

Eileen celebrates her 102nd birthday

Peninsula Village resident Ms Eileen Banks recently celebrated her 102nd birthday.

Eileen was born in the East End of London and spent her childhood at New Cross attending Brockley Central School.

She then attended Lewisham College where she studied shorthand, typing, bookkeeping, geography, French and English, which enabled her to become a secretary.

"I enjoyed work and retained many of the skills I learnt during my career," Ms Banks said.

"My father, Robert, died when I was four years old but I still had a happy childhood," she said.

"I used to enjoy playing in the snow and was a bit of a prankster who liked to participate in the school plays, often with the leading role."

Eileen was also a keen swimmer and won many medals.

"My youngest daughter moved to Australia and had her first child.

"She wanted her mum close so I moved to Australia in 1974 to be closer to them.

"I settled in Cremorne and worked as a secretary in Sussex St, Sydney.

"I moved around for a few years and then settled here on the Coast eight years ago and have been a resident at Peninsula Village for



Eileen Banks recently celebrated her 102nd birthday

the last six years."

Ms Banks said her lifetime achievement had been learning to use a computer when she was 82 years old.

"My typing skills helped me immensely.

"I enjoy playing games, sending emails to family and friends and surfing the net.

"I also like to read biographies, poetry and writing poetry.

"In my younger days I used to enjoy cooking, sewing, knitting and making jams and chutney.

"I like to keep my mind active with my computer and will often

google things of interest to increase my knowledge.

"It took me a long time to settle into life at Peninsula Village, but I'm quite happy now.

"I enjoy visits to the wellness centre and most days I do my own thing, which is to play games on my computer or iPad, emailing and Face Timing my daughters Sonja and Gillian in England.

"The staff at Peninsula Village are wonderful and very caring," she said.

Submission, 26 Feb 2016
Eileen Banks, Woy Woy

Services NSW staff instructed not to tell of bus, says MP

Services NSW instructed its call centre staff not to advise the public of its shuttle bus service from Woy Woy to Gosford, Member for Gosford Ms Kathy Smith has claimed.

The shuttle bus service has now been stopped due to lack of patronage.

Ms Smith said she discovered the "misleading and inflammatory" instruction after initially ringing the call centre as an ordinary member of the public.

Her call also revealed that call centre staff were unaware of the difference between the shuttle bus service and the "mobile service" offered at the Peninsula Community Centre, and call centre was also telling callers that a mobile service did not exist.

Ms Smith rang the call centre herself after she was told by residents that when they rang the designated phone number to make an appointment for their RMS business using the mobile service, they were advised that there was no such service and they needed to go to Gosford.

"When the phone was answered, sure enough I was informed that there was no such service available.

"Without revealing who I was, I asked the very pleasant young lady to check further.

"After waiting on hold for a while, the operator came back to me and I was informed that she had contacted the Services NSW office in Gosford and they had advised her that there had been such a service but that it had been discontinued as the bus service had never been used.

"It then became apparent that the operator was talking about a different service, not the mobile service located at the Peninsula Community Centre.

"I then identified myself as the local member of parliament and explained that I thought there was some confusion as the service was still operating.

"The officer then kindly read to me a letter that was on her

computer advising staff that there was a shuttle bus service available to pick up qualifying RMS customers from the old RTA site in Woy Woy and take them to the Gosford Services NSW facility.

"I was further told that there was no need for people to book this service as it was a round-trip service that ran on a continuous basis.

"The officer, after having read further down the information on her computer, told me that there was an instruction that this service was not to be advised to the public.

"Between lack of advice to the community of the mobile RMS licensing facility and a phantom shuttle bus service that the community wasn't to be told about, there is little wonder that the service is not as fully utilised as it could be.

"A service that is not allowed to be advised to the public can hardly be expected to be in high demand.

"No one was aware of the secret service to Gosford."

Ms Smith said that the mobile service came into being after the Baird Government closed RTA centre in Woy Woy, to assist the elderly living on the Peninsula.

"Unfortunately, advertising and notification to residents living on the Peninsula advising them of the service has been close to non-existent," she said.

"People still visit my office on a regular basis asking for help due to the difficulties they have in accessing RMS services in Gosford.

"These people are totally ignorant that the mobile service is available to them.

"It really is a bad state of affairs when our State Government is blaming the elderly in our community for not utilising services they are kept totally ignorant of.

"I fought long and hard alongside local residents to keep RMS service facilities on the Peninsula and that fight is far from over.

Media statement, 3 Mar 2016
Jane Letteri, Office of Kathy Smith

Services NSW cancels shuttle bus

Services NSW has cancelled a promised shuttle bus between the Peninsula and the Gosford Services NSW Centre due to "low patronage".

"A shuttle bus between Woy Woy and the Gosford Service Centre was provided though was cancelled due to low patronage," a statement from the media unit of

Services NSW said.

The statement also provided a phone number 137788, that residents on restricted licenses or who cannot get to the Gosford Services NSW Centre for other reasons, can call to make an appointment with a mobile service.

The number connects the caller with the first point of contact for all Services NSW inquiries.

The Peninsula News called

the number and was told that appointments could be made with the mobile service each Wednesday at the Peninsula Community Centre.

Since being made available in October 2015, there have been 112 customers served out of a possible 390 booking spaces as at February 8.

Media statement, 19 Feb 2016
Dom Costello, Services NSW

THIS ISSUE contains 43 articles - Read more news items for this issue at www.peninsulanews.info

NEWSPAPERS
Central Coast

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



News

Peninsula News

Peninsula News is a fortnightly community newspaper owned by Woy Woy Community Media Association Inc., an incorporated, non-profit association.

Its aims include providing a viable, non-partisan news medium and forum exclusively for the Peninsula and developing a sense of community on the Peninsula.

See www.peninsulanews.info for all editions published

Editor: Mark Snell

Commercial Operator:

Cec Bucello for Central Coast Newspapers

Journalist: Jackie Pearson

Assistant Journalists: Con Orfanos,

Dilon Luke, Jasmine Gearie

Graphic Design: Justin Stanley

Sales: Val Bridge, Jessica Anne Wheatcroft

Declaration of interests

Honorary editor: Mark Snell

Owner and managing director, Open Windows Consulting Pty Ltd

Vice-President, Australian Conservation Foundation Central Coast branch

NEXT EDITION: PENINSULA NEWS 389

Deadline: March 17 **Publication date:** March 21

Email: editorial@centralcoastnews.net **Ph:** 4325 7369

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, 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.

Legal responsibility for editing, printing and publishing of editorial content in Peninsula News is taken by Mark Snell of Woy Woy, for Woy Woy Community Media Association Inc
Central Coast Newspapers is the commercial operator of Peninsula News
ISSN 1839-9029 - Print Post Approved - 100002922
FairFax Media Print Newcastle

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

Name: _____

Address: _____

Suburb: _____

Phone: _____

Email: _____

Please send this form together with \$5 to Woy Woy Community Media Assoc Inc, PO Box 585, Woy Woy 2256. Membership fees can be deposited to the association's Greater Building Society account BSB 637 000 Account 717 371 542

Driest February in 12 years

After one of the wettest Januarys in last decade, the Peninsula recorded just 22.1mm last month, making it the driest February in 12 years.

This was just 14.1 per cent of, or 134.9mm less than, the February average of 157mm, according to figures supplied by Mr Jim Morrison of Woy Woy.

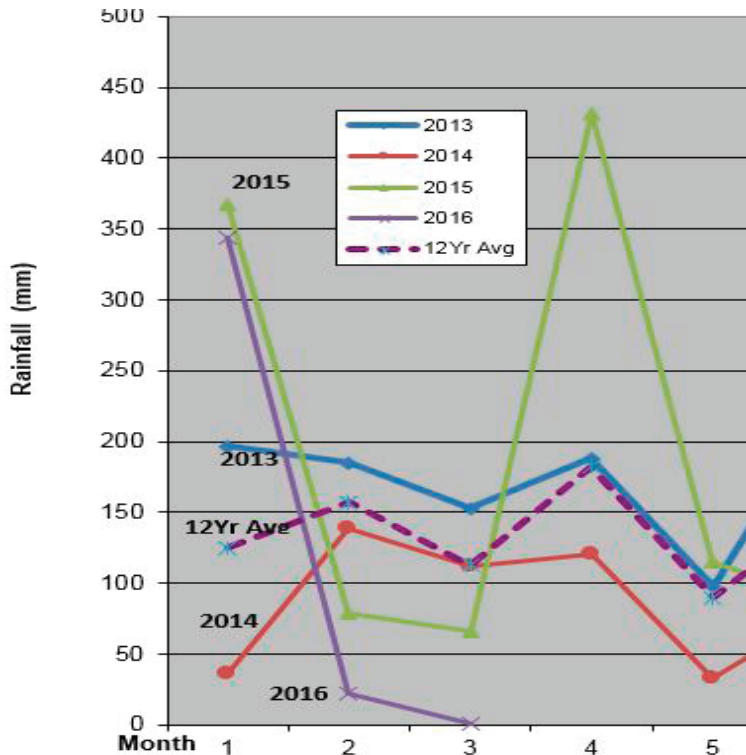
Rain fell on just four days in February, compared to 25 days in January.

With rainfall of 343.4mm in January, the cumulative total at the end of February stood at 365.5mm, which is still almost 30 per cent above the average of 282mm at this time of year.

In the first few days of March, less than 1mm of rain had fallen.

The average rainfall for March is 113mm.

Spreadsheet, 4 Mar 2016
Jim Morrison, Woy Woy



YOUR CHANCE TO WIN

The Peninsula News and Ettalong Diggers would like to give three lucky readers the chance to win double passes to see Live Baby Live The INX Tribute Show at the club on Friday, March 25.

There are many INX Tribute Shows but Live Baby Live has been declared the best.

"This show delivers a stunning replication of all the classic INXS tracks, performing songs all the way through from their first album to their latest hits.

They even have a live saxophone player.

To win one of the three double

passes to see Live Baby Live The INXS Tribute Show at Ettalong Diggers on Friday, March 25, write your full name and address and a day time telephone number on the back of an envelope and send it to Peninsula INXS Tribute Competition, PO Box 1056 Gosford NSW 2250.

Entries close at 5pm on Thursday, March 17, 2016

The winners of the Monkey Business competition were Leslie Wright from Booker Bay, Mary Melehan from Umina Beach, Sandra O'Casey from Woy Woy, Roman Lichalz from St Ives, Uwe Ripinshis from St Clair, Adelaide Martin from Bensville and Odette Carty from Ettalong Beach.

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.

Get the most out of your advertising dollar

NEWSPAPERS

central coast

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



www.centralcoastnews.net

facebook



www.peninsulanews.info



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

Crime criticism receives rebuttal

A statement by the Member for Gosford Ms Kathy Smith in the NSW Parliament about the high crime rate and lack of policing on the Peninsula has been rebutted by the Member for Terrigal Mr Adam Crouch, Peninsula Chamber of Commerce president Mr Matthew Wales and Brisbane Local Area commander Superintendent Danny Sullivan.

Mr Crouch said he was appalled at Ms Smith's criticism of local police and called on her to apologise.

Mr Wales said that updated statistics from the NSW Police contradicted her statements.

"Across the board, crime rates have dropped and prosecution

success rates have increased.

"The NSW Police Force confirmed that in the year ending September 2015 break and enters have dropped nearly 16 per cent, motor vehicle theft is down nearly 24 per cent and prosecution rates are at an impressive 93 per cent," Mr Wales said.

Supt Sullivan said the figures spoke for themselves.

"Rates of crime are definitely on their way down on the Peninsula," he said.

"The gap in my services provision is in reducing the fear of crime and that is a perception,"

Supt Sullivan said.

"My message to the community is to report incidents, give us a chance to do our job," he said.

Hansard, 24 Feb 2016

Kathy Smith, Member for Gosford

Media release, 3 Mar 2016

Debra Wales, Office of Adam Crouch

Email, 1 Mar 2016

Matthew Wales, Peninsula

Chamber of Commerce

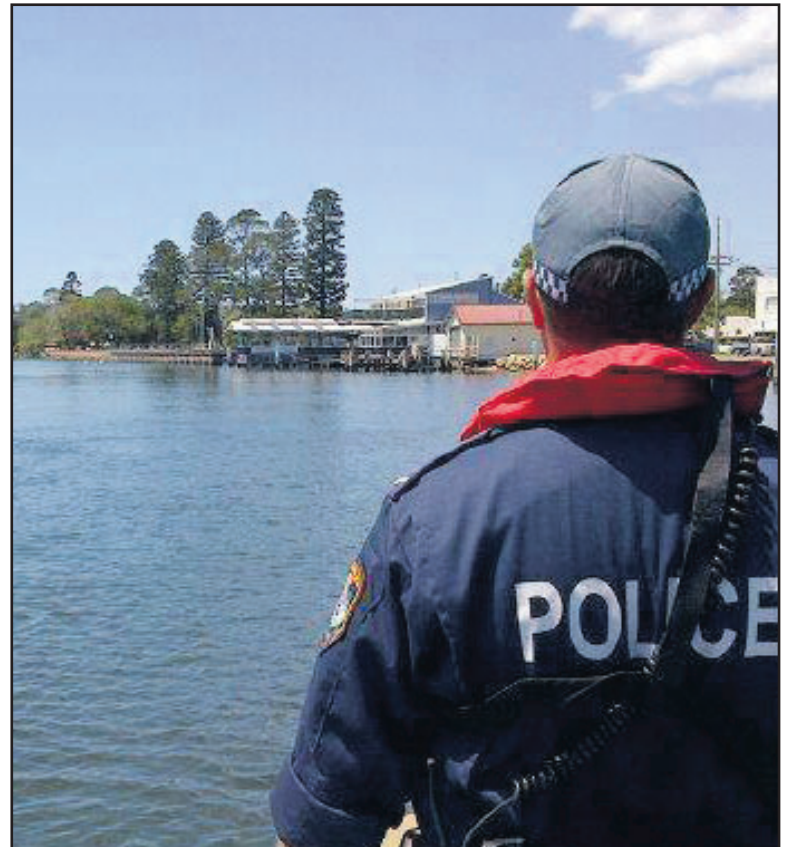
Interview 3 Mar 2016

Danny Sullivan, Brisbane

Water Local area Command

Reporter: Jackie Pearson

See more pages 8 and 9



Marine Rescue answers two calls for assistance

Marine Rescue NSW Central Coast received two calls for assistance on the weekend of February 27 and 28.

On the Saturday, rescue vessel Central Coast 21, under the command of volunteer skipper Mr Bob Sullivan, made its way to Lobster Beach to assist a 3.4 metre runabout with two people aboard.

The couple's runabout had experienced mechanical issues and they requested a tow to Lion's Park at Woy Woy.

The long tow was completed at around 7pm.

At around 5pm, Central Coast 21, under the command of skipper Mr Anthony Porter, was sent to the southern end of Paddy's Channel to assist an 8.4m yacht.

The vessel's crew had radioed for help and the craft was towed to Booker Bay.

They reported that the wind had died and that they were making no progress under motor power.

It was thought that the propeller was fouled, or had marine growth.

Media release, 29 Feb 2016

Ron Cole, Marine Rescue
NSW Central Coast

Clarke's Pharmacy

Amcal

BE PREPARED THIS COLD & FLU SEASON

SYMPTOMS OF THE FLU ARE OFTEN CONFUSED WITH A COLD. FLU SYMPTOMS ARE MORE SEVERE AND LAST LONGER. COLD SYMPTOMS INCLUDE:

- ✓ HEADACHE
- ✓ STUFFY, RUNNY NOSE
- ✓ SNEEZING
- ✓ SLIGHT BODY PAINS
- ✓ SORE THROAT
- ✓ SYMPTOMS LASTING 7-10 DAYS

FLU SHOT

BE PREPARED THIS FLU SEASON. FOR EXPERT ADVICE ON THE FLU SPEAK TO YOUR AMCAL PHARMACIST.

Cindy Pan
GENERAL PRACTITIONER AND HEALTH AMBASSADOR

Immune Booster

AMCAL Echinacea ACE Complex 100 Tablets **AMCAL Vitamin C 500 Sugar Free 200 Tablets**

EXCLUSIVE FROM \$8.99

Cold & Flu Relief

AMCAL Cold & Flu Day & Night Relief PE 24 Tablets*

EXCLUSIVE \$9.99

Throat and Cough Treatment

DIFFLAM Forte Throat Spray **now \$12.49 save \$3.46*** or **Plus Sore Throat 16 Lozenges*** **now \$7.49 save \$1.91***

SAVE UP TO \$3.46* FROM \$7.49

NEW

AMCAL Throat & Nose 32 Lozenges*

EXCLUSIVE \$3.99 EA

DIMETAPP Kids Cough, Cold & Allergy 200mL Range*

SAVE UP TO \$3.99* FROM \$13

BUY IN STORE OR ONLINE amcal.com.au

Click+Collect NOW AVAILABLE

Shop 4 Peninsula Plaza Woy Woy

4342 2256

Monday to Friday 8.30 to 6.30 - Saturday 8.30 to 4.00 - Sunday 8.30 to 3.00.
Always read the labels on pharmacy medicines. Use only as directed.
If symptoms persist see your pharmacist or doctor

Amcal
Expert advice for every Australian.

NBN rollout unsatisfactory, says O'Neill

The rollout of the National Broadband Network has been less than satisfactory, according to Senator Deborah O'Neill.

"The overall process is flawed and needs urgent review," she said.

Senator O'Neill said her office had received many complaints with some people finding the service so poor they wanted their old ADSL broadband back.

She said issues raised by Peninsula residents have included:

NBN modems not being delivered on time, residents left without phone or internet services, conflicting information from service providers, NBN switchover appointments being cancelled or postponed at short-notice, and slower NBN download speeds compared with previous ADSL download speeds.

Umina resident, Ms Felicity Chivers, contacted the Senator's office after she was left without the internet or telephone line for 12 days.

She had finished chemotherapy just last year and understandably

needed a functioning telephone line.

"Ms Chivers was bounced between Telstra and the NBN Co after problems with her modem," Sen O'Neill said.

"Telstra said it was actually a problem with the node outside her house and referred her to NBN Co.

"It's a mess," Senator O'Neill said.

"The speeds are low.

"Much of the copper wiring is proving faulty.

"It's costing double what Malcolm Turnbull said it would,"

she said.

"Local residents who are having problems with Malcolm Turnbull's fibre-to-the-node rollout, which uses the outdated and unreliable copper technology, are talking to me about their concerns," she said.

"People are confused and frustrated with the response they are getting from both NBN and their service provider.

"I feel that the service's men and women out in the community are the meat in the sandwich dealing with these frustrations at the grassroots level.

"They are often left scrabbling to fix individual customer problems, but clearly the overall process is flawed and needs urgent review."

NBN Co has stated that demand has been very high since the Peninsula's roll out was completed in February.

It confirmed that some users had experienced "issues" with the reliability of their connections and speeds.

Media release, 3 Mar 2016

Scot Coombes, Office of Deborah O'Neill

Media statement, 1 Mar 2016
Kelly Stevens, NBN Co



Community Environment Network

Central Coast Regional Plan - important to have your say!

The NSW Government recently released the draft Central Coast Regional Plan. This is an important document - in terms of planning for the future of our region. The draft Plan outlines a vision for the Central Coast over the next 20 years.

It deals with issues such as where business and residential areas will be in the future, infrastructure needs, land use (including resource extraction) and whether the environment is protected in future planning.

In terms of the environment, the draft plan makes some good statements about protecting the environment - however, CEN has many concerns about how this will be achieved. The plan relies heavily on biodiversity offsetting to allow development to proceed - this essentially means allowing biodiversity to be destroyed on the promise of protecting the environment somewhere else! For many, this approach is flawed and is simply providing a "license to trash nature".

The draft Plan also leaves the door open for mining in our drinking water catchment. After promises from successive governments, it is now time to rule out mining on the Central Coast - and this should be clearly articulated in the Plan.

These are just a couple of the key concerns of the CEN.

We urge you to make a submission by the 24 March, 2016 - visit our website: www.cen.org.au to find out more.

Jane Smith, CEO, Community Environment Network

Water - essential for our health, happiness and prosperity

Currently on the Central Coast, Gosford and Wyong Councils operate the water supply for a population of over 300,000. CEN believes that the performance of the councils needs to be improved to match water authorities in Sydney and the Hunter. However, the two councils have requested the repeal of the Central Coast Water Corporation Act (2006).

Under the act, the two councils own 100% of the Water Corporation. In spite of this, the councils claim it will lead to the privatisation of the water supply. In their submissions for the Council mergers, both councils have requested: "Repealing the existing Central Coast Water Corporation legislation and leaving the water assets in the custody of the new Central Coast Regional Council, and the ownership with the public."

There is no evidence that the water assets under a Corporation will not continue to be owned by the amalgamated council.

CEN believes that the attempt to repeal the Act is designed to avoid scrutiny and accountability.

This statement is all about assets and not about performance, and performance is what

the public are entitled to expect. Both councils have used the water supply as a cash cow, with little accountability or transparency. Councils are already accountable to IPART for the maximum price that may be charged and this has kept prices down.

Corporatisation will bring financial accountability to the NSW Auditor General and accountability to IPART through an Operating Licence. It is a Customer Service Guarantee applied to government monopolies and the Central Coast needs a similar standard applied to our drinking water supply.

CEN believes that 2 key provisions of the Corporatisation Act need to be implemented being:

The Operating Licence under IPART, and; Accountability to the NSW Auditor General.

These will lead to improved economic, social and environmental performance.

The performance of the water supply in the Central Coast is not to the standard than applies in the cities. It is critical that this is rectified during the amalgamation process to give locals the same level of service, transparency and accountability as Sydney and Newcastle..

Upcoming Events & Activities

Wednesday, 9 March
Marine Discovery Centre
Volunteer Induction

5pm-6:30pm

Terrigal

More info: www.ccmcdc.org.au

Saturday, 12 March
Land for Wildlife / Habitat
for Wildlife - Field Day

9am - 12pm

Ourimbah

Activities: Seed collection and plant ID. Weed management, Water Testing

Thursday, 17 March
Waterwatch Training Day

10am-1pm

Cost: Free

Location: Terrigal

RSVP: ph 4349 4757 or email: waterwatch@cen.org.au

Tuesday, 5 April
CEN Volunteering
Information Session

10am-11:30

Ourimbah

Find out what volunteering opportunities are available with CEN

Saturday, 23 April
Wildlife Garden Visits

9.30am - 2pm

Matcham, Palmdale, Wyoming

Morning Tea provided

FOR MORE INFORMATION AND TO BOOK - VISIT
www.cen.org.au/events



What do you think about Urban Wildlife?

Please take our survey by visiting:
www.cen.org.au

Or email: cen@cen.org.au to get a copy of the survey sent to you



Our Central Coast - Worth Protecting

The Community Environment Network (CEN) is an alliance of individuals and groups that work for ecologically sustainable development.

Support CEN - Become a member - Volunteer - Make a donation

www.cen.org.au

Ph: 4349 4756

Mayor criticises Wicks – ‘We get no recognition at all’

Gosford mayor Cr Lawrie McKinna has criticised Member for Robertson Ms Lucy Wicks failing to recognise the council's role in a number of local projects.

“Ms Wicks stood in Parliament to speak about 12 major projects and initiatives, but failed to mention that council has planned, driven and is delivering at least nine of these for residents on the Peninsula,” Cr McKinna said.

He said she also failed to acknowledge that the Government had made the council's job harder with a freeze on local spending.

“What Ms Wicks also didn't mention was the Government's decision in the 2014 budget to freeze the indexation of Financial Assistance Grants for three years, which will cost councils across Australia an estimated \$925 million.

“We know the state of the Peninsula's local roads is an ongoing concern for residents and this freeze will only make it harder for Council to fund the

improvement of these roads.”

Cr McKinna said that without much-needed Federal funding many of these projects might not have been finished or even started yet, but Gosford Council had played a significant role in making the projects happen.

“Council developed the masterplan for Woy Woy Oval's redevelopment, secured \$5.5 million in Federal and State funding for the project and we're currently building it.

“Plus, we've invested almost \$3 million towards the redevelopment, but no recognition from our Local Member.

“It's a similar deal with upgrade works at McEvoy Oval in Umina.

“Council staff have put in a huge effort along with local sporting groups to develop a masterplan for the entire site, invest \$220,000 towards the project and also make sure the NSW Government matched our funding contribution.

“We put a lot of resources into securing \$680,000 in grant funding under the Safer Streets program for Gosford City.

“Due to these efforts, it is Council that is now replacing and upgrading \$370,000 worth of CCTV cameras in Woy Woy, Umina and Ettalong.

“There wouldn't be any new roundabouts on Rabaul Ave in Umina and Trafalgar Ave in Woy Woy, if council hadn't made the case for Black Spot program funding and then built them.

“And it is council that has completed over \$1.6 million worth of upgrade works along parts of Lone Pine Ave in Umina and Springwood Ave in Ettalong, with the help of \$245,000 from the Australian Government's Financial Assistance Grant program.

“At least Ms Wicks recognised that council has had to live with years of neglect from both levels of government, even though we've tried to get many projects off the ground on the Peninsula with little or no help.

“And now that council has been able to, we get no recognition at all,” Cr McKinna said.

**Media release, 12 Feb 2016
Lawrie McKinna, Gosford Council**



An overview of the channel near Half Tide Rocks

Merger could end dredging stalemate, says Wales

Peninsula Chamber of Commerce president, Mr Matthew Wales has suggested that the merger of Wyong and Gosford Councils could lead to a solution to the stalemate over dredging the Ettalong Channel

He said the dredge currently used to prevent The Entrance

Channel from silting up could be redeployed for use at the Brisbane Water Channel.

He said he had organized an inspection of the channel with Palm Beach Ferries and representatives from the State Department of Primary Industries for the week commencing Monday, March 7.

**Interview, 3 Mar 2016
Matthew Wales, Peninsula Chamber of Commerce**

GOSFORD CITY FARMERS MARKET



SUNDAY - 8.00am till 1.00pm



Feast your eyes over these producers:

Garden Fresh, Vegetali Pty Ltd, La Tartine, Over the Moon Milk, Egganica, Soda Bread

Bakery, Lincoln Red Beef, The Banana Bread Man, Hawkesbury Fresh Produce, Delightfully Fresh Organics, Tar 10, Bills

Organic Bakery, Pattie Moi Designs, Little Creek Cheeses, Pokolbin Olives, Maxima Coffee, Wotton Valley Beef, Wattle Creek

Preserves, Jacques Kitchen, Larry's Free Range Eggs, Peats Rigde Produce, The Apple Man, Meltic Beef plus many others.



VENUE: The Entertainment Grounds
(Gosford Racecourse)

WHEN: Every Sunday

TIME: 8.00am till 1.00pm

Rain, Hail or Shine



Enquiries:

finefoodmarket@bigpond.com

Mob: 0427 630 144



FACEBOOK
[www.facebook.com/
Gosfordcityfarmersmarket](http://www.facebook.com/Gosfordcityfarmersmarket)

Gosford City Farmers' Market will feature a wide range of fresh vegetables, fruits, primary produce including gourmet jams and preserves, olive oil products, pestos, macadamia nuts and fresh home made products. The market will include other food related items as well as high quality "food-to-eat" vendors. Flowers, plants and trees will also be available for sale. Additionally the market will also feature hand-made products other than food such as artists, designers and other quality artifacts.

**The market will operate each Sunday from
8.00am till 1.00pm Rain, Hail or Shine.**

Gosford City Farmers' Market

Gosford Racecourse,
4 Racecourse Rd, Gosford West



News

Regional plan proposes more flats for the Peninsula

Woy Woy, Umina and Ettalong have been listed as centres with potential for additional infill housing over the next 20 years in the NSW Government's Draft Central Coast Regional Plan.

Residential flat buildings were identified as the most viable type of housing in the area.

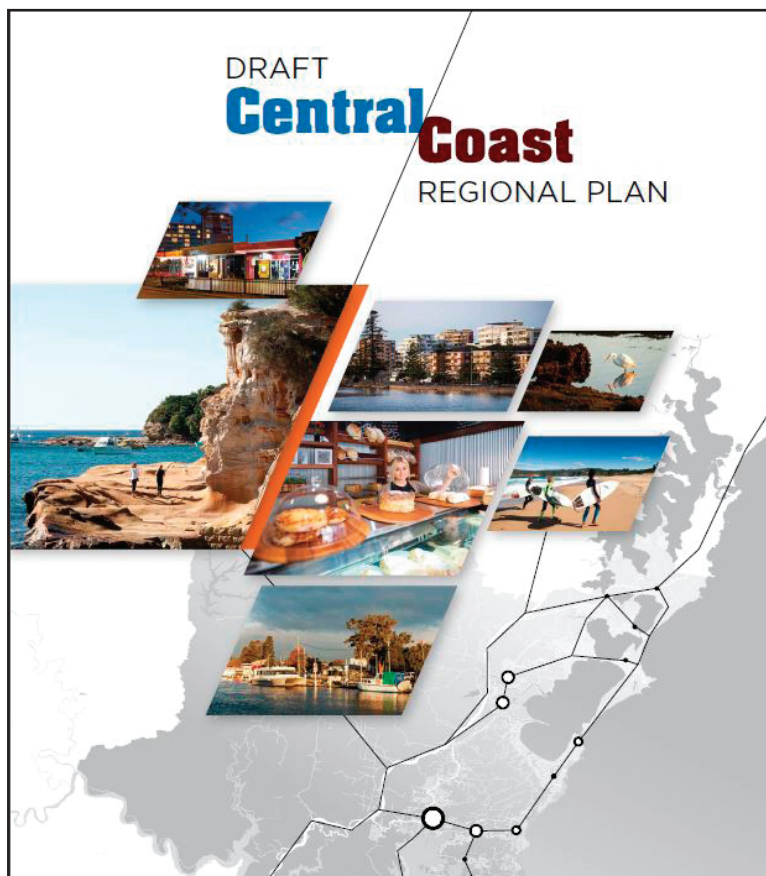
However, the draft plan acknowledged: "Demographic trends towards smaller household sizes and an ageing population highlight the need for greater housing diversity with good access to transport, health and other community services.

"Providing a variety of housing types and more affordable options are also important so that people can age in place and maintain their connections with social networks and family.

"The NSW Government has undertaken to work with local government to identify other suitable centres and locations for infill housing including centres on the Peninsula and to implement locally responsive affordable housing strategies," the draft plan said.

The housing policy is likely to be the element of the draft plan that will have the greatest impact on the Peninsula.

Otherwise, the 68-page draft plan's vision for, and impact on, the Peninsula were limited.



Woy Woy was given the status of a "town" in the draft regional plan and Umina and Ettalong were categorised as "other centres".

The Peninsula was represented as an "urban area".

It was not a regional economic corridor or a major centre.

The major growth corridors were identified as Somersby through

to Gosford and Erina and from Tuggerah-Wyong to Warnervale.

Lion Island was mentioned as an "iconic landscape feature" along with the Hawkesbury River and Brisbane Water.

The "regional playground" at Umina was included in the draft plan's description of integrated and well-connected open

space, sporting and recreation opportunities.

The draft plan made a commitment to investigate opportunities to grow and better connect walking and cycling transport networks including the shared path linking Woy Woy with Gosford.

The draft plan said Woy Woy and Umina had already been identified, and local strategies were already being implemented for both, because of their future growth potential.

"Revitalising local centres, providing more housing choice and increasing the quality and amenity of local neighbourhoods will increase the appeal of these places and enhance the region's lifestyle reputation," the draft report said.

The draft plan said the NSW Government would support the area's local council to prepare and implement local centre strategies and associated reviews of local environmental plans and development control plans.

The plan named the transport corridor between Woy Woy and Gosford as one that would be a focus of projects to improve transport and accessibility.

Tourism, particularly around the region's Aboriginal heritage and environment were another focal point of the draft plan but very little attention was paid to the Peninsula's potential in that area.

Ettalong was mentioned as

a location for "more traditional tourism" on the Coast.

"The environment is the defining feature of this region and the draft plan identifies its high value environmental areas, including its water catchments, and outlines actions to protect these areas," the draft plan said but none of those actions related specifically to the Peninsula.

The draft plan outlined a long-term plan for the region, with a focus on growing the local economy, enhancing the community lifestyle, meeting demand for housing and protecting the iconic environment of the Central Coast.

The draft plan described the Central Coast as being at the centre of the state's fastest growing corridor from the northern edge of Sydney to Newcastle.

Parliamentary Secretary for the Central Coast Mr Scot MacDonald said: "The consultation is essential for the Central Coast community to have its say.

"The Regional Plan will shape the Coast for the next 20 years.

"Councils will be bound by the framework of the final Plan."

The community can now make submissions until March 24 and can also provide feedback through an online survey and interactive map which are available on the NSW Planning and Environment website.

Draft Central Coast Regional Plan
Planning.nsw.gov.au/centralcoast
Reporter: Jackie Pearson

CHOOSE THE LOCAL EXPERTS AT

PREMIER

shades-awnings-blinds

Before



After



Renovate to Stay!

Add value to your home and enjoy it now.

Modernising your window furnishings could add value to your Central Coast property.

It's TRADE IN MONTH at Premier Shades.

\$20 off your old blind when you buy new ones.
\$50 off your old awnings when you buy new ones

Call now for a free in home measure and quote. Interest free terms available. Or go online and organise your quote

BRAND NEW SHOWROOM.. BIGGEST ON THE COAST!

18/482 Pacific Highway, Wyoming. Ph : 0243248800. www.premiershades.com.au

Prime Minister launches NBN FTTN at Ettalong

Prime Minister Malcolm Turnbull travelled to Woy Woy from Sydney by train on Friday, March 4, to announce that NBN services are now available to more than 30,000 local homes and businesses on the Peninsula.

NBN's fibre-to-the-node services will deliver maximum wholesale speeds to retail services providers of up to 100Mbps download and up to 40Mbps upload.

Robertson MP Lucy Wicks was joined by Mr Turnbull at Ettalong Beach to encourage locals to "take full advantage of the door opening to Australia's new digital era".

"This is one of the first sites in NSW to be switched on to vectored VDSL, and residents should jump on board," Mrs Wicks said.

"Access to superfast broadband at affordable prices can be revolutionary for small businesses, households with students and people working from home.

"The NBN's new generation broadband promises to be fast and reliable, enabling households and small businesses to be more productive and better connected

for years to come.

The rollout on the Central Coast is gathering pace thanks to NBN's simplified network construction, according to Mr Turnbull.

The Coalition's multi-technology mix largely removes the need for in-home rewiring or civil works on private property, he said.

The only additional equipment required is a modem suitable for the vectored VDSL which internet providers can send to their customers on request for free.

Under the Coalition Government's broadband policy, NBN plans to deliver superfast broadband to more than nine million premises nationwide over the next three years.

In 2016, NBN is aiming to offer faster broadband to between 60,000 and 100,000 premises each month.

Peninsula residents and businesses can begin ordering superfast internet and phone services through their existing provider or make the switch to a different retailer as the NBN is a wholesale network.

**Media release, 4 Mar 2016
Caitlin Keage, Office of
Malcolm Turnbull**



Member for Robertson Ms Lucy Wicks with Prime Minister Mr Malcolm Turnbull at Ettalong

MATTRESS PLUS



**BEDDING
LOUNGES
DINING
OUTDOOR
PANTRIES
CUPBOARDS**

4341 8727

225 Blackwall Road Woy Woy woywoy@mattressplus.com.au

Residents fear for safety, Smith told parliament

Member for Gosford Ms Kathy Smith recently told the NSW parliament that Peninsula residents were afraid to leave their homes at night and their vehicles in the commuter carpark at Woy Woy.

"There has been a string of dangerous activities including teenagers pushing shopping trolleys off a multi-storey car park, a house fire, the setting up of a roadblock at night made up of garbage bins and bikes, and a plethora of graffiti," Ms Smith said in the NSW Legislative Assembly in a private member's statement on February 24.

"Damage estimated to be in the thousands of dollars has been caused and the majority of residents are too scared to leave their vehicles in the Woy Woy commuter car park fearing that their cars will be broken into or vandalized," Ms Smith said.

"With thousands of people commuting to the city each day, it is disappointing that they do not have a safe place to leave their vehicles," she said.

"In one instance we learnt of

a young person in the Peninsula community who is well known to police.

"The police have had 24 interactions with this person in just one month.

"He has been arrested for a number of different offences but is still on our streets, going from offence to offence.

"Residents on the Peninsula who are having issues with drug dealing, vandalism or other threatening behaviour have advised that in some instances, when they have contacted the police, they are simply advised to move out of the area.

"Residents on the Central Coast who are good neighbours and citizens should not have to move suburbs to feel safe in their own homes.

"Time after time, police do not respond to reports of crime.

"A large portion of the community in this area consists of elderly people, and I am constantly receiving reports that residents are afraid to leave their homes, particularly after dark.

"I have also heard from young women who are not prepared to walk from their home to their cars.

"Facebook pages that have been given to me show youths posing with high-powered firearms, flares, fireworks and other explosives.

"The level of drug-related crime on the Peninsula is of particular concern.

"People see drug dealing occurring every day and the relevant premises are being reported but nothing is done about it.

"It is time for police to act on all reports of drug dealing and other crimes that are reported to officers in Brisbane Water and to Crime Stoppers.

"We do not want to be told we should move.

"Members of my community have had enough of living restricted lives because of the activities of those uncontrolled minority groups.

"I call on the police of the Brisbane Water Local Area Command to start making our community a safer place; we should not be living in fear in the twenty-first century," Ms Smith said.

Hansard, 24 Feb 2016
Kathy Smith, Member for Gosford



Smith should apologise, says Crouch

State Member for Terrigal Mr Adam Crouch has condemned statements made in parliament by Member for Gosford Ms Kathy Smith about crime on the Peninsula and has called on her to apologise.

"I'm personally appalled by the statements made in parliament by Kathy Smith criticising our local police force," Mr Crouch said.

"Without speaking to the local area superintendent Danny Sullivan, she obtained her facts from Facebook rather than having the decency to speak directly to the Brisbane Water LAC," Mr

Crouch said.

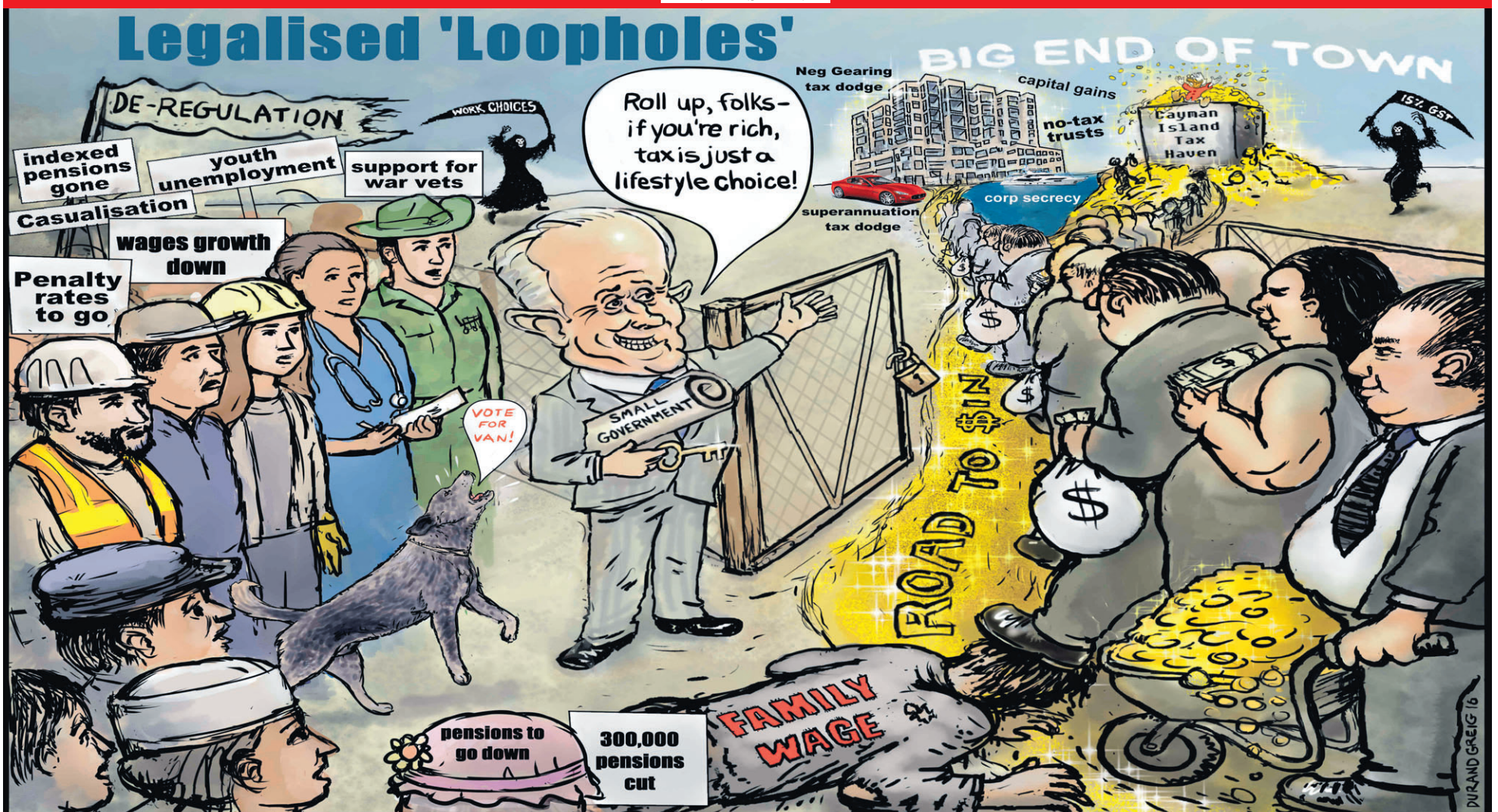
"Had Ms Smith bothered to do so, she would have been informed that the people she referred to 'as roaming the streets' are actually in custody with bail refused," he said.

"Our local police service headed by Supt Sullivan is one of the best in NSW with crime figures on the decline.

"Kathy Smith should stand in parliament, withdraw her comments and apologise to the outstanding men and women who put their lives on the line every day to keep us safe," Mr Crouch said.

Media release, 3 Mar 2016
Debra Wales, Office of Adam Crouch

ADVERTISEMENT



For Van's policies see

www.vandavy.com

- A Pensioners' Advocate for Robertson
- A Workers' Advocate for Robertson
- An Anti-corruption Advocate

Meet me, greet me, grill me ... it works well over coffee with friends, family or workmates. I'll come to you.

Authorised by Van Davy 40 Cornelian Rd, Pearl Beach NSW 0414 310 968

Peninsula is one of the safest areas, says Wales

The Peninsula has been declared one of the safest areas on the Central Coast and does not need a scare campaign, according to Peninsula Chamber of Commerce president Mr Matthew Wales.

Mr Wales said that updated statistics from the NSW Police contradicted statements made recently in parliament by Member for Gosford, Ms Kathy Smith.

"Across the board, crime rates have dropped and prosecution success rates have increased," he said.

"The NSW Police Force confirmed that in the year ending September 2015 break and enters have dropped nearly 16 per cent, motor vehicle theft is down nearly 24 per cent and prosecution rates are at an impressive 93 per cent," Mr Wales said.

"There is no doubt that the Peninsula has seen a dramatic

reversal in crime rates in recent years and this can be directly attributed to improved policing, CCTV cameras in town centres, improved response times and more community engagement by the Local Command.

"It is therefore very disappointing when the state Member for Gosford would have us believe that crime is out of control and the local police are not doing their job.

"The state Member's comments regarding out-of-control groups particularly around Woy Woy commuter carpark are in stark contradiction to the fact that the NSW Police have all of those offenders currently in custody.

"The reality is that the Gosford Police are right on top of this small group of offenders and have been doing their job effectively and efficiently.

"In years past, the chamber would meet regularly with the police with a whole range of major crime issues.

"Now our meetings are to recount good stories of falling crime and quick action when problems pop up.

"There is no doubt that the installation of CCTV cameras throughout our town centres has been a major game changer for business and the NSW Police.

"They have been hugely successful and made the job of policing so much easier for area commander Danny Sullivan and his highly professional team.

"What the community doesn't need is a scare campaign suggesting that Woy Woy is an unsafe place to be or that out-of-control gangs are roaming our streets and carparks.

"This is clearly not the case.

"The statistics prove it and I can only suggest that the state member for Gosford sit down with the Gosford Area Command and avail herself of the real facts."

Email, 1 Mar 2016
Matthew Wales, Peninsula Chamber of Commerce

Local families to be hit by cuts, says Labor candidate

Thousands of local families face financial hardship after the Federal Government voted to cut family tax benefits, according to Labor candidate for Robertson, Ms Anne Charlton.

Ms Charlton said some families would be \$5000 worse off as a result of the Social Services Legislation Amendment Bill, currently going through Federal parliament.

Woy Woy mother Ms Tamara Lee Marshall said she was concerned about the cuts.

"People on the Peninsula who are working and bringing up kids should be the last people to lose a tax benefit," Ms Marshall said.

"The priorities are wrong when negatively-g geared property investors keep their tax deductions, but working families are facing cuts."

Ms Charlton said Labor voted against the Liberals' cuts and will continue to oppose the measures in the Senate.

"People on the Peninsula need a strong voice to fight to support our local families.

"I want to represent the Peninsula in Canberra to make sure our community, and our kids, get the support they need," Ms Charlton said.

According to Ms Charlton, the Bill, when passed into law would result in cuts to Family Tax Benefit Supplements of \$726 per child in Family Tax Benefit Part A; and Supplements of \$354 per family in Family Tax Benefit Part B.

"These are harsh Tony Abbott-style policies being rammed through by Malcolm Turnbull, and Lucy Wicks voted for it despite the damage it will do to local families.

"When household budgets are cut, it's often the kids who suffer.

"A single parent family in Woy Woy or Umina with a couple of children in secondary school stands to lose around \$5000 a year because of the Liberals' plan to cut family tax benefits and the Schoolkids Bonus.

"Low and middle income families with two kids in secondary school will be around \$2600 a year worse off because of the same cuts," Ms Charlton said.

Media release, 2 Mar 2016
Anne Charlton, Labor candidate for Robertson



IT'S HOW
WE CONNECT



NBN™ IS HERE

You might have some questions about what this means to you and how to get connected.

The good news is we can have you up and running with as little fuss as possible. You'll be steaming movies and uploading photos while browsing the internet and all at super fast speeds.

It's what a faster home feels like!

Talk to your local NBN specialists today from Telstra Store Woy Woy

Telstra Store Woy Woy
🏠 Shop 24 Deep Water Plaza
Railway Street, Woy Woy
☎ 4341 0061

THINGS YOU NEED TO KNOW: The spectrum device, ™ and ® are trademarks and registered trademarks of Telstra Corporation Limited, ABN 33 051 775 556. NBN not available to all areas, homes or customers. NBN is a trademark of NBN Co Limited and is used under licence from NBN Co Limited.

The job is to reduce crime and fear, says superintendent

Brisbane Water Local Area commander Superintendent Danny Sullivan said his core business was not only to reduce crime but also to reduce people's fear of crime.

As far as crime reduction, he said the official figures spoke for themselves and that rates of crime were definitely on their way down on the Peninsula.

"The gap in my services provision is in reducing the fear of crime and that is why we do so much community engagement," Supt Sullivan said.

"My message to the community is to report incidents, give us a chance to do our job," he said.

"Every week, month, quarter and year we review every crime report, where it was, the time it occurred, to create patterns of behaviour.

"That information determines where we deploy our police for the future period."

Although it is important for the community to understand that "proof beyond a reasonable doubt" is needed before a person can be charged and prosecuted for a crime, that should not deter members of the public from

reporting incidents that they consider concerning or suspicious, he said.

"That information might highlight a person of interest that we can then feed into our suspect management system," he said.

He explained that one troublesome youth on the Peninsula had recently been dealt with by the police 24 times before he could be arrested and placed in custody.

"But we are constantly monitoring the behavior of those individuals," he said.

Supt Sullivan also said that he wanted the Peninsula community to know the Brisbane Water Local Area Command was conducting over 50 community engagement actions every month.

"I would like to encourage the whole community to be friends with us on Facebook," he said.

He said the LAC facebook page was a great place for the Peninsula community to learn about how it is being serviced by its local command.

Supt Sullivan listed the following community initiatives as programs that he believed helped to both reduce crime and the fear of crime.

They included school liaison police programs, drug dog

operations, Home Safe, visits by the mounted unit and the Community Drug Action Team to work with vulnerable local teenagers.

The Brisbane Water Local Area Command also ran Latitude, a program that liaises with local retailers, Peninsula Links days, Seniors Getting Around Safely programs, domestic violence workshops, coffee with a cop and regular car park audits.

It is currently working with Gosford Council and Regional Youth Support Services on a youth engagement strategy.

Supt Sullivan wrote a submission to Gosford Council to support the Ettalong community's campaign against the development of a boarding house in the area.

He said the LAC had a close relationship with Mingaletta and always had a presence at community events including the Oyster Festival at Ettalong and Club Umina Community Day.

"We do a lot of work with vulnerable people in partnership with the Department of Housing," Supt Sullivan said.

He said one way the community could help to reduce both the fear of crime and actual crime would be to look at crime prevention tips

on the LAC facebook page about things like locking cars, not leaving valuables in cars and locking houses.

"Someone looking for a car to steal from the commuter carpark will try every door and one will invariably be unlocked," he explained.

"The police have to be in the right place at the right time to prevent that crime but it is something that is within the control of the community.

"When we do a carpark audit we ask people why they have just left their car unlocked with their purse on the front seat and they invariably say 'yes but I'm just going to' and most of those crimes, theft from a car, theft of a car or breaking into a home, happen within that 'I'm just going to' period of time," he said.

Supt Sullivan said another important community event was for White Ribbon Day held in Woy Woy's Deep Water Plaza.

Domestic violence is the number one crime reported to Brisbane Water LAC and officers attend between 100 and 150 incidents per week, most of which are on the Peninsula.

According to Supt Sullivan, current community perceptions about a spike in youth crime are

being underpinned by the fact that many 14 to 17 year olds have unsafe homes due to domestic violence.

"Their homes are unsafe so they go to the streets.

"They are unsupervised on the streets and that is where the crime occurs.

"Rather than focusing on youth crime, the real issue is family dysfunction," Supt Sullivan said.

Offenders in the 14 to 17 year old age bracket provided particular challenges for the local police command, according to Supt Sullivan.

"We can arrest them but their mum, dad or guardian have a far greater role to play," he said.

"Our message to the community is that we take crime seriously so call the police if you need help.

"We want to be called for everything.

"We are in a data-driven business and we need information," he said.

Supt Sullivan said that 000 is the right number to call if you are in an imminent and life-threatening situation.

He said although most members of the community think they should call their local police station for non-life threatening matters, it is better to call Policelink on 131 444.

The 131 444 number will connect you to a call centre with trained operators who can take down all your details and put your call for help directly through to nearest patrol car or available officers.

The third option available to members of the community who have concerns or think crime might be happening but wish to remain anonymous is Crime Stoppers, Supt Sullivan said.

Interview 3 Mar 2016
Danny Sullivan, Brisbane
Water Local area Command
Reporter: Jackie Pearson



Linda Emery
Lawyer
Since 1983

Hospital &
Home Visits
By Appointment

Specialising in:

FAMILY LAW

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

WILLS & ESTATES

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

So much more than just law...



LAWYERS & CONVEYANCERS

Ground Floor, Suite 6, 22 Watt St Gosford

CONVEYANCING

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

COURT APPEARANCES

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

4323 4766

Email: lemery@lindaemery.com.au

Web: www.lindaemery.com.au

NOW OPEN FOR REHABILITATION

Brisbane Waters
Private Hospital
healthcare

Brisbane Waters Private Hospital has recently undergone a multi million dollar refurbishment. Boasting four operating theatres, the 89 bed Hospital has now opened a Rehabilitation ward and service for patients who require rehabilitation following surgery, recovery after an illness or accident or assistance with returning home after a long term hospital stay. **Transport options are available**

Rehabilitation Services include a multidisciplinary team approach under the care of our new doctors.

- Physiotherapy
- Occupational Therapy
- Exercise Physiology
- Dietetics
- Hydrotherapy
- Speech Pathology
- Rehabilitation Counselling/Discharge planning

3rd Party, DVA and workers compensation patients welcome

Programs available;

- Orthopaedic
- Neurological (any condition)
- Reconditioning following illness or injury
- Cardiac Rehab
- Falls Prevention
- Back Care Education
- Gardening and Meal Preparation
- Nutrition and Lifestyle

Group programs available such as;



Ask your GP for a referral today or alternatively please call us to find out how we can help you

4341 9522



Forum

Go north... and see how it's done on smaller budgets

John Orm was absolutely right (PN 25 Jan 2016).

Lion's park is unable to handle the influx of boat users.

They are forced to park their trailers elsewhere.

All along North Burge Rd, anywhere where they can, including the park opposite Woy Woy bowling club.

It's not only on Australia Day.

Any sunny weekend, this occurs and worse during fishing club weigh-ins.

The result is a nice catch for revenue-seeking rangers.

I'm not blaming them.

It's probably Council's way of retrieving ratepayers money due to incompetent failed investments.

The word of the day appears to be "innovation".

Whether it be politics, infrastructure, projects or the like.

It's a pity Gosford Council couldn't show a little innovation.

For those who don't know the meaning of the word; it refers to new methods, new ideas.

I have lived in this area for the past 38 years.

I have never seen human activity in the park across from the bowling club.

It's a swampy quagmire after it

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

rains.

Turn it into a car and trailer park, similar to the one at the rear of the tennis courts.

As for the boat ramp, I suggest they widen the western ramp to make allowance for vessels entering and departing.

One way in, one way out.

Go north, you planning experts, and take a good look at boat ramps as far into north Queensland and see how it's done.

Beautiful facilities made possible by councils on much smaller budgets.

Emails, 19, 20 Feb 2016
Bruce Elder, Woy Woy



Penninsula Hearing

"We are hear for you"

Free screening test

No obligation trials

Children's testing available

Workcover

Independently owned and operated
Government accredited

Being independently owned means
you will have a true choice of manufacturers!

Sennheiser assistive listening devices also available

Don't delay, speak with our friendly staff today.
Call us on;

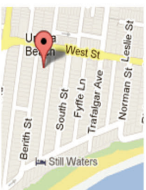
(02) 4342 9736

penninsulahearing@gmail.com

www.penninsulahearing.com.au



Shop 6
Berith Street
Umina Beach
NSW 2257



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 and on 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

January 28, 2016

Your independent local newspaper

Ph: 4325 7369

Issue 125

Bold new Gosford Alive Master Plan unveiled with a \$650 million price tag

A private developer and owner of the Imperial Centre has acquired Kibbleplex from Gosford Council and has promised to deliver a complete reinvigoration...

Kibbleplex parking to continue

Gosford mayor, Cr Lawrie McKinna has reassured commuters and Gosford CBD workers that they will not be locked out of the Kibbleplex free parking as a result of ...

Gosford Alive will cement Gosford as the capital of the Central Coast

Lederer Property described itself as the specialist place-making and urban renewal division of Lederer Group.

Stage one includes Kibble Park redevelopment and a 400 apartment complex

Lederer Property intend to lodge a development application with Gosford Council in April for Stage One of their ambitious 15 to 20 year transformation ...

Promotion of grants for the environment seen as hypocritical

Gosford Council's promotion of grants for environmental projects at the same time that it is proposing to reclassify and sell community reserves has been described ...

New library concept plan unveiled

Gosford Council has unveiled its latest concept plan for a brand new, eight-level public library building in Gosford's city centre.

EPA representatives accused of obfuscation over water testing results

The Mangrove Districts Association has disputed claims made by the NSW Environment Protection Agency (EPA) that its second round of water quality...

Both sides of ATO debate have a convincing argument

The war of words continues between Sen Deborah O'Neill and member for Robertson, Ms Lucy Wicks MP, over whether the Australian Taxation Office (ATO) ...

Construction on ecovillage to commence in April

Narara Ecovillage and the Narara Ecovillage Network plan to make 2016 an amazing year.

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

Wyong Regional CHRONICLE

March 1, 2016

Your independent community newspaper - Ph: 4325 7369

Issue 87

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

Coast's longest serving State or Federal politician to retire

The NSW Branch of the Australian Labor Party will soon be calling for nominations to preselect a candidate for the Federal Electorate of Shortland following Ms Jill Hall's decision not to nominate.

Council sends final merger submission but by no means was it unanimous

The deadline has closed for members of the Wyong Community, and for Wyong Council, to make submissions relating to the merger of Wyong with Gosford Council.

Lake Haven, Charmhaven and Gorokan moved from Hall to Dobell

Ms Karen McNamara MP, federal member for Dobell, has welcomed new constituents to her electorate following the Australian Electoral Commission's redistribution of federal electoral boundaries.

Council responds to northern suburbs' revolt

Lake Macquarie Council's proposal to adjust its boundaries to absorb northern areas that currently sit in the Wyong Local Government Area has been labelled a diversionary tactic and a blatant land grab.

Developer gains \$3 million windfall from council

The Gwandalan and Summerland Point Community has labelled Wyong Council's refusal to take ownership of land promised to the community, a management and governance failure.

Standing Committee on Health holds inquiry in Dobell

Federal member for Dobell, Ms Karen McNamara MP warmly welcomed the House of Representatives Standing Committee on Health to Dobell on February 19, as part of their nationwide public inquiry into Chronic Disease Prevention and Management in Primary ...

Fund raiser at Mingara

A fund raising campaign for a Berkeley Vale cancer sufferer will culminate in a star-studded concert at Mingara Recreation Club.

Hundreds expected to participate in Black Dog Ride

Over 500 riders are setting off from The Entrance on Sunday, March 20 as part of Black Dog Ride's annual one-day ride to revive national conversations about depression and suicide prevention

Lions fund new blood-fl ow monitor

Long Jetty Health Care Facility's dialysis unit received a new blood-fl ow monitor valued at more than \$45,000 as a result of the donation of local Lions Clubs.

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

Health

Shave at Sporties

Sporties at Woy Woy will hold a World's Greatest Shave event on Sunday, March 13, organised by the club's director, Ms Gayle Wis.

All proceeds will go to the

Leukemia Foundation.

There will be music, food and raffles as members and guests have their heads shaved or beards coloured.

The event starts at 12pm

and those attending can either volunteer to have their head shaved, their beard coloured or sponsor one of the volunteers.

Email, 23 Feb 2016

John Orme, Sporties at Woy Woy

Umina Chiropractic Centre

Your chiropractors Pete Grieve, Prue Storey and Michael Grieve
Umina Chiropractic Centre, 428 Ocean Beach Rd, Umina 2257 - Ph: 4341 6247

Why regular chiropractic care is important!

When we 'overdo' something such as gardening, exercising, or working, our back hurts.

This 'symptom' is a manifestation, clearly physical, of a disorder when our body can't cope with the extra stress of pulling weeds, cross fitness or physical work.

While our body and nervous system have tried to compensate and repair the underlying problems without success, the body now has our attention and we hopefully seek out help.

Quite often, we are the ones to be blamed for the acute state of this development, at least by our lack of attention to the signals our body has been sending us constantly.

When we see a chiropractor for acute pain, we expect them to 'do something about it'.

Our chiropractors can help us feel better sooner with adjusting an out of line spine, nutritional

advice (anyone more water?) and 'first aid' advice such as gentle movements that are designed to keep you moving.

Unfortunately, this form of treatment does not address the original problem, the one that caused your body to override its defence mechanisms in the first place.

If you only see a chiropractor when you are in acute pain, you will likely have a 'relapse' the next time your body finds itself in the same situation.

As chiropractors, we do not want to look only at the superficiality of your acute ailment, but we go deeper and look at the functional deficits that may have led to the weakness in tissues.

Remember, pain is hard to measure and varies from person to person.

Anxiety for example, might send your back muscles into a spasm and

aggravate an underlying weakness you may have in your spine.

The simple case of dehydration can intensify your 'pain' symptoms in your lower back, simply from sitting too long at a desk.

We understand that everyone has the freedom and the responsibility to look after their health goals.

We will always listen to you and tailor our treatment to help you achieve your health and wellness goal.

Chiropractic wellness care can pick up little things are bothering you, or you might not even notice them consciously yet, and prevent bigger problems.

The same way you have your teeth checked regularly, we encourage you to have your spine checked on a regular base.

Your chiropractor can advise you what frequency is best for your health and wellness goals.



Clydesdale horses were warmly welcomed by the residents of the Peninsula Village

Clydesdales walk through aged care village

Two Clydesdale horses walked through the grounds of Peninsula Village on February 18.

The horses, eight-year-old Lenny and and five-year-old Sonny had a tour through the buildings of the village to meet with the less mobile residents.

It's not every day you get to see a draft horse walking the halls of an aged care facility.

Gary Cullen who owns the two

horses, residing at Emerald Park Equine at Mandalong, started visiting nursing homes about four years ago, originally just with Lenny.

Gary said he was happy to share and show off the beautiful nature of the animals.

"It was such a pleasure to see the joy this visit brought to the residents," said Peninsula Village CEO Mr Shane Neaves.

Footage of the Clydesdale visit can be viewed on YouTube, under the title Clydesdales visit Peninsula Village.

Media release, 26 Feb 2016
Shane Neaves, Peninsula Village



Chiropractic; safe, gentle and effective for all the family

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

BlueWave
LIVING

Still Proudly Owned by Woy Woy Community Aged Care



'Excellence in Residential Aged Care'

6 Kathleen Street, Woy Woy - Phone 4344 2599
www.bluewaveliving.org.au

ALAN WIGNEY
PODIATRY

336 Trafalgar Ave, Umina

Why pay for treatment?
We offer
100% BULK BILLING

For all EPC Plans

Remember to ask specifically for Alan Wigney when having your care plan done.

We also do DVA and Pensioner Discounts!

For all aspects of podiatry, call us on

4341 4704

Are You Looking For An Experienced, Affordable & Gentle Dentist For Your Family?



General Dentistry



Cosmetic Dentistry



Implant Dentistry



Laser Dentistry



Children's Dentistry

New Patient Offer - No Gap Exam and Clean appointment for Private Dental Health Insurance patients.

Not with a Health Fund? Just pay \$159

Includes FREE Xrays worth \$160

The 60 minute appointment includes:

Full Comprehensive Exam, Clean and Polish, OPG X-rays, Treatment Planning and Fluoride

A whiter brighter Smile in one hour

PHILIPS Zoom White speed in chair teeth whitening

special - only \$595 (normally \$950)

Dental Implants

Free Assessment

Improve your quality of life.

- single tooth replacement
- full mouth rehabilitation over 4-6 implants
- implant supported dentures

We Bulk Bill Under the

New Medicare Child

Dentals Benefit Scheme.

NO OUT OF POCKET EXPENSE

(\$1,000 Free Dental Care for children age 2 to 17 - Ask us for the Details)

Call us for a FREE CONSULTATION - Payment Plans Available



Gosford Dental Lifeline

We provide reasons to smile

Ph: 4323 7007

Veteran's Affairs Patients are Welcome - Bulk Billed

Saturday Appointments Available

Shop 1, 201 Mann Street, Opposite Gosford Train Station, Gosford 2250



gosford@dentallifeline.com.au | www.dentallifeline.com.au



Dr. Meena Gambhir



Dr. Namita Mehta

Health



Brisbane Waters Private Hospital has a hydrotherapy pool as part of its rehabilitation services

Private hospital to specialise in rehabilitation

Brisbane Waters Private Hospital at Woy Woy has added new rehabilitation services to its specialties, according to CEO Ms Kathy Beverley.

The expanded service will provide physiotherapy, occupational therapy, exercise physiology, dietetics, hydrotherapy, speech pathology and discharge planning to the growing population of the Peninsula and entire Central Coast region.

"We have seen a growing demand for acute neurological rehabilitation from trauma, brain injuries and stroke as well as increased demand for our orthopaedic and reconditioning programs," said Ms Beverley.

"Brisbane Waters Private Hospital's new rehabilitation services provides more beds to cater for a greater number of individuals."

Director of clinical services Ms Patrice Blume said rehabilitation

services could help all post-surgical patients and the elderly.

"Rehabilitation can help post-surgical patients, sufferers of stroke and other neurological disorders help to regain everyday skills that they may struggle with or have lost due to illness or injury.

"We believe that most patients can benefit from rehabilitation and we strongly encourage all Central Coast residents who have seen a decline in their mobility or skills to make contact with their GP to discuss the benefits of rehabilitation on the Peninsula or call Brisbane Waters Private Hospital directly," said Ms Beverley.

Brisbane Waters Private Hospital's specialisations will continue to be rehabilitation and medial surgery, and it offers the only private mental health in-patient facility on the Central Coast.

Email, 2 Mar 2016
Petrina Waddell, Brisbane Waters Private Hospital

HAVING DIFFICULTIES WITH YOUR DENTURES?

- All Dentures, Repairs & Relines
- After Hours & Weekend Appointments Available
- DVA Patients & Health Fund Accredited
- Off Street Parking & Wheelchair Access
- No Referral Needed

Mention this Ad for your FREE consultation!



LOCALLY OWNED AND LOCALLY MANUFACTURED



A. Wegner
DENTURE CLINIC
30 YEARS IN BUSINESS

66 Ocean Beach Road, Woy Woy

4341 8888

VISA HICAPS www.wegnerdentureclinic.com.au

Dr. Mythily Ramanathan

(MBBS, Dip in GP, Dip in Child Health, FRNZCGP, FRACGP)

Female Family Physician/General Practitioner

Thursdays at Suite 8,
16-18 Hill St, Gosford
Ph 0458 735 813

or use Health engine web site
<https://healthengine.com.au/>

Practising also at shop 3/112 Wyong Rd, Killarney Vale, on Monday, Tuesday, Wednesday, Friday and every second Saturday of each month from 8.30 am to 5.00 pm.

Phone: 02 4332 6174

Mixed billings. Pension cards, age above 65 and under 16 will be bulk billed

email: mythily2000@hotmail.com for appointments



Independent Living | Quality Apartments

Priced from \$225,000

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



TOGETHER WE CARE

peninsulavillage.com.au

UMINA BEACH • PENINSULA VILLAGE POZIERES AVENUE • COOINDA VILLAGE NEPTUNE STREET

Inquiries to our Independent Living Specialist • Freecall 1800 650 070 or visit the website.





Brenda Booth (ninth from left) with other stroke survivors at Parliament House Australia

Stroke 'activist' calls for Federal action

Woy Woy "stroke activist" Ms Brenda Booth is calling for the Federal Government to urgently address dangerous gaps in stroke treatment and care.

Ms Booth is one of 17 stroke activists who joined the Stroke Foundation in Canberra for the launch of its election platform on February 29.

Ms Booth met with members of parliament to share with them how a stroke has impacted her life.

Ms Booth had a stroke caused by a tear in her internal carotid artery in 2001 when she was 41 years old.

Her speech, sight and right arm were affected.

While she said she was lucky to have these physical issues resolved, there are other legacies of the stroke including affected speech and memory, and chronic fatigue, which have added challenges to her life and recovery.

"Because I look OK, many people assume that everything is back to normal.

"But it isn't the case.

"There are still issues that affect stroke survivors and their families even when the purely physical effects of stroke improve," she said.

"There is a real lack of information and support for stroke survivors and their families.

"The right treatment and support can make a big the difference in how well you recover from stroke.

"The government has the power to make sure all Australians have access to high quality stroke care.

"I'm sharing my story in the hope that others will avoid going through what I did."

Stroke Foundation CEO Ms Sharon McGowan said stories like Brenda's were the reason the Foundation was travelling to Canberra to outline how lives could be changed if there was government action on stroke.

"Brenda's story highlights how the current health system is failing Australian stroke patients and their families," Ms McGowan said.

"The tragedy is Australia could be a world leader in stroke care.

"We have some of the most brilliant minds working in the field of stroke but a lack of investment and coordination has meant stroke patients continue to go without.

"Last year alone Robertson residents suffered close to 450 strokes.

"How many more lives need

to be severely impacted before something is done to ensure all stroke patients receive the treatment and care they need and deserve?

"The Government has an enormous opportunity to make a difference.

"A modest \$44 million investment will allow us to start to urgently address the gaps in stroke treatment and care," Ms McGowan

said.

The year 2016 marks 20 years since all Australian governments agreed to make the killer disease a national health priority.

In that time there has never been funding for a stroke strategy.

"It is time for all parties to wake up to the reality of the nation's stroke burden," Ms McGowan said.

Media release, 24 Feb 2016
Rachel Murphy, Stroke Foundation

DENTURE CLINIC



Keith Boyd - Dental Prosthetist

No Referrals Required

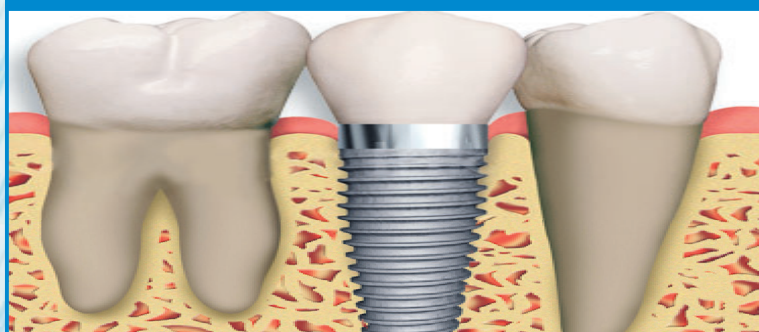
For full and partial dentures, relines and repairs

PH: 4360 2755 - MOB: 0405 388 602

112 Blackwall Rd, Woy Woy (Woy Woy Osteopath Centre)



General Dentistry - Cosmetic Dentistry - Implant Dentistry - Children's Dentistry



PATIENT OFFER FOR PRIVATE DENTAL HEALTH INSURANCE PATIENTS

No gap full comprehensive examination, clean, polish, x-ray,
oral hygiene instruction and fluoride treatment

Dental Implants Free Consultation and 3D Xray

- Single tooth replacement • Full mouth rehabilitation over 4-6 implants
- Implant supported dentures • Improve your quality of life

Ask about Invisalign, braces, orthodontic services

Try our range of affordable options for implants and denture stabilization



**BULK BILLING FOR CHILDREN UNDER
MEDICARE CHILD DENTAL BENEFITS SCHEME.
NO OUT OF POCKET EXPENSE**

(\$1,000 Free Dental Care for children age 2 to 17)

Call us for a Consultation - Proudly
servicing the Peninsula for 16 years
Saturday Appointments available

Across from Woy Woy Train Station

14 Railway St, Woy Woy - 4342 1080

woywoydc@gmail.com - www.woywoydental.com.au

Caruso's NATURAL HEALTH

1/2 Price!†

<p>nOW</p> <p>\$11.49</p> <p>SAVE \$11.50*</p>	<p>nOW</p> <p>\$13.99</p> <p>SAVE \$14*</p>	<p>nOW</p> <p>\$16.99</p>	<p>nOW</p> <p>\$14.99</p> <p>SAVE \$15*</p>
<p>CO-ENZYME Q10[®] 150mg</p> <p>NATURALLY FERMENTED Formulated for: • Heart & cardiovascular health • Healthy blood pressure • Cholesterol health • Energy & endurance • Migraine headache management • Blood sugar control</p> <p>30 Capsules</p>	<p>SUPER CURCUMIN[™] ARTHRITIS RELIEF</p> <p>46 X STRONGER TIMBER EXTRACT CONTAINS PATENTED Curcumin Formulated for: • Symptomatic relief of pain • Joint inflammation & stiffness • Arthritis, Osteoarthritis • Rheumatoid arthritis • Gouty arthritis • Fibromyalgia • Multiple sclerosis</p> <p>30 Tablets</p>	<p>NATURAL FISH OIL 1000</p> <p>RICH IN OMEGA 3 HIGH QUALITY Unsurpassed relief at: • Cardiovascular disease • Metabolic syndrome • Diabetes • Cancer</p> <p>Better than 1/2 price!</p>	<p>SUPER COLLAGEN BUILDER</p> <p>HAIR SKIN NAILS HYPO-ALLERGENIC FORMULATED FOR SENSITIVE FLAVOUR Benefits include: • Amino acid nutrition • Collagen production • Wrinkles, fine lines • Hair regrowth • Stronger, healthier hair • Reduce changes with aging • Weight loss support</p> <p>500ML</p>
CO-ENZYME Q10 150MG 30 CAPS#	SUPER CURCUMIN 30 TABS#	NATURAL FISH OIL 1,000 600 CAPS#	SUPER COLLAGEN BUILDER 500ML#

nOW

\$12.99 EACH

BEROCCA 30 EFFERVESCENT TABS#

nOW

\$46.99

SAVE \$26.50*

VITAL GREENS 300G#

Natural Australian Skin Care

that supports skin health

Only jojoba based products naturally allow deeper absorption of nourishing ingredients into the skin where it matters

FREE GIFT*

125ml Silken Melon body lotion

*With purchase of 2 or more products. Until stocks last.

the Jojoba company

BEAUTY IS IN OUR NATURE

now \$5.49
SAVE \$1.50!

TOTAL ORIGINAL TOOTHPASTE 110G TWIN PACK

now \$5.49
EACH
SAVE \$4.50!

PLAX 1L

now \$2.49
EACH
SAVE \$2.50!

360° TOOTHBRUSH

now \$2.99
EACH
SAVE \$1!

CHILDREN'S TOOTHBRUSH

now \$2.49
EACH
SAVE \$2.50!

TOTAL ADVANCED TOOTHPASTE 110G

now \$3.99
EACH
SAVE \$4!

SENSITIVE TOOTHPASTE 110G

now \$1.79
SAVE \$1.20!

MAX CAVITY PROTECT JUNIOR 80G

WIN A CANON CAMERA!

Just spend \$10 or more on Colgate products in store to go into the draw to win a Canon camera!



compare our prices!
you will be amazed at the savings

KUOCHCHEMIST
EXCELLENT PRICES EXCELLENT SERVICE

SAVE \$\$\$

special buys



KUOCHCHEMIST
EXCELLENT PRICES EXCELLENT SERVICE

OPEN 7 DAYS

Opening Hours:

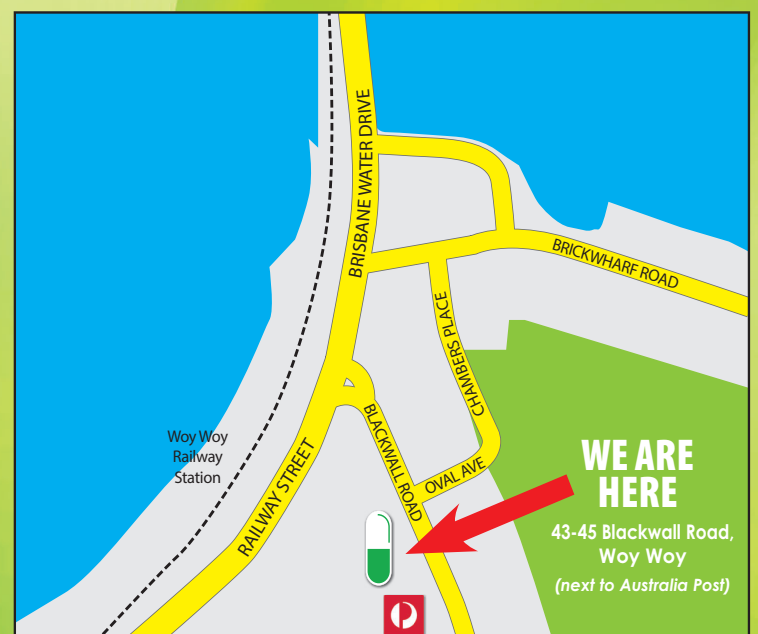
Monday - Friday 8am-8pm

Saturday, Sunday and Public Holidays 9am-5pm

Open Every Day (Except Christmas Day)

43-45 Blackwall Road, Woy Woy NSW 2256

Phone (02) 4341 1101



* Always read the label. Use only as directed. If symptoms persist see your healthcare professionals. Incorrect use could be harmful.

The pharmacist reserves the right not to supply when contrary to our professional and ethical standard. The pharmacist reserve the right to limit the quantity supplied.

Vitamin supplements may only be of assistance if the dietary vitamin intake is inadequate. † Savings are based on supplier's recommended retail price (RRP) and not Kuoch Chemist's normal selling price.

While due care has been taken in the preparation of this catalogue, we take no responsibility of any printing errors or omission. We reserve the right to correct any printing errors.

Prices valid from 02/03/16 - 15/03/16. All products are subject to availability from our suppliers. All products are available at time of printing. Design & Layout - The KDR Group. 02 4365 4010

Education



Pretty Beach Public School Year 4 combined artwork

Students' art on display at Art Gallery of NSW

Year 4 students from Pretty Beach Public School have had the opportunity to display their artwork at the

Art Gallery of NSW.

The Year 4 combined artwork, titled "Darkinjung Land", is on show as part of the Operation Art

touring exhibition.

The artwork highlights Darkinjung's ownership of the land at Pretty Beach by using maps of the local area which students cut up to create a large map of the Central Coast, combining Indigenous styles of painting with conventional techniques.

The artwork will be on display in the State Gallery until March 13 before it continues its journey around the state in a regional tour.

Details of this exhibit and dates and locations for the tour can be found on the Operation Art website.

Newsletter, 18 Feb, 2016

Michaela Bridgman, Operation Art

Don't pay too much for ink!
Refill your empty cartridges!

• **Save up to 60% by buying refills**

Does not invalidate new printer warranty.

Fully guaranteed
Help prevent 18 million cartridges from going into Australia's landfill.



Empty cartridges are collected daily for refilling from -
Paper, Pens and Printing
94 Blackwall Road Woy Woy



Phone:
4322 2857

E: info@centralcoastinkco.com.au - W: centralcoastinkco.com.au

Information sessions for new Year 7 parents

Brisbane Waters Secondary College, Umina Campus, is holding information sessions for parents with students who will be entering Year 7 in 2017.

The first information session for all 2017 year seven students will be held on Wednesday, March 9, at 6pm.

There will be an information session for the S-Class and CAPA class from 6pm on Monday, March 14.

An opportunity to have morning

tea with Brisbane Water Secondary College's principal will be held on Monday, March 21, at 9:15am.

Year 6 students at Peninsula primary schools have been given a postcard from BWSC with these dates.

Also Year 6 students at Ettalong Public School have been given a Year 7 expression of interest form to be filled in and returned to the school.

Newsletter, 1 Mar 2016
Lynn Balfour, Ettalong Public School

School leaders visit Olympic Park

School leaders from Ettalong Public School visited Sydney's Olympic Park on Monday, February 29, to take part in National Young Leaders Day.

They listened to guest speakers, including NSW Police Commissioner Andrew Scipione, disabled swimmer Ben Austin and personal trainer Nathan Want.

National Young Leaders Day was founded in 1997 to develop strong leadership values amongst young Australians.

Children who have been elected by their peers as the Student Representative Council class rep will be presented with their badges on Monday, March 7.

Newsletter, 1 Mar 2016
Lynn Balfour, Ettalong Public School

Coast blinds & shutters

End of SUMMER SALE

Up to 15% off all products and 10% off Plantation Shutters.

All Awnings, Cafe Blinds, Zip Traks and Folding Arm Awnings All Internal Blinds, Roller Blinds, Venetians, Woodweaves etc.

We have over 20 years experience in the industry with trusted Brand Names manufacturers

FREE MEASURE AND QUOTE

Call now on 1300 318 843 or 0435 004 912

www.coastblindsandshutters.com.au



- Meet the teachers
- See the classrooms and playgrounds
- Ask questions
- Meet other parents
- All welcome



Green Point Christian College

KINDERGARTEN 2017
Information Night

TUES 8 MARCH 2016 at 7.30PM

Is your child ready to commence school in 2017?

Come and talk to us about how your family would benefit from your children attending our College throughout their school life, from Kindergarten to Year 12.

Avoca Drive, Green Point 2251 | Locked Bag 1 Kincumber 2251

Enquiries: The Registrar ~ 4363 1266 or email: registrar@gpcc.nsw.edu.au

Volunteer mentors wanted at Umina campus

Volunteers are wanted for the In School Mentoring Opportunity program at Brisbane Water Secondary College Umina campus.

The program aims to benefit the lives of students by providing a positive adult role model to talk to each week.

Volunteers are often retired, parenting at home, studying, or have flexible working hours and are an interested community member of any age.

Current mentors are aged between 25 and 82.

A mentor is required to be a good listener and able to act as a sounding board for ideas and aspirations.

They will spend two hours at the college on Monday mornings until late September.

All volunteers receive TAFE-accredited training before they start mentoring.

The training covers mentoring, active listening and adolescent development and will take place from 8:30am to 4:30pm on Monday, March 21.

The program is designed

to complement each school's welfare team and helps to provide a community of support around those students who could do with some extra encouragement and goal setting to reach their full potential.

It aims to improve relationships and coping strategies, to increase self-confidence and achievement of goals, and to facilitate re-engagement with education and employment.

The program is supervised by a qualified counsellor provided by the Raise Foundation who supports the mentors.

Program counsellor Ms Pippa Sangster said: "An older person's skills and life experiences can make a real difference to a young person, and it just takes a few hours a week, a positive outlook and a genuinely compassionate interest in young people."

"Our mentors make a very tangible difference in the lives of our youth."

Applications will be accepted through the Foundation's website at www.raise.org.au.

**Media release, 22 Feb 2016
Pippa Sangster, Raise Foundation**



Special Ed unit receives help with transport

The Special Education Unit at Woy Woy Public School has received help with transport.

The Ettalong Memorial Bowling Club has been allowing the unit to use its bus to transport students to a variety of activities, including horse riding, gymnastics and excursions.

The school would not have been able to run the programs without the club's assistance.

Gymnastics and Riding for the Disabled have started.

As part of the farm unit, K-6W and K-6PC enjoyed a visit to a chicken farm at Peats Ridge.

The students were able to

hold 10-day old chicks and had a barbecue lunch.

Early Intervention is joining other units and having an Easter excursion to the Hawkesbury River on Tuesday, March 29.

**Newsletter, 2 Mar 2016
Ona Buckley, Woy Woy Public School**

Weekend vandalism

Ettalong Public School was vandalised on the weekend of February 27 and 28, according to relieving principal, Ms Lynn Balfour.

"Flyscreens were ripped off windows, the vertical garden was demolished and store areas were broken into," Ms Balfour said.

"This is really disappointing

considering how much time and effort our school community puts in to make our school a wonderful place to be."

She urged community members to contact Woy Woy Police Station if they have any information.

**Newsletter, 1 Mar 2016
Lynn Balfour, Ettalong Public School**

Will you lose your pension next year?
Act now!



If you are receiving a part age pension, it's vital to get the right information.

In January 2017 about 91,000 part pensioners will no longer qualify for the pension and a further 235,000 will have their part pension reduced. **Are you one of them?**

Register for this free important information session covering:

- Changes to the age pension in 2017 explained
- Practical tips for dealing with Centrelink
- Steps you can take NOW to be prepared.

Venue: Gosford Golf Club, 22 Racecourse Road, Gosford

Date: Tuesday 22 March 2016

Time: 10.30am registration for an 11am start

Register: by Thursday 17 March at ipac.com.au/seminars or call 02 4037 6200

Time for Q&A. Refreshments served.

Pretty Beach Markets

13 March 2016

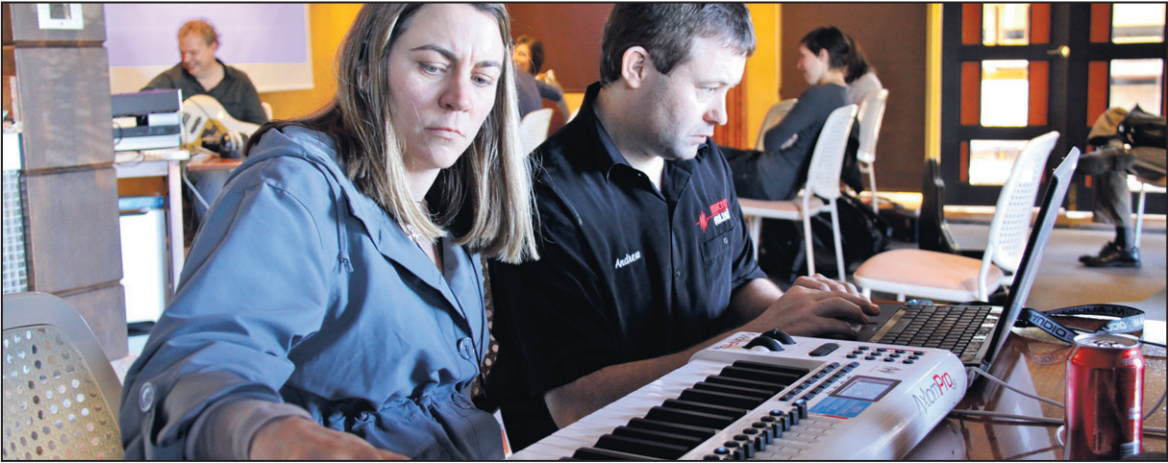
9am - 2pm at Pretty Beach Public School

Sponsored by
NEWSPAPERS
Central Coast

Out & About



Adrian Hannan instructs Karen Anne Waters from Racz 'N Waters and Nick Roberts from October Rage at the last ASC



The onsite recording studio.

Songwriters conference planned for June

The Australian Songwriters Conference will be held at the Ettalong Beach Tourist Resort on the June long weekend.

The conference is open to all ages, all genres and all skill levels and will focus on the craft and business of song writing.

The Australian Songwriters

Conference has been described as a "must do for anyone serious about making a career as an original artist or professional songwriter".

Successful songwriters and music industry executives will discuss their writing, publishing and production.

"Seminars, talks and workshops will teach the secrets

of hit songwriting from the best in the business," said Australian Songwriters Conference founder and coordinator Ms Lisa Butler.

Ms Butler said the conference will also provide a "truly unique opportunity for attendees to pitch their songs directly to the publishers".

The four-day event will also include onsite recording and production, live showcases, and exclusive song contest and opportunities to network with industry professionals and hit songwriters, according to Ms Butler.

Those attending will be able to work with producers in an on-site studio, as well as perform original material to the pros, attendees and the public.

Email, 2 Mar 2016
Lisa Butler, Australian Songwriters Conference

Bouddi Foundation organises exhibition and auction

The Bouddi Foundation for the Arts is organising an exhibition and auction, Self Portraits on Paper, to take place at the Yellow House in Potts Point between March 11 and 17.

All works to be exhibited will be auctioned by auctioneer Mr Andrew Shapiro on Thursday, March 17, at 7pm.

The exhibition, conceived by curator Mr Gavin Wilson, will present works by 24 contemporary Australian artists.

The self-portraits were donated by the artists and all proceeds will go to recipients of Bouddi Foundation grants.

The Bouddi Foundation is a charitable organisation which makes grants to young people on the Central Coast to pursue their passion in the arts - music, film-

making, photography, and other creative endeavours.

Foundation committee member Ms Joy Park said: "The society is making a real impact on young, talented people in our Central Coast community.

"The gala auction will be a great opportunity for collectors, and those new to the experience, to purchase unique works by some of Australia's leading contemporary artists.

"Apart from the thrill of bidding for a prized work, buyers will be happy in the knowledge that all proceeds are going to a worthy cause."

The works to be auctioned can be viewed at www.bouddiarts.org.au.

The Yellow House is located at 59 Macleay St, Potts Point.

Email, 29 Feb 2016
Joy Park, Bouddi Foundation for the Arts

Travel Australia at "see" level!

3 Day | Departs 8 April
Brigadoon Southern Highlands & Berry

- Bargo Dingo Sanctuary • Brigadoon Festival • Kangaroo Valley • Bowral & Mittagong and more...

\$599 pp twin share

5 Day | Departs 9 May
Cotton Tour

- Junee Chocolate & Licorice Factory • Southern Cross Cotton Gin • Catania Fruit Salad Farm • CSIRO Parkes Observatory

\$1,083 pp twin share

9 Day | Departs 14 April
Historic Murray

Ten destinations including: Echuca Discovery Tour, Military & Holden Museums, The Great Aussie Beer Shed, Moama and Paddle Steamer cruise on the Murray.

\$2,012 pp twin share

41 Day | Departs 28 August
WA Safari via Birdsville Races

Alice Springs, Kings Canyon, Ayres Rock, Kalbarri, Monkey Mia, Perth, Albany, Kalgoorlie

Ensuite cabin from 22 to 29 nights: From \$9,680 to \$10,115 pp twin share From \$10,110 to \$11,980 pp single

From \$8,250 pp (40 nights in tents)

Ask about shorter part journey holiday options.

Tours include dinner, bed, hot brekky and entries

Live Shows 'A' Reserve seats Includes: coach & entry.
All 1pm matinees. Pick-ups Doyalson to Woy Woy. *Concession prices.

Fiddler on the Roof 4 May \$115 pp*	Singing in the Rain 20 Jul \$120 pp*
We Will Rock You 4 May \$117 pp*	My Fair Lady 14 Sep \$130 pp*
Georgie Girl 25 May \$110 pp*	

Day Trips Gift certificates available
Pick-ups Doyalson to Woy Woy. Trips subject to minimum passenger bookings.

St Patricks Day lunch \$81 pp Departs 14 Mar	Riverboat Postman Cruise \$79 pp Departs 21 Apr
Pimms & Croquet lunch \$79 pp Departs 7 Apr	High Tea & Harmonies \$73 pp Departs 12 May

Free home pick-ups south of the Hunter River, east of M1 and all Central Coast - extended tours only. Conditions apply.

BOOK TODAY **4353 9050** **ROAD RUNNER** Leisure Tours
www.roadrunnertours.com.au

015 RPT PEN NEWS

PREMIUM MUSHROOM COMPOST

DELIVERED

\$60 deal gives you:

- 12 blocks of mushroom compost
- Free delivery Peninsula - Gosford
- + a freshly picked bag of mushrooms

OR

PICK UP

Varying quantity deals available

167 Blackwall Road, Woy Woy
(opposite Woy Woy Public School) - Assistance to load-in provided every Saturday from 9-11am

Margin's Mushrooms
Farm: 4341 3003
Home: 4344 2468



PENINSULA CAR REPAIRS PTY LTD

Owned & Operated since 1989

Including



26-28 Alma Ave
Woy Woy 2256

Courtesy shuttle service in local area

Tyre & Wheel Alignments

Purigen98 - Tyre Nitrogen now available

Car computer scanning

Manufacturers' Book Servicing available

www.peninsulacarrepairs.com.au



Children used for aerial artwork

American aerial artist Mr Daniel Dancer has created a unique artwork for the Peninsula using local primary school children.

Mr Dancer said he had been hired by Gosford Council to create a giant pelican made out of the children and teachers from three Peninsula Schools to commemorate the opening of the redeveloped Woy Woy Oval.

"The cool thing is that the kids and their teachers become the art; from the air each one becomes a pixel," Mr Dancer said.

He said he was pleased to discover that Woy Woy had a long-standing tradition of aerial art, having created its own aerial art around 100 years ago in the form of the war memorial park in Brick Wharf Rd.

When viewed from the sky,

the memorial park depicts the Australian flag.

All the major animals of the world, from grizzly bears to crocodiles have been subjects for Mr Dancer's aerial artworks.

His biggest undertaking to date was in Holland when 300 schools collaborated to include 5000 children in the aerial depiction of the local windmill with tulips as its blades.

Mr Dancer said his enterprise Artforthesky ran residency programs in United States schools to teach children about climate change.

"As a child I had a fascination with birds and flight and my aerial art has a strong environmental ethic about the importance of developing a new relationship with the sky," he said.

Mr Dancer had first visited the

Central Coast in 2007 when he created art for the shy in the form of a giant whale on the Skillion at Terrigal.

During his visit to Woy Woy, he also created a video incorporating the school children and local pelicans which can be seen online at artforthesky.com.

Interview, 3 Mar 2016
Daniel Dancer, Artforthesky
Reporter: Jackie Pearson

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!

LIVE BABY LIVE
★ **THE INXS** ★
TRIBUTE SHOW

Fri 25 March
Doors open 8pm
Tix: \$15 Members/\$20 Guests

The Martin & Lewis TRIBUTE SHOW

Sat 26 March
Tix: \$30 members / \$35 guests
Doors open 8pm

Ettalong BEACH DIGGERS ...your Destination

51 - 52 The Esplanade, ETTALONG BEACH
Ph (02) 4343 0111 ~ www.ettalongdiggers.com

Free Shuttle Bus
Ettalong Wharf & Woy Woy Wharf

65 Stalls
Supporting local

Umina Beach Markets

3rd Sunday of the month
Peninsula Recreational Precinct near the Surf Club. From 9am-2pm.

Live Music, Street Food, Art, Fashion, Home Decor, Fresh Fruit, Healing Space, Family Fun and much more...

20th March
Next Market

www.uminabeachmarkets.com



Lana Kortchik of Umina has had her first novel published

First-time novelist moves to Umina

First time novelist Ms Lana Kortchik has recently relocated to Umina and released her first book *Savaged Lands*.

Ms Kortchik grew up in Russia when it was still the Soviet Union. At the age of 16, she moved to Australia with her mother. Since then she has lived in Wollongong, South Sydney, the UK and Kings Langley, before deciding to settle in Umina with her husband.

Kortchik became obsessed with historical fiction when she read Alexandre Dumas' *The Three Musketeers* for the first time at the age of nine.

"It was love at first page and from that moment on, I have read everything by Dumas I could get my hands on.

"Alexandre Dumas remains my favourite author, together with Paullina Simons and Jules Verne," she said.

Kortchik first started writing six years ago at university when her history lecturer suggested she give it a go.

Since then, her short stories have appeared in many magazines and anthologies.

She was the winner of Historical Novel Society Autumn 2012 Short Fiction competition and the runner-up of 2013 Defenestrationism Short Story Contest.

Her first novel, *Savaged Lands*, was published on January 8 by Endeavour Press.

Savaged Lands is a story of war and betrayal, of love and forgiveness.

It is set in September 1941 and Hitler's Army Group South occupied Kiev.

A young Soviet girl named Natasha falls in love with Mark,

a Hungarian soldier of Russian descent.

Trapped on opposing sides of the most brutal conflict to ever engulf the Soviet Union, they are forced to keep secrets from everyone they love.

With everything stacked against them and nothing to hope for, the two characters are compelled to fight for their love and their survival.

Kortchik spent three years living in Kiev as a child and says her happiest childhood memories are those of Ukraine.

"When the time came to choose the setting for my novel, I knew it had to be Kiev because the city holds such a special place in my heart," Kortchik said.

"And it had to be Kiev during war because, like many Russians, I have always been fascinated with war stories.

"My grandparents have lived through the period, and I grew up listening to their reminiscing about those times," she said.

Savaged Lands was inspired by one of the short stories Kortchik wrote a few years previously.

"After it was published in

a historical fiction magazine, people would mention how much they liked it and then ask a lot of questions.

"They wanted to know what the political situation was in Ukraine during the war, what life was like for average Soviets, what happened before, during and after the occupation.

"And that's when I knew that there was more to the story than I had first thought.

"I started researching the period of German occupation of Ukraine and reading memoirs and diaries of survivors.

"And that's how the idea of the novel was born.

"Reading about all the places I love as they were devastated by war was an intense experience.

"I hope this intensity is reflected in the novel," Kortchik said.

The book took 18 months to write and another year for final edits and to find a publisher.

"It was a great feeling to finally see it out there and have people read it and say how much they've enjoyed it," she said.

Email, 19 Feb 2016
Lana Kortchik, Umina

KB THAI

Traditional Thai, affordable
Dine in Takeaway

Everything cooked fresh to order.

Online order -
download our App

Open 7 Days, BYO
Lunch - 11.30am to 3.00pm
Dinner - 5.00pm to 10.00pm
www.kbthai.com.au - 4341 0441 - 4343 1392
Opposite Catholic Church at Woy Woy

CLIMB TO THE TOP WITH HAYMES PAINT!

BUY 100 LITRES OF HAYMES PAINT AND RECEIVE A FREE 4FT DOUBLE SIDED LADDER.

PAINT DEALS
Ultra Premium Exterior Solashield 15lt - \$100
Ultra Premium Interior Expressions 15lt - \$100
Elite Professional Ceiling White 15lt - \$66
Elite Professional Sealer Undercoat 15lt - \$78

envirocoatingsaustralia@gmail.com
0417 828 346

Paint Products can be single or mixed. Products must be Haymes Solashield, Interior Expressions, Elite Ceiling or Elite Precoat sealer 15L. White base only. Limit one transaction per customer. Starts February 1st ends March 31st. Only available at stores listed over page. All prices excl GST. Ladder valued at \$130.

A Healthy Being

Your Local Naturopath

Carolyn Purtle
Naturopath
Nurse & Midwife
Natural Fertility
Preconception Care
Women's Health
Pregnancy Massage
Weight Management

Over 25 years experience
Accredited ATMS
All Health Funds Rebates

Umina Beach
Mobile: 0417 287 221

Valid until: 31/2/16 Please bring advert to qualify

Caring for your health & wellbeing... caring for you

ARE YOU A CARER?

Do you or your family members need assistance?
Are you having an operation and need someone to help you at home?
Are you going out or away and worried about leaving a family member alone?

Relative Care Home Support Services can help with great local staff, on time every time.

- Welfare checks
- Shopping
- Cleaning
- Transport to appointments
- 1 to 24 hour care
- Personal care
- Home respite
- Sleep overs
- Social support

Call David or Denise on (02) 4339 7446 or email us on enquiries@relativecare.com.au to find out more.

Putting the care back into homecare...

ADVERTISEMENT



Ticket to Shen Yun 'A Very Special Gift' 'I thought God was there'

BRISBANE, Australia—Sisters, June Singleton and Mavis Gardiner, felt Shen Yun Performing Arts was uplifting and even more beautiful than they had imagined after seeing the performance at the Lyric Theatre on Feb. 27.

"It was beautiful. It lifted us out of the violence in the world now, it just brought beautiful things and peace and happiness. And all the performers, they were so happy and perfect," Ms. Singleton said.

Ms. Gardiner, felt she had also been transported to another realm: "Up there somewhere, my soul soared. It took me up there, my soul went up there. I was just wrapped in the whole thing. It was wonderful!" she said.

Ms. Singleton, a retired school teacher, had bought the tickets as a gift for her sister after she had seen a televised promotion in a supermarket and experienced a strong feeling that Shen Yun was something she had to share with her sibling. At the time the sisters did not know how special Shen Yun was and how wonderful it would be to see it together.

"It was a very special gift, it was a very special gift you gave me," Ms. Gardiner told her sister.

Based in New York, Shen Yun's mission is to revive China's traditional culture which was almost lost under communist

rule.

"Through the universal language of music and dance, Shen Yun weaves a wondrous tapestry of heavenly realms, ancient legends, and modern heroic tales, taking you on a journey through 5,000 years of Chinese culture. Its stunning beauty and tremendous energy leave audiences uplifted and inspired," the website states.

"Mortals and divine beings merge on stage as one. Principles such as benevolence and justice, propriety and wisdom, respect for the heavens, and divine retribution, all come to life, washing over the audience."

——— 66 ———

I felt my soul just soaring. I have never felt like it with any other show.

— Mavis Gardiner

Ms. Gardiner, a volunteer in her church, felt the presence of the divine in Shen Yun. "I felt God was there, it was beautiful. We were crying a couple of times," she said. "I felt my soul just soaring. I have never felt like it with any other show."

"Thank you so much for what you have given us. It was wonderful, just wonderful ... We will never forget it," she continued. "You just soar with it, it lifts you."

"You think it can't get any better and it gets better," she added.

There were so many aspects to Shen Yun that the sisters loved.

"It was beautiful! The colours, the background, everything. It was perfect," Ms. Singleton said.

The Shen Yun Orchestra, a blend of traditional Chinese and classical Western instruments, plays original scores written for each dance which also adds depth to the performance, the sisters noted.

"The music makes it too, the music was beautiful," Ms. Gardner said.

As a teacher Ms. Singleton said Shen Yun would be wonderful for students to see.

"There was so much in this, the history of China, it came through and then the modern, what's happening in China today, that educated us too. It was wonderful, the beauty and the culture, the history, it was beautiful."

"As a teacher, it would be a wonderful incentive for them to learn more, it really would," she said.

The sisters said they would be back next year with family and friends as well.



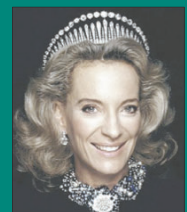
"So inspiring. I think I may have found some ideas for the next Avatar movie."

— Robert Stromberg, Academy Award-winning production designer



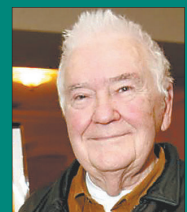
"Demonstrating the highest realm in arts, Shen Yun inspires the performing arts world."

— Chi Cao, lead actor in Mao's Last Dancer & principal dancer with Birmingham Royal Ballet



"I am completely enchanted."

— HRH Princess Michael of Kent



"I have reviewed over 3,000 shows. I will give this production 5 Stars, that's the top!"

— Richard Connema, critic for Talkin' Broadway

Sydney Lyric Theatre

8-13 March

Pirrama Road,
Pyrmont NSW

Ticketmaster: 1300 795 267
ticketmaster.com.au

Presenter Ticketing :
(02) 8988 5611
webticketcenter.com/sydney

TUE	Mar 8	7:30 pm
WED	Mar 9	1:00 pm
THU	Mar 10	7:30 pm
FRI	Mar 11	7:30 pm
SAT	Mar 12	2:00 pm 7:30 pm
SUN	Mar 13	2:00 pm

TICKETS:

■	Premium	\$159
■	A Reserve	\$129
■	B Reserve	\$109
■	C Reserve	\$89
■	Concession/ senior/student*	\$69

神韻晚會 2016

SHEN YUN

Experience a Divine Culture

ShenYun.com
Presenter: Falun Dafa Association of Australia Inc

**ALL-NEW 2016 SHOW
WITH LIVE ORCHESTRA**

TICKETS ON SALE NOW! GET THE BEST SEATS!

A Grand Production Takes You On An Unforgettable Adventure

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 hospitalartaustalia.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 Bouddi 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
Woy Woy support group Woy Woy Bowling Club North Burge Road Woy Woy 3rd Tues 10.30am 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 Support Groups
Small friendly groups formed to learn how to overcome anxiety, depression and loneliness and to improve mental health and well-being. Anonymous, free and open to all. Bring a support person if you like. Weekly meetings at Woy Woy, Bateau Bay and Wyong 1800 558 268 www.grow.net.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 jthomson51@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 cvscc@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. wwchousie@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.ccssoaring.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 0414 576 366 - 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.

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.

Folk club farewells two of its founders

The Troubadour Folk Club has farewelled two of its founders, Marilyn and Frank Russell, who are leaving for Queensland.

Club president Mr Michael Fine said: "They founded the Troubadour club with Cec Bucello more than 16 years ago."

He said the farewell, held at the club's February 27 meeting, was

"sad and very heartfelt".

"They gave us one of their great performances last night which included two, excellent yodelling songs," Mr Fine said.

"Frank revealed himself as one of the great romantics, as he played the song he wrote for Marilyn, Two Hearts, when they married.

"Although there were few dry eyes left in the house, things

brightened up with the presentation of our farewell gifts, cards and tributes.

"Their farewell was brought to a fitting conclusion with Frank and Marilyn leading the Troubadour hall in a hearty rendition of Michael O'Rourke's, Sing Us a Song Boys."

Media release, 27 Feb 2016
Michael Fine, Troubadour Folk Club

Bays group holds fashion show

The Bays Community Group will host the Bays Fashion Show on Friday, March 11, at the Bays Community Hall.

The event will feature original designs from Distant Travellers' "unique clothing designed for real women" featuring the label's new winter collection.

Tickets are \$5 including a free glass of champagne.

The Bays Community Hall is located at 19 Woy Woy Bay Rd, Woy Woy Bay, and the event starts at 7:30pm.

Email, 28 Feb 2016
Gwynneth Weir, Bays Community Group

TIJUANA CARTEL



THE RHYTHM HUT, GOSFORD

FRIDAY 1st APRIL, 7pm

Tickets \$25 pre/\$35 door

BLACK RABBIT GEORGE

ft. Paul George (Tijuana Cartel)

SATURDAY 2nd APRIL, 7pm

Tickets \$10 pre/\$20 door

www.therhythmhut.com.au

The Peninsula Diary of Events

For events in post code areas 2256 and 2257

Monday, Mar 7

In Charge of My Money financial literacy workshops, Peninsula Community Centre, 9:15am to 11:40am and on Mar 14 and 21

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

Wednesday, Mar 9

Free JP service, Umina Library 10am to 12pm

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

Friday, Mar 11

Age Penions Your Choices seminar at Woy Woy Library,

10am to 12:30pm

Bouddi Foundation for the Arts exhibition and auction, Self Portraits on Paper, Yellow House Potts Point until March 17

The Bays Fashion Show, Bays Community Hall, Woy Woy Bay Rd, Woy Woy Bay from 7:30pm

Saturday, Mar 12

Shane Nicholson live, Hardys Bay Club, 7:30pm tickets from Oztix or the Bistro

Sunday, Mar 13

Pretty Beach Markets, Pretty Beach Public School, 9am to 2pm
Worlds Greatest Shave, Sporties@woywoy from 12pm

Monday, Mar 14

Ettalong Beach Arts and Crafts Centre Annual General Meeting, at the centre, 1pm
Umina Library Primary Book Club, 3:30pm

Tuesday, Mar 15

Bridge lessons with Brisbane Water Bridge Club, Peninsula Community Centre, 9:30am, call Sylvia 43423849

Wednesday, Mar 16

Maggie MacKellar author talk

at Kincumber Library, 6pm to 8pm, bookings essential

Friday, Mar 18

Energy Efficiency in the Home workshop, Woy Woy Library, 10am to 12:30pm

Saturday, Mar 19

Opera in the Arboretum, Pearl Beach featuring Teddy Tahu Rhodes

Advanced watercolours workshop, Ettalong Beach Arts and Crafts Centre

Cast Off Food and Wine Festival, Fishermans Wharf, Woy Woy

Troubadour Folk Club featuring Gleny Rae Virus and the Playboys, CWA Hall Woy Woy from 7pm

Sunday, Mar 20

Umina Beach Markets, 9am to 3pm, Peninsula Recreational Precinct, Umina

Monday, Mar 21

Easter Bunny Easter Raffle, Ettalong Diggers Memorial Club, tickets on sale from 5:30pm for draw at 7:30pm

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.

Advertising on an ongoing basis attracts discounts if paid for in full in advance.

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.

Combined online and print advertising

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.

All newspaper advertisements have a minimum of two weeks' shelf life.

GosfordClassifieds.com.au
for online Central Coast
classified advertisements

ANTENNAS

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

Hawkins
C.V. Service
Antenna sales
and installations
TV and Audio
Repairs
4341 8860 - 4341 7332
0473 468272
23 Wallaby Street, BLACKWALL

BATHROOM

TJM Bathroom Renovations
Quality
Workmanship at
affordable prices
Call Tony
0411 678 203
tjmbathrooms.com.au
lic15642c

BOREWATER

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

Bore Water Pumps
Spear pump installations,
repairs & maintenance for
all types of pumps
est 1978
John Woolley
4342 2024

BUILDER

Carpentry - Building
over 30 years
experience
Local know how -
working with pride
and honesty
Paul Skinner
Lic 62898c
0432 216 020
or **4339 2317**

CARPENTRY

Carpenter
(Semi Retired)
Lic 1355c - Fully Insured
For all your home
maintenance
repairs and small jobs
contact Max Hull
for a friendly reliable
service
4342 5893 - 0413 485 286
All quotes obligation free

AJ Donnellan
Carpenter & Joiner
For all your carpentry needs
Specialising in Joinery
30 Years Experience
Call Anthony
0419 611 637
Lic#R92786

MGL CARPENTRY
Carpenter & Joiner
40yrs Experience
Decks, Pergolas, Doors,
Windows etc
Fully Insured - Call Gary
0458 130 829
4341 1346
no labour & materials over \$1000

CLEANING

Weston & Wilson
Cleaning Services
Domestic, end of lease,
holiday & vacate cleans.
Regular or one off.
Fully insured, WWC &
Police check avail.
From \$35 hour.
Maryanne
0403 505 812

DANCE

CENTRAL COAST
BUSH DANCE & MUSIC ASSOCIATION
Experience Folk
Music at its best at
East Gosford
Progress Hall @ 7.30pm
Henry Parry Drive
MARCH 13
Bush Dance
Admission \$15
incl. supper
www.ccbdma.org
for more information
Enq: 4344 6484

Have a premium VIP online advertisement
in gosfordclassifieds.com.au and reach
thousands of viewers for only
\$499 + GST for 12 months

NEWSPAPERS
Central Coast

DOORS&WINDOWS

HUNGWELL DOORS
Mobile Service
Security : Entrance : Interior :
Bifold : Wardrobe Doors :
Aluminium Glass Sliding Doors and
Windows : Blinds : Awnings :
Alluminium Quickslat Screening :
Dog And Cat Doors : Fly Screens :
Locks : Wheels And Tracks
ALL MAINTENANCE AND REPAIRS
Unit 1/14 Alma Avenue Woy Woy
4339 2424
0402 186 546
POLICE MASTERS LIC 409982903
SECURITY LIC 2E409965334
CARPENTRY JOINER LIC 256823C

ELECTRICIANS

BKW
Electrical Services
Lic No:248126C
Lights - Fans -
Power - Reno's
Switchboards -
Security lights
No job too small
Call Ben on
0404 093 299

YOUR LOCAL ELECTRICIAN
Same day service
Guaranteed
Lighting, Power Points,
Phone & Data,
Fault Finding,
No job too small.
Seniors Discount.
Lic number 265652C
4308 6771

ENTERTAINMENT

Slightly Off's Great Old Tales
Slightly Off
Want to have a lot of fun,
unique music at your next event?
Call Leila at 0423 147 797
or find us on Facebook
www.facebook.com/
SlightlyOffMusic

ENTERTAINMENT

The Troubadour
FOLK AND ACOUSTIC MUSIC CLUB
MARCH 19
AT 7PM
PRESENTS
GLENY RAE VIRUS
AND THE PLAYBOYS
CWA HALL
WOY WOY
TICKETS \$12

www.troubadour.org.au
4342 6716

BLUESANGELS
Your total acoustic
blues/roots package,
top to toe, and then
some. Minnie the
Moocher to Eagle
Rock and on into indie
roots, beatnik jazz,
backhills bluegrass
and prog folk.
Available as duo, trio
or band negotiable
for your party, event
or venue.
tomflood@hotmail.com
4324 2801

FOR SALE



Daihatsu Terios
All Wheel Drive
Goes Well
Excellent Condition
225,000km
5 speed 10 months rego
Manual, towbar, electric
mirrors, sound system
\$2950 ono
0410 522 070

Hair Dressing Salon
Est 25 Yrs
All Plant, Equipment
& Stock
WIWO \$25k neg
0417 065 320

Classifieds

HANDY MAN

Handyman Gardening

Also: Chimney sweeping
Parts & repairs
Fencing repairs
House maintenance
Bill Wilson

0415 035 221

KITCHENS

Quality Laminate
Benchtops
supplied and
seconds for sale
R&J Benchtops
Gosford
0456 884 545

LAWNMOWING

Eyecare
Lawnmowing
and Stump
Grinding
Services
Call Jamie
0413 088 128
www.eyecarelawnmowing.com.au

MOBILE MECHANIC

D.T. Central Coast
Mobile Mechanic
*All mechanical
repairs & servicing
*Rego inspections -All makes &
models *Very reasonable rates
*Pensioner discounts
Tim Howell Lic.No. 44 033038
4341 2897 or 0418 603 667

PAINTING

BUCELLO'S
Painting Services
• Residential and
Commercial
• Interior and Exterior
• New Work and Repaints
Free Quotes
All work guaranteed
0410 404 664
wattyl®

**CMK Painting and
Decorating**
abn 2342 9360 036
Home Maintenance
Maintenance
Scheduling
Colour Scheming
38yrs on the Coast
4382 2817
0419 202 609
Lic 27261c

PAINTING

MASTERPAINTER ULTIMATE TRADESMAN

Proud member of Master
Painters and Master builders

Great rates for pensioners
Excellent workmanship is guaranteed

**All aspects of painting also interior plastering
and Dulux Acra-tex exterior rendering**

Fully Licensed, Insured, Dulux Applicator -
qualitytradesman@hotmail.com

 Master
Builders
Association
New South Wales
 **Worth doing, worth Dulux.**
 **CONTACT JONATHAN** 
0466 966 547 
Lic: 217611c

PETS

Dog Walker
/ Minder
Experienced
Cheapest Rates
0413 808 936
Peninsula Area

PLUMBING

 **Buzz Plumbing**
Your local plumbing expert
Local plumber
24/7
Specialising in blocked
drains, Plumbing,
Gas, Hot water
1300 792 696
www.buzzplumbing.net.au

PLASTERING

PHIL BOURKE
PLASTERING
Over 36 yrs exp
Gyprock, Renovations
Small Jobs, Free Quotes
Reliable Service
0418 452 474
Licence No 2107c

POSITIONS VACANT

Experiend
Tilers
wanted!
Start
Immediately
0439 589 426

PUBLIC NOTICE

Car Boot Sale
Woy Woy Peninsula Lions Club
April, 24
9am to 1pm
Great variety of stalls -
& Coffee. Vendors Welcome ~
\$15 per car
Now at Dunbar Road Car Park
NB stall sites not open until
6.30am Cnr. Ocean Beach
Road Woy Woy
Always Last Sunday
(Except December)
Enq: **0478 959 895**

REMOVALS

 **REMOVALS
& DELIVERIES**
Deliveries & Removals, Local
Sydney, Newcastle & Country.
Single items or a house full.
Competitive rates.
02 4342 1479
0411 049 559


ROOFING

Metal roofing
All aspects

Gutters, Downpipes
Skylights
Custom flashings
Grove Installations
P/L

0431 136 092
0404 340 570
Lic 282094c

TELECOMMUNICATIONS

TELSTRA
WOY WOY

Call into Your local Telstra
Store Woy Woy and discover
a better way to connect.

We will provide the best advice
and support for all your
communications needs.
We care about giving you
personal service.

Visit Telstra Store Woy Woy
Shop 24 Deepwater Plaza
24/26 Railway Street
Woy Woy
Ph: 4341 0061

TILING

 **Homes2NV**
Tiling Wall
& Floor
Property
Maintenance
0439 589 426
homes2nv@gmail.com

TUITION

Mathematics
in your home
years 4 - 12
Experienced
qualified teacher
Reasonable rates
0414 592 588

*Subscribe now
and don't miss an edition*

 **Peninsula News**
Community Access

1 Year (25 editions) to Peninsula News \$75

 **COAST Community News**

1 Year (25 editions) to Coast Community News \$75

 **Wyong Regional CHRONICLE**

1 Year (25 editions) to Wyong Regional Chronicle \$75

Phone: 4325 7369 - Fax: 4321 0940
120c Erina Street, Gosford
To order online

www.duckscrossing.org/shop

Name: _____

Ph: _____

Email: _____

Address: _____

Credit Card Number: _____

_____ / _____ /

_____ / _____ /

Exp: _____ / _____

Please complete credit card details or
send a cheque or money order payable to
Central Coast Newspapers,
PO Box 1056, Gosford NSW 2250

NEWSPAPERS
central coast

Office: 120c Erina Street, Gosford
Phone: 4325 7369 **Fax:** 4321 0940
E-mail: editorial@centralcoastnews.net
Website: www.centralcoastnews.net

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.

- **Affordable Roof Solutions** Woy Woy
- **Brad Sedgewick Ettalong**
- **Sharon Martin** - Devine
- **Depp Studios** - Formerly of Umina
- **Stan Prytz** of ASCO Bre
- **Andrew and Peter** of Complete Bathroom Renovations
- **Bruce Gilliard Roofing** of Empire Bay
- **Jamie McNeilly** formerly of Jamie's Lawn Mowing,
- **William McCorriston** of Complete Bathroom Renovations
- **First Premier Electrical Service** of Umina Beach
- **High Thai-d Restaurant** of Umina Beach
- **Bob Murray** of Vetob P/L trading as Browse About of
- **Mal's Seafood & Charcoal Chicken** of Ettalong Beach
- **Simon Jones** - All external cleaning and sealing services
- **Erroll Baker**, former barber, Ettalong
- **Tony Fitzpatrick**, Trading as Futurtek Roof Constructions
- **Tye King** - Formerly The Fish Trap Ettalong Beach
- **Jessica Davis** of Erina - Trading as A1 cleaning services
- **Simon and Samantha Hague**, Trading as By the Bay Takeaway Empire Bay
- **Rick Supplice** of Ettalong Beach, Trading as Rick's Flyscreens

CLASSIFIED
ADVERTISEMENTS
4325 7369

News



A \$2000 cheque presented to members of the Umina Beach Surf Life Saving Club

State lifesaving championships being held

The Umina and Ocean Beach Surf Clubs has just hosted the Junior State Lifesaving Championships from March 4 to 6.

The Masters NSW State Lifesaving Championship will take place at Umina and Ocean Beach on March 9 and 10 and then the premier NSW Opens Surf Life Saving Championships will run from March 11 through to March 13.

The State's premier event has been held at the two beaches for the past three years, attracting thousands of visitors to the Central Coast.

"We are expecting over 7000 competitors during the time and along with 600 volunteer officials as well as up to 15,000 spectators," said Umina SLSC publicity officer, Ms Christine Lavers.

"Umina SLSC has many top competitors who are expected to do well and we will update Peninsula News with their results as they come to hand," she said.

Umina SLSC also recently hosted a group of young student over the age of 17 years from all over the world who are currently studying in Australia and sponsored by local Rotarians.

"Our club captain Jess Thomas as well as other Umina members

gave them an insight to Surf Lifesaving Culture.

"They were shown how to use rescue equipment in and out of the water and given instructions about beach safety.

"The young adults finished off their visit with a friendly barbecue get together with Umina SLSC members," she said.

A Woy Woy supermarket has recently donated \$2000 to the Umina Beach Surf Life Saving Club.

"As a volunteer organisation, we rely heavily on the support of the community," said Umina SLSC publicity officer, Ms Christine Lavers

The donation from the IGA supermarket at Deep Water Plaza was of "much needed funds to keep our beach a safer place for our community and visitors", she said.

Email, 3 Mar 2016

Christine Lavers, Umina SLSC

General assistant retires from Umina

After many years of service, the Umina Beach Public School's general assistant, Mr Hillian, will retire from service on Thursday, March 10.

"Mr Hillian has been at this school since May 2003," said school principal Ms Lyn Davis.

"He has been a part of many school activities and many Splash-a-thons," Ms Davis said.

"Many of our students have lovely memories of these days and Mr Hillian has played a big part in setting them up and packing things away at the end of the day," she said.

"He made improvements to

our hall stage in recent times and has done his best to maintain the school in his time here.

"He has overseen the installations of air conditioning across the school, the placement and removal of demountable classrooms, the installation of interactive whiteboards and of course the building of new classrooms.

"There have been many changes to our school during the time he has served our students.

"We wish him a happy and healthy retirement."

Newsletter, 1 Mar 2016
Lyn Davis, Umina Beach Public School

Students study micro-organisms

Years 5 and 6 Pretty Beach Public School students are studying micro-organisms in science this term.

The inquiry-based unit allows students to explore the microscopic creatures in the world around us.

Most recently the students experimented with yeast,

and watched a bread-making demonstration.

Students were also involved in a master class session and sampled cooking creations from other students as part of homework.

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

Local artists will entertain

Local artists including the Bouddi Blondes, Joel Leggett and Jake Howden will entertain the crowd at the Pretty Beach Markets on Sunday, March 13, at Pretty

Beach Public School.

Mr Howden, of Ettalong, was a contestant on The Voice last year.

In its fifth year, the Pretty Beach Markets is a fundraising initiative held by the school's P and C to benefit the school's students.

The markets will have handmade, vintage and fair trade goods, as well as homemade food and fresh coffee.

The market will run from 9am to 2pm.

Email, 3 Mar 2016
Interview, 3 Mar 2016
Una Davis, Pretty Beach Public School P and C
Reporter: Jasmine Gearie

If you're reading this, so could up to 30,000 other people

Imagine if it was a message about your business.

What would it cost to get your message out to that many people using any other medium?

Don't be fooled by the hype, advertising in this newspaper is by far much better value for money than any other medium.

Not only does it have the reach and readership within the area it covers, but readers can keep the advertisement and refer to it as often as they wish.

Call 4325 7369 to see how inexpensive it is.

NEWSPAPERS
Central Coast

ROCK AUCTION!

Saturday 12th March

10 Ourimbah Creek Rd, Ourimbah
Auction viewing 10am to 12noon
Auction commences 12 noon

Sausage Sizzle 10am
Machinery, Minerals, Jewellery and Rock sales from 9.30am

More info 4362 2246

Cash sales only • Highest or any bid not necessarily accepted
• Every effort has been made to accurately identify all lots, however you must rely on your own opinion as to identify and use of your purchase

That **Computer Guy**

WE FIX COMPUTERS!

4320 6148

Touch association seeks players for winter comp

The Peninsula Touch Association is seeking men, women, boys and girls for its upcoming winter touch competition on the Peninsula.

"Touch is a great sport for people of all ages," said association president Mr Rod Dillon.

"It's fun, a great way to keep fit, make new friends and beat those winter blues," Mr Dillon said.

"We have women's, men's and mixed competitions from first through to fourth division," he said.

Peninsula Touch holds competition games on Wednesday nights at McEvoy Oval, Umina, with games starting from 6pm.

Trials games will start on April

13.

Registration is now open and all teams must register online via the Peninsula Touch website peninsula.touch.asn.au.

Registration fees start from \$850 per team for teams paying electronically in full by March 23.

Greater registration fees are applicable for payments outside this date.

Individuals without a team can also attend and put their name down to be placed into a team.

Players must be 14 years or older to participate at Peninsula Touch Association.

Media release, 1 Mar 2016
Rod Dillon, Peninsula Touch Association



The Hire A Hubby team captained by Umina's Graham Ambrose

Team takes second in fundraising regatta

Umina resident Mr Graham Ambrose was part of a team who took out second place at the recent Heaven Can Wait Charity Sailing Regatta.

The regatta raised money for the Cancer Council's Home Help program.

The team of seven covered the length and breadth of Lake Macquarie over a 24-hour period.

Despite tricky conditions and

losing their navigation gear during the early stages of the race, the team sailed through the night and claimed second overall in the competition.

The team claimed second position in the 12-hour race and eighth in the one-lap dash.

The Heaven Can Wait Charity Sailing Regatta is a major annual sailing event to promote the sport of sailing which aims to raise money for both terminal and recovering

cancer patients who are unable to fulfil their domestic duties due to their condition.

As awareness of cancer related illnesses has grown, and the treatment and survival rates improved, so has the need to provide support programs for patients in need.

The team hopes to raise \$5000 for the cause.

Email, 1 Mar 2016
Annabelle Vo, Respublica

Elections held at annual meeting

Pretty Beach Public School's P and C annual general meeting is scheduled to be held on Monday, March 7, at 7pm in the library.

The P and C executive positions will all be open and interested individuals are invited to stand for a position or come along to vote.

Positions available will be president, secretary, treasurer and

two vice-presidents.

Those who would like to vote or stand for a position must be a member of the P and C.

Those who would like to attend the meeting, and subsequent P and C meetings, do not need to be a member.

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



The Hubby Catalina 320 Emmenar came second overall in the Regatta



Scrumptious Meals
Choose your favourite
Affordable prices
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
Need assistance with shopping, medical appointments or cooking classes?

WE CAN HELP !!

Just call 4357 8444

Sponsored by
NEWSMAKERS
MANNINGSPORTS

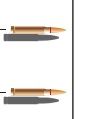


FOOTBALL SEASON IS HERE
BOOTS, HEADGEAR, MOUTHGUARDS
KICKING TEES, BODY ARMOUR, STUDS
NO MATTER WHAT YOUR CODE
WE'VE GOT YOU COVERED



172 Mann Street, Gosford - 4325 1617

www.manningsports.com.au



Sport

Central Coast triples final played at Ettalong

The final of the Bowls Central Coast triples championship was played at Ettalong Memorial Bowling Club on Saturday, February 27.

The Ettalong trio of Lee Trethowan, John Roberts and Aron Sherriff, winners of the previous season's triples championship, established a game-breaking lead of 17 to one after nine ends.

But the Terrigal team of Jeff Watson, James Cook and Darren Morrison, the Central Coast singles champion, were not done.

They won the next nine ends to be within reach at 13 to 17.

After 21 ends, in a 25-end game, they were trailing, 16 to 19.

Bowls Central Coast publicity officer Mr Kevin Dring said: "It was game-on over the closing ends and a good crowd was entertained by some outstanding bowling from both teams."

"Commonwealth Games medallist Aron Sherriff was constantly under the pump and had to dig deep to save the game and take out the title, 21 to 18.

The Ettalong trio now progresses to the Bowls NSW state championships to be held at Ettalong Memorial Bowling Club from October 15 to 22.

Email, 29 Feb 2016
Media release, 28 Feb 2016
Kevin Dring, Bowls Central Coast



Triples championship winners, left to right, Aron Sherriff, John Roberts and Lee Trethowan



Terrigal's James Cook launches a drive



Triples championship runners-up, left to right, Jeff Watson, Darren Morrison and James Cook

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

7 MON	0016 0.46 0641 1.79 1315 0.28 1916 1.53	8 TUE	0107 0.36 0729 1.87 1358 0.20 2001 1.63	9 WED	0157 0.28 0816 1.91 1440 0.16 2047 1.72
10 THU	0247 0.23 0905 1.89 1524 0.16 2133 1.78	11 FRI	0340 0.22 0955 1.83 1608 0.20 2222 1.80	12 SAT	0434 0.25 1046 1.72 1654 0.29 2312 1.78
13 SUN	0531 0.32 1140 1.58 1742 0.39	14 MON	0005 1.74 0633 0.40 1238 1.43 1834 0.51	15 TUE	0102 1.67 0742 0.48 1344 1.31 1934 0.60
16 WED	0207 1.61 0857 0.53 1500 1.25 2045 0.66	17 THU	0318 1.58 1009 0.53 1616 1.25 2158 0.67	18 FRI	0427 1.58 1114 0.51 1721 1.30 2302 0.63
19 SAT	0526 1.60 1205 0.48 1812 1.37 2358 0.58	20 SUN	0615 1.63 1247 0.44 1854 1.44	21 MON	0045 0.53 0659 1.64 1324 0.42 1930 1.50

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

UMINA

BAIT & TACKLE

Large Range of BAIT
Excellent Range
of TACKLE

Open 7 Days
From 6am Weekends and 7.30am Weekdays

LESLIE STREET, UMINA (02) 4341 1686

DAWA SHIMANO YAMATO STILSTAR

CHEAP BAIT FRESH GREEN WEED



Seated from left Eric Tweeddale and Jim Phipps Photo McKinney and Friend



Mark Ella, Lucy Wicks and Gordon Bray Photo McKinney and Friend

Oldest former Wallaby attends rugby union launch

Australia's oldest former Wallaby, 94-year-old Mr Eric Tweeddale, and his close friend, 84-year-old former Wallaby Mr Jim Phipps, were special guests at the Woy Woy Rugby Union Club's season launch on Friday, February 26.

Both are Central Coast residents.

There were seven Wallabies present at the launch, held with an audience of 240 at the Ettalong Diggers Memorial Club, including guest speaker Mark Ella, Tony Melrose, Mick Martin, Lance Walker and Rod Batterham.

Official guests included Federal Member for Robertson Ms Lucy Wicks, Gosford mayor Cr Lawrie McKinna, Gosford Council chief Mr Paul Anderson, John Singleton Group CEO Ms Monique Marks, Ettalong Diggers CEO Mr Bill Jackson, Central Coast Rugby president Mr Larry Thomson and NSWRL life member Mr John Mulford.

"You know you're running a function right when someone travels from the Bahamas to attend, said Master of Ceremonies, Mr Peter Fenton.

This was the case with Don Boorman, who paid his third successive visit and intended the stay for the season opener between Woy Woy Lions and the Avoca Sharks on April 2.

Brilliant Wallaby five-eighth Mark Ella was one of two guest speakers, the other being radio and TV Rugby broadcaster, Gordon Bray, a man who has called all eight World Cups since 1987.

Mark Ella, in a laid back interview with Peter Fenton, told tales of tricks he and identical twin Glen played on coaches who could not tell them apart.

He also spoke openly on his decision to quit international rugby right at his peak.

Gordon's anecdotes included equally stories of veteran commentators from whom he learned his trade and sporting highlights in his career of almost 50 years.

The function was held to raise money for Woy Woy junior and senior rugby and to assist the Umina Men's Shed, which has now profited by more than \$10,000 since the 2013 launch.

Media release, Feb 28
Ross Bryant, Woy Woy Rugby Union

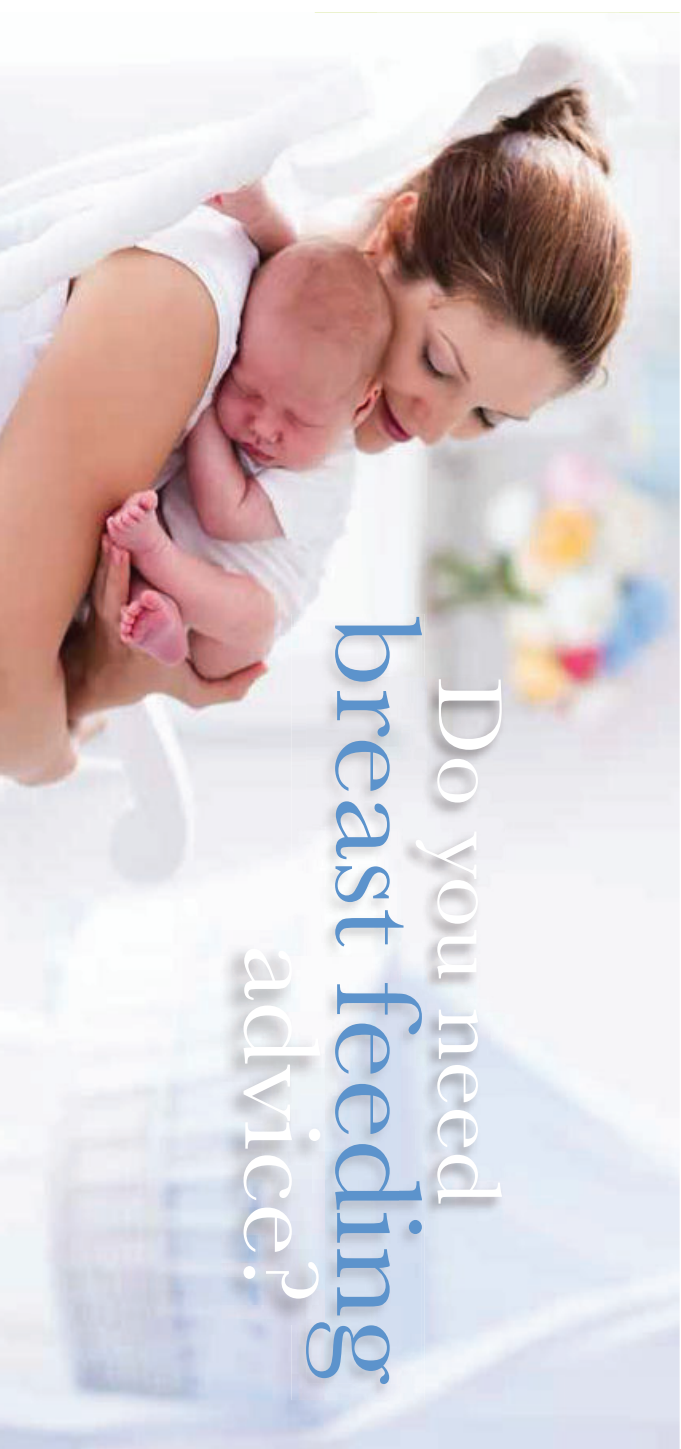
A dog, possibly a Bernese Mountain Dog, is wearing a yellow hard hat and an orange safety vest. It is standing behind a yellow Stanley FatMax level. In the background, there is a wooden structure and a sign that reads "AUSTRALIA'S HARDEST WORKING DOGS".

CAMPBELL BUILDING MATERIALS GO WHERE THE TRADIES GO

MON-FRI: 7am-5pm SATURDAY: 8am-4pm SUNDAY: 9am-2pm
182 Blackwall Rd (Cnr Allfield Rd), Woy Woy. Tel: 4341 1411

HOME

TIMBER & HARDWARE



Do you need breast feeding advice?

Breast feeding doesn't come easy for everyone.

Although most mums initially breast feed their babies, less than half continue to do so after three months and even less after four and five months.

There are many reasons for this:

Tender nipples: The act of breast feeding should not actually hurt but nipple tenderness in the beginning is expected. Allow your baby to self-attach as often as possible while you're both learning, to avoid damage.

Sore, blistered or cracked nipples: Most likely, your baby is not attaching properly to your breast. This means your baby is not receiving enough milk, which can lead to a blocked duct or mastitis. Try repositioning your baby to ensure it has your nipple far enough back in its mouth. Sometimes a minor position change can really help.

Expressing tips: Have a warm drink or shower beforehand and listen to soft music. Express in a quiet environment, free from distractions, and breathe deeply and calmly. Gently massage your breasts and stroke downwards to the nipple,

and gently roll the nipple between your fingers. If difficulties persist, perhaps try an electric breast pump.

Mastitis: Caused by a blocked duct not clearing. Early signs include flu-like symptoms and stressed nipples (red stripes or squashed looking). It's imperative you drain the affected breast often but very gently. This means your baby must continue to feed from this breast and more regularly, but don't avoid using your other breast or it may be next.

Cold packs help reduce swelling and pain. Your bra should be very loose or discarded. Change nursing pads often and avoid using soaps, shampoos and rough towels that dry out or damage your nipples.

Important nutrients: Calcium, iron and iodine are of most concern. Speak to your doctor about your diet to gauge whether you need to take any supplements.

YouSave Chemist has a wonderful range of Mums & Bubs products. Speak to one of our pharmacists if you need some advice.

Cold packs help reduce swelling and pain. Your bra should be very loose or discarded.

Change nursing pads often and avoid using soaps, shampoos and rough towels that dry out or damage your nipples.



PHILIPS AVENT

PHILIPS AVENT baby range*



Pigeon

Having a new baby means making many choices. . . ❤️

PIGEON bottle range*

315 West St
Umina Beach
Ph: 4341 1488

YouSave

CHEMIST

be rewarded!
JOIN TODAY



Monday to Friday - 8.30am - 5.30pm
Saturday - 8.30am - 3.00pm
Sunday - 9.00am to 3.00pm

valid to 31 / 3 / 2016