in Aust. & o/ seas. Fun-filled activities, fellowship and friendship.  
**Rotary Club of Kariong**  
Phillip House, 21 Old Mount Penang Rd, Fri 7.15am 4340 4529 kersuebay@philliphouse.com.au

**Rotary Club of Umina Beach**  
Wednesdays 6.30pm Everglades Country Club 0409 245 861 curleys@ozemail.com.au 0409 245 861  
**Rotary Club of Woy Woy**  
Tues 6pm Everglades Country Club.

Don Tee 0428 438 535  
**Special Interest**  
**Brisbane Water Caravan Club**  
located on the Central Coast and looking for new members www.bwcaravanclub.wix.com/bwcc 4344 4363

**Biz Plus Networking Association**  
Business owners networking group. Biz Networking breakfast every Thur 7:15am - 9am Erina Leagues Club Geoff Neilson network@bizplus.com.au

**Bridge**  
Duplicate Bridge Mon Tue Thur Fri Sat-12.15pm & Wed 9.15am Brisbane Water Bridge Club, Peninsula Community Centre 93 McMasters Rd. Woy Woy www.brisbane-water.bridge-club.org

**Cash Housie**  
50 Games every Sat night Peninsula Community Centre, McMasters Rd, Woy Woy, 7.30pm. Proceeds to Woy Woy Catholic Parish. www.cashousie@hotmail.com

**Central Coast Handweavers, Spinners and Textile Arts Guild**  
Spinning and weaving, patchwork and quilting, felting and other fibre and fabric crafts, community quilting bees Day and Night Groups 4325 4743 www.cottagecrafts.net.au

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

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

**Central Coast Lapidary Club, Minerals & Gems**  
Learn silverwork, cabochons, faceting, enamelling, stone fieldtrips & fossicking. Weekly Workshops Tues and Thurs 8.30am-2.30pm Thurs evening 6-10pm 10 Ourimbah Creek Rd Ourimbah 4362 2246

**Central Coast Potters Society**  
Running classes, workshops, demonstrations, exhibitions and social events - Annual exhibitions in May and December info@ccpotters.org 4324 5343

**Central Coast Soaring Club Inc**  
Gliding Club, Learn to fly, Instruction FREE to members Come and have an Air Experience Flight All Welcome 14 and up for Training Flying at Bloodtree Road Mangrove Mountain Thur, Sat,

Sun (weather permitting) 0412 164 082 0414 635 047 www.ccsoaring.com.au

**Sport**  
**Woy Woy Judo Club**  
3 Classes every Tue & Fri 5.30pm to 8pm Ettalong Leisure & Learning Centre Min age 5 years old 0434 000 170 www.woywoyjudoclub.com

**Veterans**  
**National Malaya Borneo Veterans Association**  
1st Sat (except Jan) 2pm Ettalong Beach War Memorial Club, 51-52 The Esplanade. 4342 1107

**Vietnam Veterans', Peacekeepers' and Peacemakers'**  
Assist all veterans & families with pension & welfare issues. Mon & Wed 9am-1pm 4344 4760 Cnr Broken Bay Rd & Beach St Ettalong. centralcoastveterans@bigpond.com.

**Woy Woy Ettalong Hardy's Bay RSL**  
Provide help with pensions and welfare etc. Shop 5/382 Oceanview Rd Ettalong. Tues & Thurs 9am to 1pm 4341 2594

**Women's Groups**  
**BPW Central Coast**  
Empowering women of all ages in the areas of work, education, well-being and friendship. All women welcome to attend monthly dinner meetings. Be enlightened. \$40 covers two course meal and speaker. 0438 989 199 bpwcentralcoast@hotmail.com www.bpw.com.au/central-coast

**Country Women's Association Woy Woy**  
Opposite Fisherman's Wharf Craft & Friendship 1st and 2nd Wed 10am Meetings 4th Wed 12.30am 4324 2621

**Country Women's Association Umina**  
Branch meeting 1st Wed 10am Craft and Friendship Other Weds 9am 1st and 3rd Sun 12.30pm 0438 033 039 - 4344 1070

**Gosford RSL Women's Auxiliary**  
For women over 18 years. Raise money for welfare of veterans and their families RSL Club, West Gosford 4th Mon 2pm 4323 7336

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

**WOWGIRLS Wave of Wisdom**  
WOWGIRLS Wave of Wisdom connects women and local businesses around a common theme of wellbeing to share wisdom and explore life's potential. Regular PowWows, WOW Wisdom gatherings, WOW days and WOW courses. www.wowgirls.com.au info@wowgirls.com.au

# If you would like your Community Organisation listed here, call us on 4325 7369 or see www.centralcoastnewspapers.com

Entries in the Not For Profit Community Organisations Directory are free.

However, we require each organisation to subscribe to each newspaper to ensure that someone from that organisation keeps their entry up to date.

Australia Post is about to increase their postage rates by over 42% and we can no longer continue to absorb these increases.

Subscription rates have therefore needed to be increased from \$50 to \$75 for 25 editions.





From left WWLT 2016 committee Fran Armstrong, Jan and Lloyd Grounds, Chris Cherry, Graham and Christine Vale, Nigel Stanley, Penny Dilworth and David Wicks (missing Andrew Thomson)

## Little Theatre audiences have grown

**The Woy Woy Little Theatre company's audiences grew during 2015, along with their season subscribers, and casual bookings were also up 19 per cent when compared with 2014.**

The growth was reported by president Ms Christine Vale at the theatre company's recent annual meeting.

She said that more than 20 new or returning faces appeared on stage in 2015, and two new

directors, two new assistant directors and a new bio box operator joined the fold.

"Our Flash Festival 2015 was another highlight," said Ms Vale.

"Central Coast writers, directors and actors were given the opportunity to showcase their talents in a wonderful range of short plays after we'd held three workshops to support them.

"The feedback from judges and audiences alike was that the quality of scripts and performances was excellent," she said.

Elections were held for the coming year with the following results: president Christine Vale, vice president Andrew Thomson, secretary Chris Cherry, treasurer Penny Dilworth, marketing manager David Wicks, set designer Nigel Stanley, operations manager Fran Armstrong, publicity manager Graham Vale, technical manager Lloyd Grounds and social secretary Jan Grounds.

Media release, 17 Feb 2016  
David Wicks, Woy Woy Little Theatre

### For FITNESS, FUN and FRIENDSHIP GOSFORD SCOTTISH COUNTRY DANCERS

holds a class every Wednesday from 7 to 10pm at the  
Church of Christ Hall, Henry Parry Drive, Wyoming

**\$7 per Night**  
**Come and join in**  
**on the fun!**

No partner necessary  
No special clothes - just soft shoes  
Lively music  
New dancers welcome

**Janice on 4388 2253**

**Sandra on 4392 8716**



## The Peninsula Diary of Events

**For events in post code areas 2256 and 2257**

### Tuesday, Feb 23

Good Morning Ettalong show, Ettalong Diggers Memorial Club, doors open 10am

WigglesnGiggles play group, Mingaletta ATSC, 6 Sydney Rd Umina, 10am to 11:30am weekly

### Wednesday, Feb 24

Young Women's Yarning Circle, Mingaletta ATSC, 6 Sydney Rd Umina, weekly until April 6

### Thursday, Feb 25

Developing the literacy skills of pre-schoolers, Woy Woy Library, 10am to 11am

### Saturday, Feb 27

Scott Cook, Troubadour Folk Club, Woy Woy CWA Hall, 7pm including farewell for Frank and Marilyn Russell

NSW Surf Life Saving Championships, Umina Beach 27 and 28 Feb

Absolutely 80s Then and Now

featuring Brian Mannix Uncanny

Xmen, Sciott Carne Kids in the Kitchen, Paul Grau Wawanee, Ettalong Diggers, doors open 8pm

Rewind Duo, Hardys Bay Club, 7pm

### Sunday, Feb 28

Wicking bed construction, Woy Woy Peninsula Community Garden, 85 to 87 Moana Street, Woy Woy 9:30am to 11:30am

Jam led by Top Cat, Hardys Bay Club, 3pm

Rewind Duo, Ettalong Bowling Club, 2pm

### Monday, Feb 29

Chronic Disease Outreach Program by Auntie Jean, Mingaletta ATSC, 6 Sydney Rd Umina, 10am to 2pm

### Saturday, Mar 5

Functional Art Class, Ettalong Beach Arts and Crafts Centre, 2 places available, Mar 5 and 12

Watercolour for beginners workshop, Ettalong Beach Arts and Crafts Centre

### Sunday, Mar 6

Jam led by Stompbox Shane, Hardys Bay Club, 3pm

### Tuesday, Mar 8

Knitting for wrap with love, Wagstaffe hall, 1:30pm to 4pm then on the second and fourth Tuesday until October, using eight ply yarn, 4mm needles or crochet hook, yarn available

### Thursday, Mar 10

Dr John Irvine special guest at Empire Bay Public School fund raiser, Empire Bay Public School Compost and worm farming, Woy Woy Library, 10am to 12:30pm

Resourceful Adolescent Program for Parents, Coast Community Connections, 2 Ross St Woy Woy, 9:30am to 2:30pm, bookings essential on 4342 3684

## 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 4321 7215

Drug & Alcohol rehab 4388 6360

##### Accommodation

Dept. of Housing Gosford 4323 5211

Cassie4Youth 4322 3197

Coast Shelter 4325 3540

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 1300 094 737

##### 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

Central Coast Family Support

Service 4340 1099

Horizons (For men with children) 4351 5008

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

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



## Classifieds

Prices for classified advertisements in these pages come in three categories

### Not For Profit Organisations

Not for profit organisations' events advertisements are subsidised.

A mono 5cm advertisement only costs \$20 + GST.

Each additional cm is only an additional \$4 + GST, colour is \$6 + GST and a photograph or logo is an additional \$6 + GST.

### Private advertisements

Private advertisements only cost \$33.

Each additional cm costs \$6.60 as does colour, and a photograph or a logo.

Private advertisements need to be paid for at the time of booking.

### Business rates

A one off advertisement only costs \$40 + GST in mono and an extra \$8 + GST for colour, a logo or a photograph.

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3 months \$215 + GST, 6 months \$385 + GST, 12 months \$700 + GST – Approximately \$14 per week.

Having the same advertisement in one of the other Central Coast Newspapers as well attracts an additional 10% discount for those advertisements.

If in the third paper as well, it will attract a 15% discount which drops to \$11.50 + GST per week in that paper.

Artwork is free and advertisers are encouraged to change their advertisements frequently.

### Online classified advertising rates Online only

GosfordClassifieds.com.au is one of a network of 10 websites which form one of the largest independent online classifieds network in NSW with over 350,000 annual visitors, over 80,000 online advertisements and over 15,000 business advertisements.

A premium VIP online business advertisement on GosfordClassifieds.com.au only costs \$299 + GST for 3 months, \$399 + GST for 6 months and, \$499 + GST for 12 months.

It costs a similar amount to go on any one of the other nine Sydney based websites as well, or only \$1699 + GST for all sites for 12 months.

The other sites cover Bondi, Manly, Newtown, Cronulla, South Sydney, St George, West Sydney, North Sydney, Wollongong and suburbs surrounding those areas.

All that we require for you to have an online advertisement such as this is: 1) Heading for the advertisement; 2) Text for the body; and, 3) Up to 3 images if required i.e. logos etc.

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Combined print and online packages have been created providing further discounts.

Having a Gosford classifieds premium on line advertisement plus a printed advertisement in one newspaper will only cost \$495 + GST for 3 months, \$695 + GST for 6 months and \$999 + GST for 12 months.

Having it in two newspapers as well as online costs \$595 + GST for 3 months, \$995 + GST for 6 months and \$1499 + GST for 12 months.

To be in all three newspapers as well as online costs \$795 + GST for 3 months, \$1395 + GST for 6 months and \$1899 + GST for 12 months.

See page 2 for contact details.

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for online Central Coast  
classified advertisements

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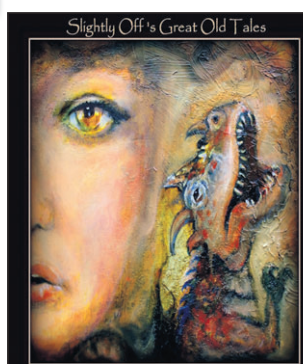
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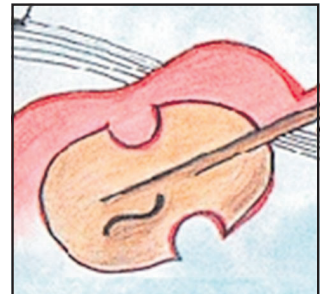
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## The Shame File

**Central Coast Newspapers** 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.

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• <b>Affordable Roof Solutions</b> - Brad Sedgewick Ettalong</li> <li>• <b>Sharon Martin</b> - Devine Image</li> <li>• <b>Depp Studios</b> - Formerly of Umina</li> <li>• <b>Stan Prytz</b> of ASCO Bre Concreting</li> <li>• <b>Andrew and Peter Compton</b></li> <li>• <b>Bruce Gilliard Roofing</b> of Empire Bay</li> <li>• <b>Jamie McNeilly</b> formerly of Jamie's Lawn Mowing, Woy Woy</li> <li>• <b>William McCorriston</b> of Complete Bathroom Renovations</li> <li>• <b>First Premier Electrical Service</b> of Umina Beach</li> <li>• <b>High Thai-d Restaurant</b> of Umina Beach</li> <li>• <b>Bob Murray</b> of Vetob P/L trading as Browse About of</li> </ul> | <ul style="list-style-type: none"> <li>Woy Woy</li> <li>• <b>Mal's Seafood &amp; Charcoal Chicken</b> of Ettalong Beach</li> <li>• <b>Simon Jones</b> - All external cleaning and sealing services</li> <li>• <b>Erroll Baker</b>, former barber, Ettalong</li> <li>• <b>Tony Fitzpatrick</b>, Trading as Futuretek Roof Constructions</li> <li>• <b>Tye King</b> - Formerly The Fish Trap Ettalong Beach</li> <li>• <b>Jessica Davis</b> of Erina - Trading as A1 cleaning services</li> <li>• <b>Simon and Samantha Hague</b>, Trading as By the Bay Takeaway Empire Bay</li> <li>• <b>Rick Supplice</b> of Ettalong Beach, Trading as Rick's Flyscreens</li> </ul> |
|--|---|



Sport

Research confirms ongoing effectiveness of traditional advertising

Based on their research and worldwide experience, international marketing company NRS Media has provided the following 10 compelling statistics to help convince small to medium enterprises (SMEs) of the effectiveness of advertising in traditional mediums.

As small businesses have a limited budget, they're often cautious about investing in marketing, so having some real facts and figures can help them justify their expenditure.

1. \$1 spent on advertising benefits an SME 8x as much as a larger firm

Small businesses are often wary about spending money on advertising, wrongly thinking it's the sole realm of big companies. But even though they have less money to spend, they will see more impact when they do advertise.

2. An investment of \$1 in newspaper advertising gives an average return of \$11.89 in revenue

According to research by the Direct Marketing Association, the return that small businesses can get when they invest in newspaper advertising is eleven times their expenditure. See the research by the DMA at <http://printinthemix.com/fastfacts/show/414>.

3. Advertising is the second most effective marketing method, behind word of mouth

Some people think advertising doesn't work, or that they'd be better investing their time in social media. But only 35% of small businesses think social media is successful. Advertising and word of mouth are both more effective.

4. 64% of SMEs say their advertising has been a success

Small businesses might think advertising only works if you're a big corporate but that's simply not true. Even more small businesses could experience success if they had the support of a media partner who could guide them to create the most effective campaign.

5. 61% of small businesses with high levels of growth advertise, consult marketing advisers, or have their own marketing experts. Only 43% of small businesses not experiencing growth do

If you need to grow their business, advertising is important. It's actually one of three elements that marks out high-growth businesses from other SMEs.

6. An estimated 46% of digital ad impressions aren't actually seen by people

This shocking figure is a surprise to many people. Why pay for adverts that can't be viewed?

7. Clickthrough rates from online ads are falling, from 9% in 2000 to just 0.2% in 2012

As we face more and more digital noise, online ads are becoming less effective. Not only are they less likely to be seen, they're also less likely to be clicked. That makes it much harder to reach out to people. The figure is likely to be less again in 2015. Traditional advertising can help.

8. TV, newspaper and magazine advertising is more likely to be noticed than online ads

As we face more and more digital noise, online ads are becoming less effective.

9. Traditional media is also more likely to be trusted

Newspaper, magazines and TV ads all have the highest level of trust, at 63%, 62% and 61% respectively. Radio and billboards aren't far behind and are trusted by 58% and 55% of consumers. However, online ads are less trusted, with search ads coming in at 44%. That drops to 33% for banner ads. It makes sense for small businesses to place their budget into areas where they can influence people and grow trust. These statistics show that that area is traditional advertising.

10. 88% of consumers still use print to get information

Despite what some people say, print is far from dead. So if you are worried that people don't use print anymore, this research can help. It showed that 63% of people like print ads, compared to just 25% for online adverts.

This information has been supplied based on newspapers of all types and sizes around the world. The trust and effectiveness factor will be far higher for newspapers such as those published under the Central Coast newspapers banner, as they are highly regarded for their content and are read from cover to cover because of their relevance to their readership and longer shelf life.



The two Umina Men's Fours sides that contested the final

# Experienced team wins Fours final

The experienced team of Glen Evans, Lee Cribbs, John Hall and Peter O'Sullivan has won the Umina Men's Fours championship final held on Sunday, February 6, in good bowling conditions.

The team defeated Kevin Bettridge's team of new bowlers, Phil Bligh, Kelvin Clarke and Glen Simmington.

Kevin Bettridge's team jumped to the lead early and after six ends led 10 to four.

The game fluctuated over the next seven ends with each team sharing the spoils.

However, Glen Evan's team picked up a five on the 14th end and the game score tightened, 15 to 14.

This appeared to throw the inexperienced side as they then dropped a further seven shots over the next three ends and Evan's side led 21 to 15.

Bettridge's team settled their nerves and won the last three of four ends but were unable to catch up, losing by four shots, 23 to 19.

Email, 10 Feb 2016  
Ian Jarratt, Umina Beach Bowling Club

# Awesome foursome will contest State titles

Awesome Foursome of Shane White, Lee Trethowan, John Roberts and Aron Sherriff (skipper) outplayed Terrigal's Wayne Hensley, Adam Pinkerton, Jeff Watson and Darren Morrision to win their second Fours title in two years.

The Ettalong side won by 32 points to 10 at The Entrance Bowling Club on Sunday, February 7.

The star-studded Ettalong team lead by Mr Consistency, Shane White, included two NSW representative players in Lee Trethowan (second) and John Roberts (third).

The side was skippered by Commonwealth Games medallist

Aron Sherriff.

"That is an awesome combination at any level of the game and one that the Bowls Central Coast Association can be very proud of," said Mr Kevin Dring from Bowls Central Coast.

The champion Ettalong team will contest the State Titles on their home turf in October.

The President Fours, for pennant players Grade Five and below, was also a close encounter.

The Digger's combination of Paul Mansell, Brian Padelis, Richard Magro and Geoff Dellar closed out the Breakers/Wamberal foursome of Paul Charge, Phillip Morris, Derek Brean and Kevin Ivins by 24 to 21 over the closing ends.

Email, 7 Feb 2016  
Kevin Dring, Bowls Central Coast

# Major Pairs won

Woy Woy Women's Bowling Club held the final of the Major Pairs Championship on Thursday, February 11.

The defending champions, Ms Gail Payne and Ms Dianne Elsom, were once again victorious after impressive bowling over 18 ends.

The runners up this year were Ms Rita Farkash and Ms Gaye Scarfe.

Email, 17 Feb 2016  
Gaye Scarfe, Woy Woy Womens Bowling Club

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Peninsula Touch Football's under-12-girls were also winners at the 2016 Peter Wilson Memorial Cup



The 18-year-old boys from Peninsula Touch won their age division at the Peter Wilson Memorial Cup this year



The Peninsula Touch 10-year-old boys won their age group in the 2016 Peter Wilson Memorial Cup



Peninsula Junior Touch were Overall Regional Club Champions in 2016

## Touch club overcomes significant setback

**Peninsula Touch has had to overcome a significant setback at the start of one of its strongest seasons ever.**

Club president Ms Sharon Nelson said a break-in at the club's McEvoy Oval canteen before Christmas cost the club \$3000.

"We got broken into twice last year and again this year," Ms Nelson said.

"All our balls and the bags our balls go in, all of our representative gear, as well as the lollies and food were stolen," she said.

Following the two earlier break-ins, Gosford Council had installed thick metal bars on the canteen's windows.

However, the thieves used an angle grinder to get in this time, Ms Nelson said.

"There is no way they can get in now - we haven't even got a window in the building any more.

"The police were great; they came straight away and got some great finger prints but they haven't had any luck tracking down who it was.

"It was so disappointing that they stole from over 750 kids and their families.

"We are a non-profit

organization, so the cost comes back on the kids and their families," she said.

Despite the cost and disappointment of the break-in, Ms Nelson said the 2015-16 season has been one of the club's strongest.

"We have built our membership up this year.

"We got down to 400 a couple of years ago and now we've built it up to 750.

"This year is one of our biggest years.

We have a mixed competition for the under 18s because a lot don't want to go to the seniors or can't because they work."

The youngest grade in the local competition is now under-eights.

This year's season will finish with semi-finals and finals on Thursday, March 3.

"We are so strong in representative touch at the moment and I think that goes with the experience of the coaches we have.

"We have a lot of senior coaches that are giving back to the juniors.

"Two years ago we were runners up with Berkeley Vale in the Peter Wilson Memorial Cup

Championship and this year we won outright.

"We competed in the Central Coast Championship at Adcock Park and this year we were joint winners.

The club was taking teams to Port Macquarie to participate in the Junior State Cup on February 20 and 21.

"We have a really strong chance in the 18 boys, 14 boys, 10 boys and 12 girls.

"They were all exceptional at the Peter Wilson so I think all teams have a good chance in Port Macquarie."

Ms Nelson said the 2016-17 competition starts in October and all new players are welcome.

"We encourage a lot of the children to come in as friends, or individual children come and we put them in to teams.

"My daughters play with girls from all different schools and we have a great community support group," said Ms Nelson, who herself has been involved in touch football on the Peninsula since she was 14.

"Our families are fantastic. They all help," she said.

Interview, 17 Feb 2016

Sharon Nelson, Peninsula Touch

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Sport



Flanker Chris Paseka breaks a tackle against Hornsby



Half back Sione Toki trailed by Feleti Atiola against Ourimbah



Five eighth Lulu Taumololo on the burst against Ourimbah



Sione Toki, runs with ball in hand, supported by flanker Chris Paseka



Feleti Atiola wins clean line-out ball against Ourimbah

# Success demonstrates Polynesian benefits, say coaches

Woy Woy Rugby Union Club's recent successes have demonstrated the enormous benefits of welcoming Polynesian recruits to the sport, according to the club's coaches.

Co-coaches Paul Gooley and Carl Von Kotze said Woy Woy was lucky to have Sione Ofahengaue, the younger brother of Willi.

Sione has been called a guiding hand to the Tongan connection at Woy Woy Rugby Union Club.

That Tongan connection included back-rowers Feleti Atiola, Chris Paseka and mecurial half back Sione Toki.

All have had considerable representative experience.

Five eighth Fokolulu Taumololo makes up a combination of back-row and halves as talented as any in the district, according to the coaches.

"It was not so long ago that just the occasional Polynesian player found a place in Rugby teams

across Australia," Mr Gooley said.

"In the 1990s, a few first grade clubs had regular players but there was only one Polynesian player in the 95 World Cup, Willi O, and one in the 99 World Cup, Toutai Kefu," he said.

Times have changed significantly.

Australia's 2015 World Cup squad of 31 had no fewer than 10 Polynesians players.

This ratio of 33 per cent is even greater in club and minor representative teams, closer to 40 per cent.

"The reason is obvious.

"They have strength, pace and explosive qualities that make them natural Rugby players but the greatest asset of all is their passion for the game they grow up with.

"Still you hear people saying that too many are not good for a team or a club."

Woy Woy is not among the detractors.

Gooley and Von Kotze said

they have great rapport with the Polynesian players at the club.

"They love the game and are willing to play anywhere on the pitch.

"There is no point trying to limit their exuberance so you have to go along with it.

"Yes, you have your heart in your mouth sometimes but they score tries from anywhere and always believe they can win.

"There is never a dull moment and they have no trouble putting their bodies on the line.

"Show me the non-Polynesian boys who are as keen to play.

"We don't hear the Polynesian lads say they would rather surf than play seven-a-side in 35 degree heat.

"They've helped lift our profile enormously.

"We've now got juniors coming through the grades excited to play alongside them."

Article, 16 Feb 2016  
Peter Fenton, Woy Woy  
Rugby Union

# Tide Chart

FORT DENISON

LAT 33° 51' S - LONG 151° 14' E - TIME ZONE - 1000

Times and Heights(m) of high and low waters

Time - Height(m)

Add one hour to the times below when Daylight Saving is in force

<b>22</b> MON	0141 0.45 0802 1.74 1430 0.34 2032 1.47	<b>23</b> TUE	0220 0.43 0839 1.73 1503 0.35 2107 1.49	<b>24</b> WED	0258 0.44 0915 1.69 1534 0.37 2141 1.50
<b>25</b> THU	0335 0.46 0948 1.63 1604 0.40 2214 1.51	<b>26</b> FRI	0413 0.49 1023 1.57 1634 0.44 2248 1.50	<b>27</b> SAT	0452 0.53 1058 1.49 1705 0.49 2325 1.49
<b>28</b> SUN	0534 0.58 1136 1.41 1740 0.54	<b>29</b> MON	0006 1.46 0623 0.63 1219 1.32 1820 0.60	<b>1</b> TUE	0053 1.44 0719 0.67 1312 1.24 1909 0.66
<b>2</b> WED	0148 1.42 0827 0.69 1416 1.19 2010 0.70	<b>3</b> THU	0253 1.43 0940 0.66 1532 1.18 2120 0.69	<b>4</b> FRI	0400 1.49 1046 0.59 1645 1.23 2227 0.64
<b>5</b> SAT	0500 1.57 1142 0.49 1742 1.31 2325 0.56	<b>6</b> SUN	0049 0.36 0704 1.83 1324 0.23 1936 1.78	<b>7</b> MON	0142 0.27 0755 1.84 1409 0.21 2023 1.88

APPROX. TIME LAG AFTER FORT DENISON  
Etalong 40 min, Rip Bridge 2hrs - Wisemans Ferry 2 hrs 30 min, Koolewong 2 hrs 10 min  
In view of the variations caused by local conditions and meteorological effects, these times are approximate and must be considered as a guide only. They are not to be relied on for critical depth calculations for safe navigation.  
Actual times of High and Low Water may occur before or after the times indicated

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# Surf boats compete in Australian Open



Ocean Beach Surf Life Saving Club Under-23 women's surf boat crew 'Who Haa'



The Under 23 'Headomy' surf boat crew from Ocean Beach Surf Life Saving Club

Three Ocean Beach surf boat racing crews competed in the 2016 Team Navy Australian Open surf boat racing championships at Shellharbour from February 19 to 21.

Before the event, Ocean Beach Surf Life Saving Club surf boat club captain, coach and sweep, Mr Mark van Aalderen, said he expected all three crews to come home from the event with medals.

Ocean Beach crews competed in four out of the nine divisions contested.

The Ocean Beach Old Salts crew competed in the Reserve Male division and the Mixed Masters 200.

Ocean Beach Headomy were in the Under-23 Male class and Ocean Beach Whoo Haa were in the Under-23 Female division.

Mr van Aalderen said the Old Salts were a relatively new crew, only put together at Christmas time but had many decades of experience as masters.

The crew's stroke rower was Michael Cairns, second stroke was Eric Elley, second bow was Glen Cole and the crew's bowman was Michael Barrett.

The Old Salts ranged in age from 44 years to 58.

"They are a really good heritage crew.

"I've rowed with two of the guys personally back in the 80s and 90s and the other two have come other clubs," Mr van Aalderen said.

He expected the club's Under-23 Male crew, the Headomy, to bring home gold.

The first stroke rower was William Weekes, second stroke rower was Luke McIntyre and the two bowmen were Joshua Davis and his twin brother Jarrad Davis.

The whole crew were aged 19 and 20, very young in the Under 23 age division.

All three of Ocean Beach SLSC's female surf boat crews travelled the Shellharbour and, according to Mr van Aalderen, "there is an intra-club challenge at the moment over who is going to get crew of the year".

The Australian Open was the culmination of 29 surf boat race events around Australia and the Ocean Beach teams competed against crews from 100 Surf Life Saving Clubs from across the country.

Media release, 8 Feb 2016  
Darren Saffin, Progressive PR  
Interview, 16 Feb 2016  
Mark van Aalderen,  
Ocean Beach SLSC



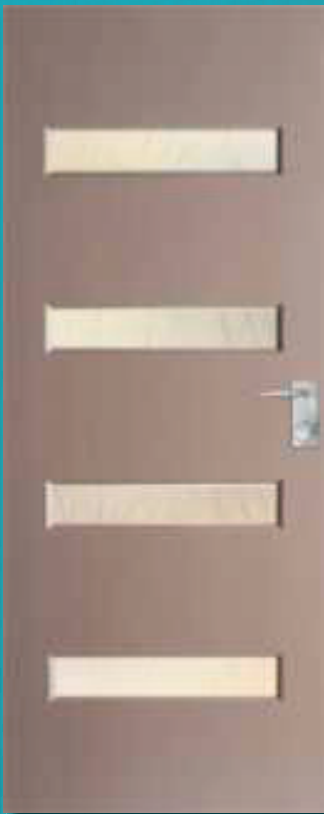
WATTYL SOLAGARD EXTERIOR  
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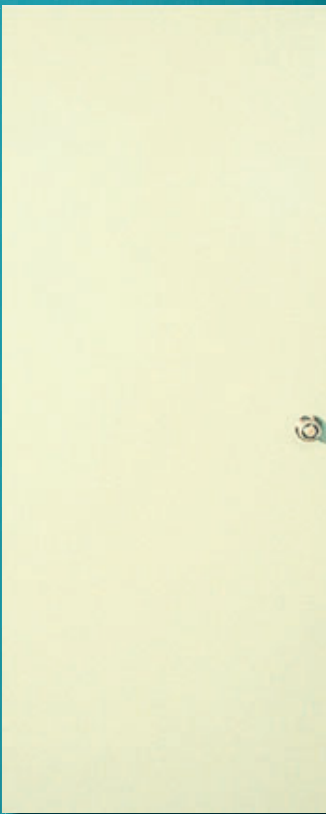
WATTYL INTERIOR DESIGN  
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We are calling on all of our loyal customers to take time throughout February to kick start their routines with good health.

Let's start by putting 2015 behind us. All the bad routines we slipped into last year should be forgotten about.

So how are we going to respond in 2016?

The key to good health is routine - routines such as exercising more regularly, watching less television, doing some regular gardening, spending more time with family and friends or eating healthier foods are all worth consideration.

But while all these ideas sound great, how do you make them part of our everyday life?

Scientific evidence shows that more exercise, a better diet, more friends and a healthy hobby will give you positive health benefits.

So the question is, what will motivate you to make your new plans a regular part of your life?

Only you can answer that question. Whatever routine you are planning to change, finding your own personal motivation will help you get to where you want to be.

If your plans include exercising more or losing weight, talk to your YouSave pharmacist about how we can help you get started, monitor your progress and keep you on track to achieve YOUR personal goals.

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