



Bright sashes were wrapped around special trees in the Brisbane Ave Reserve at Umina for International Day of the Forest and Tree

Trees Day sashes protest Council plans

Residents who live around the reserve at 195 and 196 Brisbane Ave, Umina, wrapped trees in the reserve in sashes to mark the International Day of the Forest and the Tree on Sunday, March 20.

Their action was part of the Save Central Coast Reserves

campaign.

Bright coloured sashes were wrapped around special trees in reserves on the Peninsula to mark the community's opposition to plans by Gosford Council to reclassify and potentially sell several reserves.

Trees in the Jumbuck Cres Reserve in Woy Woy were also dressed in red sashes for the

occasion.

Reserves in Pozieres St, Umina, Abion St Umina, Mackenzie Ave Woy Woy and Jumbuck Cres Reserve in Woy Woy are also under threat of being reclassified from community land to operational land which could result in their sale.

Email, 21 Mar 2016
Amie Raz and Sue Chidgey,
Save Central Coast Reserves



A tree in Jumbuck Cres Reserve at Woy Woy was decorated for International Day of the Forest and Tree

THIS ISSUE contains 42 articles - Read more news items for this issue at www.peninsulanews.info

NEWSPAPERS

central coast

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News

Peninsula News

Community Access

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

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

See www.peninsulanews.info for all editions published

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Contributions

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

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Woy Woy Community Media Assoc Inc

2016 Membership Application

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

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

Cumulative Monthly Rainfall by Year

Month	2013	2014	2015	2016	12 Yr Avg
1	200	100	300	150	200
2	350	200	500	300	350
3	500	300	750	450	500
4	650	400	1000	550	650
5	800	500	1150	650	800
6	950	600	1250	750	950
7	1050	650	1300	800	1050
8	1100	700	1350	850	1100
9	1150	800	1400	900	1150
10	1200	900	1450	950	1200
11	1250	1000	1500	1000	1250
12	1300	1100	1550	1050	1300

Peninsula scores twice average rainfall

The rainfall recorded for March on the Peninsula was 237.5mm, more than twice the monthly average for March.

The total was 124.5mm or 110 per cent more than the March average of 113mm, according to figures supplied by Mr Jim Morrison of Woy Woy.

Almost all the rain fell in the second two weeks of the month.

Heavy rain was recorded on three days – March 15, 16 and 21 – with falls of 54.7mm, 80.5mm and 67.8mm respectively.

The total for the first three months of the year is 52.7 per cent above average for this time of year, with 603mm recorded, compared to the average of 395mm.

Spreadsheet, 1 Apr 2016
Jim Morrison, Woy Woy

YOUR CHANCE TO WIN

Peninsula News and the Taronga Western Plains Zoo would like to offer three readers the chance to win family passes (for two adults and two children) to visit the Zoo at Dubbo.

The zoo is currently buzzing with baby animals of all shapes and sizes, including four giraffe calves and three Rhino calves.

There have been some major breeding successes at the zoo lately with lots of new arrivals include Rhino calves, African wild dog pups and Giraffe calves.

Last year, in a first for the zoo, a calf was born to each species of Rhino at the Dubbo Western Plains Zoo: never before have there been three different Rhino calves from three different species at the same time.

To win one of the three double passes, write your full name, address and a day time phone number on the back of an envelope and send it to Peninsula News Western Plains Zoo Competition, PO Box 1056 Gosford NSW 2250.

Entries close 5pm Thursday, April 14.

The winners of the Peninsula News Legendary Voices of Rock

Photo Rick Stevens

White Rhino mother and calf.

Competition were D Marin of Umina, M Botrel of Bensville and A Dyble of Ourimbah.

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Transport for NSW claims rail underpass talks continue

The State Government department responsible for progressing the Woy Woy rail underpass, Transport for NSW, has claimed it is continuing to liaise with Gosford Council.

No progress has been made on the \$36 million second stage of the project in six months, and Gosford Council claims the department has not responded to its letters.

However, the transport department has claimed in a statement to Peninsula News that it was continuing to liaise with Gosford Council on the next steps in the Rawson Rd level crossing replacement project at Woy Woy.

The statement said that the NSW Government had committed \$45 million over five years as a special grant to Gosford Council for the upgrade of Woy Woy Rd and a new rail underpass at Bulls Hill.

The objective of those works was to close the existing Woy Woy rail level crossing.

"A further \$7 million was then committed in February 2015, bringing the government's total contribution to \$52 million.

"Transport for NSW is continuing



No timeframe for commencement of work on stage two of railway level crossing replacement

to liaise with Gosford Council on the next steps," the statement said.

The statement was issued on Sunday, March 20 in response to questions sent by Peninsula News on Wednesday, March 16.

The statement did not address questions about which parts of stage two of the Rawson Railway Level Crossing Replacement Project were the responsibility of

Transport for NSW.

It did not respond to a request for specific and detailed information about the designs and costings it had been working on for the rail bridge that would be required for the level crossing to be closed.

It did not say when those designs and costings would be finalised.

It did not answer questions

about when it expected work on stage two of the project to commence or be completed.

Member for Gosford Ms Kathy Smith said: "Unfortunately the NSW Baird Government is keeping its options and plans for the long-awaited underpass close to its chest.

"The Peninsula community deserves to know what is

happening with this project," Ms Smith said.

"We hear of the unexplained cost blow-out for the work but we won't accept this as an excuse to cancel the project.

"I will certainly be continuing to push for answers from the Minister and Mr Scott MacDonald, the Parliamentary Secretary, until we get them to stop ignoring us," she said.

Gosford Council's director of construction and operations, Mr Stan Antczak, said on March 17 that the council was waiting for formal advice from the state minister about the future of the project.

The Rawson Road Level Crossing Replacement Project was approved by the Joint Regional Planning Panel in December 2013 and was to be completed over four stages.

The first stage of the project was completed in 2015.

It included the Rawson Rd pedestrian underpass and augmentation of the existing rail bridge on Shoalhaven Dve.

**Media statement, 20 Mar 2016
Transport for NSW
Email, 21 Mar 2016**

Kathy Smith, Member for Gosford

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Residents call for action

Residents in at least eight Umina streets are calling for urgent action from Gosford Council to take steps to fix local flooding.

The residents of Lovell Rd, Umina, are increasingly concerned that a sink hole is forming under their street and they want action from Gosford Council to fix the regular and worsening flooding.

"We have a serious flooding issue that is occurring in Veron Rd, Sea St, Lovell Rd, Connex Rd, Shepherd St and Glenn St, Mackenzie St and Onslow Ave, Umina," said Mr Tony Maddern, who lives in Lovell Rd.

According to Mr Maddern, the flooding issue is equally serious

and needs equal attention in all streets.

However, as resident of Lovell Rd, he said he felt best informed to speak about the situation developing in his own street.

"Whenever there is torrential rain for more than 20 minutes, Lovell Rd floods where the road dips down, approximately between numbers 10 and 40 (at the Veron Rd end)," Mr Maddern said.

"Flooding reaches approximately 50cm to 70cm deep in the middle of the road near numbers 19 and 20 Lovell Rd," he said.

"Flood water from waves caused by vehicles passing through the flooded water has also entered the houses at numbers 16 and 20 Lovell Rd."

According to Mr Maddern, on

Wednesday March 16, he and residents at 15 and 19 Lovell Rd, observed a continuous stream of bubbles coming from the road between 19 and 20 Lovell Rd for the period of the flood, which was from approximately 7am until 11:45am.

"This to me indicates a potential sink hole forming, or at least a serious issue with the drainage," he said.

"The drain at 20 to 22 Lovell Rd appears to be in very poor condition and at risk of collapse or failure.

"It seems to be buckled due to subsidence.

"In Onslow Ave and Mackenzie Ave, at the junction where these two streets meet, the land dips down.

"Flooding is not helped by a third-world style drainage ditch.

"There was a further flood in the area on Sunday, March 20.

"Residents who have lived in Lovell Rd for over 25 years have told me that flooding never used to occur until housing was built on the hill behind us at the Panorama Park Estate, where Kingsview Dve is.

"I also believe that what seems to be unregulated construction of granny flats, sub divisions and multi-dwelling housing being built in large numbers in our area is making the flooding issue worse, due to less green space being available to soak up rain.

"More roofs are channelling water straight into the storm water drains causing more pressure on

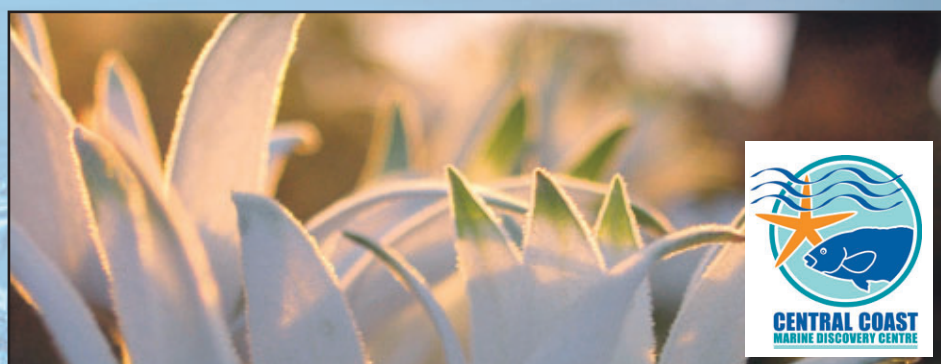
our drainage infrastructure, which is no longer able to cope.

"When I spoke to residents at 19 Lovell Rd last week, they told me that they had asked the Gosford Council to deal with this problem previously, but were given an excuse that the creek where the storm water flowed into needed to be dredged, but a Green Party politician in the NSW state Government had blocked this from happening.

"I believe that our storm water drains into a channel behind the Brisbane Water Secondary School at Umina, which flows into Correa Bay at a drainage outlet at Approximately 125 Woy Woy Rd, near the Hammond Care nursing home.



Community Environment Network



If you're looking for a chance to immerse yourself in the notoriously inviting waters of the Central Coast one last time before the winter season hits, then the Community Environmental Network has the perfect proposition for you.

Located on Terrigal Drive, the Central Coast Marine Discovery Centre is welcoming families to enjoy sea-side activities and tours during the school holidays, providing both knowledgeable education and fun experiences for those interested in sea life.

Further research was then undertaken to create a multi-faceted approach to recognise the marine and coastal environment and its social and economic factors for the Central Coast.

It has since become a popular tourist spot for those visiting the Coast.

Rockpool rambles this school holidays

The Marine Centre's current major holiday event "Rockpool Ramble" invites adults and children to the beaches of Bateau Bay to slip-slop-slap and become marine biologists for an hour of morning fun alongside the Marine Centre's own trained professionals.

This program will run on Friday, April 15, and Monday, April 18, through to Wednesday, April 20. More information available at www.ccmdc.org.au. Bookings essential and numbers are limited.

Prices for this event are minimal: \$4 for children and \$6 for adults and bookings are essential to ensure that numbers can be finalised.

With school holidays one week away, the Marine Centre is also preparing activities for children up to 12 years who would rather investigate the sea from inside the Marine Centre.

These activities include painting, colouring, microscope exercises, quizzes and competitions to give children a greater understanding and appreciation of catchments, coasts and oceans within the community. Parents can sit, watch and enjoy a cup of tea or coffee from the Marine Centre café while children are entertained by the experts.

Tours with Marine Centre staff can be tailored for specific groups such as school groups, disability or special support groups and families. Tours for non-school groups can be booked via the website. <http://www.ccmdc.org.au>

Admission during the school holidays is 10am - 4pm (with the last admission commencing at 3pm).

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

to fix local flooding

"The flooding problem is worsened by people ignoring the fact that they can clearly see water over the road and warning signs put out by council workers.

"They often drive through the water quickly, causing large (up to 15cm) waves.

"Many people have also had major flood damage to their cars and car engines caused by driving through the flooded water.

"I dragged a woman's car out of the flooded water.

"She had ignored the warning signs, the fact that the road was flooded.

"Her car and engine were flooded.

"The only reason that I towed her out was because she had her two teenage daughters in the car with her.

"Last year I assisted a woman in the same situation, but she had also ignored me after I stopped her and advised her not to drive through the water."

The residents are calling for their storm water drains to be flushed immediately, to clear out all blockages and sand build up.

They want storm water channels that run into nearby creeks, Brisbane Water and the sea to be dredged and flushed regularly.

"We want Gosford Council to suspend approving the construction of multi-dwelling houses and granny flats until



20 Lovell Rd almost an island



Stranded cars in Lovell Rd



Corner of Sea St and Veron Rd on March 20



Weeds blocking the drain in Grafton Ave towards Correa Bay

the drainage system has been upgraded," Mr Maddern said.

Residents are also calling for an upgrade of local drainage infrastructure to occur to provide for all new and future buildings and

drainage needs.

"I do understand that upgrading our drainage system is an expensive task and will need state government assistance.

Mr Maddern said he had invited

residents in affected streets to a short meeting on Saturday, April 2 to discuss the issue and start a petition.

"This issue is affecting the cost of insurance premiums, the value of our homes, as well as potentially

the loss and damage to our property caused by flood damage.

"I'm one of the lucky ones, my house has never been affected by flooding yet."

Emails, 24 Mar 2016
Tony Maddern, Umina



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Council should install signs at Pearl Beach, says Smith

Gosford Council should install signs about the strong whitewash at Pearl Beach following the findings of the Coroner into the death of Chayce Kofe Kelly a year ago, according to Member for Gosford Ms Kathy Smith.

"The coroner's findings are now available and recommendations are straight forward and clear," she said.

"The authorities must do something to protect residents and visitors alike.

"There has been great neglect of duty and dodging of responsibility with the issue and I urge those in a position of responsibility to act without delay to avoid more deaths on this deadly stretch of beach."

The recommendations stated that the Gosford Council give consideration to amending its Beach Management Policy so warning signs could be erected about the strong whitewash and other natural hazards present along Pearl Beach's northern shoreline.

The signage should be erected at access points to Pearl Beach including Mt Ettalong headland tracks between Umina Beach and Pearl Beach.



Dangerous conditions at Pearl Beach during the search for Chase Kofe Kelly

The recommendations also stated: "The Department of Primary Industries and Lands give consideration to any application submitted to the Public Reserves Management Fund by Gosford Council for funding for the erection of warning signage on Crown Land managed by Council about the strong whitewash and other natural hazards present along Pearl Beach's northern shoreline.

"The Pearl Beach Progress Associations signage remains in place unless it is replaced by Gosford Council signage."

Ms Smith said: "Praise must be given to Pearl Beach Progress Association who have taken the initiative to design, manufacture and display signs themselves in order to warn people away from these waters."

She called on the Gosford

Council to implement a system to record and track adverse water events that occur on beaches contained in schedule one, part two of its Beach Management Policy.

"The system should pay particular regard to the beaches, which are never supervised, and those supervised beaches during periods when they are not subject to lifeguard supervision.



The only Gosford Council signs at Pearl Beach do not relate to the unsafe surf conditions

"The system should also include public education about how to make notifications and why notifications are important for public safety management planning."

Ms Smith said she had been campaigning for safety signage at Pearl Beach since mid-July.

She said it had been a year since the drowning death of Chayce Kofe Kelly at the northern end of the beach, with no action taken by the council or state government to alert people to the dangers on that stretch of beach.

Media release, 21 Mar 2016
Kathy Smith, Member for Gosford

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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



Groundwater not used for town supply, says council

A multi-million dollar groundwater extraction scheme built by Gosford Council about 10 years ago to augment the Peninsula's drinking water supply is not currently being used for the purpose, according to the council.

The scheme includes bores sunk across the Peninsula and a water treatment plant at the council depot in Ocean Beach Rd.

The treatment plant can process five million litres a day to the same standard as Somersby and Mardi Water Treatment Plants.

The borefield and the water treatment plant, are listed as part of the Central Coast water supply system.

"The Woy Woy Groundwater Scheme was developed primarily as a drought contingency measure and as such we're currently not extracting any groundwater for the drinking water supply system," said Council's director of construction and operations, Mr Stan Antczak last week.

Mr Antczak said the scheme could also be used as an emergency water supply for the Peninsula, especially if a major water main break happens.

"We undertake regular, extensive monitoring of the Peninsula's groundwater, in-line



The Woy Woy Bore Water Treatment Plant

with our licences issued by the NSW Department of Primary Industries, Water," Mr Antczak said.

"This includes monthly water level measurements to monitor any changes to groundwater table levels and the collection of samples for laboratory analysis," he said.

Gosford Council has licences to extract up to 1400 million litres of groundwater each year on the

Peninsula.

Ground water extraction is regulated by the NSW Department of Primary Industries - Water.

"We provide the department with monitoring data when it requests it and during licence renewals," Mr Antczak said.

"Council's monitoring results do not suggest that salinity is an issue for the Peninsula's groundwater," Mr Antczak said.

In 2012 the NSW Department

of Primary Industries, Water, issued risk assessment guidelines for groundwater-dependent ecosystems and used the Woy Woy borefield as a worked example of a pilot coastal aquifer.

Collectively the licensed demand on the Woy Woy groundwater resource totalled 2520 mega litres per year, according to the study.

Licences were issued to individual residents, as well as organisations, business and the

council.

Of the total allocation, about 696 mega litres was for "access class licenses" for recreation such as watering sports grounds and parks.

Private domestic use accounted for 598 mega litres per year and 1225 mega litres was for Gosford Council's town water supply, according to the department's report.

The larger licensed groundwater users were listed as Everglades Golf Course and Gosford Council.

In 2012, according to the study, the Woy Woy water treatment plant produced between 2.5 and 4.9 megalitres per day from the 14 production bores.

The report stated that the Gosford Council's network consists of nine bores established to monitor saltwater intrusion, 32 bores for general water level monitoring and another nine bores for general water level and quality.

"Some additional groundwater monitoring is also undertaken by those access class licenses with large entitlements as part of the license conditions," the report said.

Media statement, 29 Mar 2016
Stan Antczak, Gosford Council
Risk assessment guidelines
for groundwater dependent
ecosystems,
NSW Department of Primary
Industries, 2012

Afternoon Tea with Tanya

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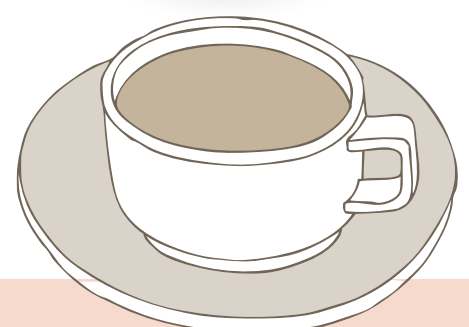
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News



Palm Beach Ferries representatives have discussed the state of the Brisbane Water channel with the member for Gosford Ms Kathy Smith

Smith calls for government to dredge channel

Member for Gosford Ms Kathy Smith has called for the State Government to dredge the Ettalong channel.

Ms Smith said she had met with representatives of Brisbane Water Marine Rescue and Palm Beach Ferries, which had continued to express their concerns about the silting of the Brisbane Water channel at Ettalong.

"I was advised there is every likelihood that ferry services will be cancelled as the conditions worsens and the Baird Government doesn't even acknowledge responsibility for the work to be

done let alone getting on with it.

"Many people commute via the ferry and many kids who attend schools on the Northern Beaches and beyond are users each school day.

"In January 2016 in excess of 22,000 people travelled on the Ettalong-Palm Beach service, proof indeed of the need for continuity of service.

"It is vital to the community and to our local economy.

"The danger to both leisure and commercial craft is increasing and we don't want a disaster on our doorstep – a disaster that can so

easily be prevented for what is a few measly dollars.

"This is yet another area that I am fighting to get answers on from the Baird Government.

"The Peninsula community is being ignored and it must stop.

"We are entitled to equity of access to our government and its services and we will fight for that right," she said.

"I will continue to work on getting a commitment from the NSW Government to dredge the dangerously silted up channel at Ettalong."

Email, 21 Mar 2016
Kathy Smith, Member for Gosford

Mingaletta holds garage sale

Mingaletta will be holding its biannual garage sale from Friday, April 8 to Sunday, April 10.

This is a major fundraising event for Mingaletta so community support is most welcome.

The Mingaletta Aboriginal and Torres Strait Islander Corporation came into existence in November 2002 as a result of a community consultation held in July 2002.

It is a non-profit community organisation, which became incorporated on October 2, 2002, as an Aboriginal Corporation.

Mingaletta recently held events to recognise Close the Gap Day

where a group of students from The Croft at Umina campus of Brisbane Water Secondary College attended to accept certificates of appreciation for their contribution to painting the feature wall at Mingaletta in recent months.

It was a day of celebration with a guest speaker from the Northern Territory.

A barbecue lunch and cake were enjoyed by all in attendance.

Mingaletta's Auntie Di O'Brien has received a leadership award at the recent International Women's Day celebrations.

Email, 29 Mar 2016
Mingaletta ATSC

Local bank branches host state conference

The Ettalong Beach Community Bank is one of three locally-owned banks that has hosted the NSW/ACT Community Bank State Conference.

The conference ran from Wednesday, March 30, to Friday, April 1, attended by 160 Community Bank volunteer directors, branch managers and bank staff.

Since the first community bank opened on the Central Coast almost 16 years ago.

Ettalong, Wyong, Kincumber and East Gosford Community Bank companies have returned more than \$1.2 million in profits to the community through shareholder dividends, sponsorships and grants.

The banks now fund programs like Ryda, a Rotary driver education initiative that's so far supported 20,000 teenagers on the Central Coast.

Media release, 29 Mar 2016
Denice Kelly, Bendigo Bank

Van Davy

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 - (i) the use of offshore tax "havens" to avoid paying tax
 - (ii) politicians superannuation and other extreme self-gifting.
- To help me prepare a Private Members' Bill to move in the Parliament ... to create a NATIONAL Independent Commission Against Corruption.

Authorised by Van Davy, 40 Cornelian Rd, Pearl Beach NSW mobile/txt: 0414 310 968

Meeting announced amid dispute over police numbers

A community meeting with Member for Gosford Ms Kathy Smith and representatives from the NSW Police will be held at Ettalong Diggers Memorial Club on April 6.

Ms Smith announced the meeting while drawing attention to the fact that the number of officers in the Brisbane Water Local Area Command had fallen by 40 between 2011 and 2016.

"Latest figures from NSW Police, reveal that when Labor left office in 2011, the authorised strength of the Brisbane Water LAC stood at 236, but in January of 2016, this number had declined to 196," Ms Smith said.

"Police are bracing for further cuts, as the Minister for Police announced an audit of police resources to be conducted by Accenture Consulting," she said.

"Accenture were responsible for recommending the slashing of 2500 police jobs in the UK under a similar audit."

The decline in police numbers has occurred at the same time as a sharp rise in drug-related crime, according to Ms Smith.

"In the Gosford Local Government Area alone, the number of drug offences has doubled in just five years," she said.

"The Central Coast has already suffered from five years of declining police numbers under this Liberal Government.

"Our police do an amazing job and need to be supported in the face of increasing drug-related crime.

"It is time for [the minister] Mr Troy Grant to stop playing with the numbers and deliver additional police for the Central Coast," Ms Smith said.

NSW Police Media issued a statement saying that the "drop" of 40 officers was due to a restructure and that the officers still served the Brisbane Water area.

It said the overall number of

officers serving the area had actually risen.

"The Brisbane Water Local Area Command authorised strength reduced by 40 from 236 to 196 between March 2011 and February 2016 due to the restructure of the Highway Patrol and Transit functions within the NSW Police Force," the statement said.

"The number of Highway Patrol officer positions based in the Brisbane Water area increased from 24 to 25 between March 2011 and February 2016.

"The number of transit (now called transport) positions in the area increased from 16 to 20.

"The total number of authorised positions based in the Brisbane Water area increased from 236 to 241 between March 2011 and February 2016."

Media release, 26 Mar 2016

Kathy Smith, Member for Gosford

Email, 30 Mar 2016

Danny Sullivan, Brisbane Water Local Area Command Reporter: Jackie Pearson



Grant recipients enjoy high tea at the Hidden Courtyard Cafe in Woy Woy with member for Gosford Ms Kathy Smith

High tea for community grant winners

Member for Gosford, Ms Kathy Smith, has hosted a celebratory high tea for the successful Community Building Partnership Grant applicants at the Hidden Courtyard Cafe in Woy Woy.

"It was a great pleasure to meet the people behind the worthy project applications and to hear of the work being done by these organisations for the benefit of our community," Ms Smith said.

"I know all present also enjoyed meeting each other and discussing their work and ideas.

"It can only be a positive process when we get community-minded people together like this with the beneficiaries being the local residents they are providing services for," she said.

The grants are made each

year to provide local community organisations with funding for their projects.

Among this year's successful applicants for projects on the Peninsular were the Umina Beach Police Citizens Youth Club to fund safe and secure storage facilities at the club, Life Education NSW for a wheelchair lift, and Vinnies Woy Woy to fund their emergency support and response centre.

The Catholic Diocese of Broken Bay received a grant for Mary Mac's Place at Woy Woy and Gosford Council received a grant for a major upgrade at the Trafalgar Ave playground in Umina.

HammondCare was a grant recipient for its dementia care work at Woy Woy.

Email, 3 Mar 2016

Jane Letteri, Office of Kathy Smith

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Seniors Week concert held in Ettalong

The Ettalong Diggers Memorial Club was the venue of the Peninsula's annual Seniors Week Concert.

Labor candidate for Robertson, Ms Anne Charlton, said she was delighted to join Senator Deborah O'Neill, and State Member for Gosford Ms Kathy Smith to host the Seniors Week concert for more than 200 locals.

"It's a fantastic opportunity for older Coasties to get together and celebrate talent and hard work in our community," Ms Charlton said.

The New Empire Ballroom Ragtime Dance Orchestra delivered an energetic repertoire of ballroom classics that were much enjoyed by the audience, she said.

"I appreciated the opportunity to raise valuable funds for the Woy Woy Hospital Ladies Auxillary," Ms Charlton said.

"Sometimes nothing beats listening to the old time ballroom tunes."

Ms Charlton also joined in presenting four Parliamentary Community Service Awards that acknowledge the hard work of local volunteers.

"It is so important that we recognise the vital contribution seniors make to our community," Ms Charlton said.

"This is a perfect opportunity to make sure their efforts are rewarded."

"Our community benefits from a wealth of talented volunteers



Anne Charlton (centre in white) with the New Empire Ballroom Ragtime Dance Orchestra at the Ettalong Diggers Seniors Week concert

who make our community a very generous place to live and raise a family.

"It was an honour to stand with Senator O'Neill and be part of the presentation of the 2016 Parliamentary Awards to some very deserving locals."

A national medal was presented to Mr Frank Jenner of Woy Woy at the event.

Frank began working for State Rail in 1955 and retired in 1987.

He started working as a train guard but worked his way up in the organisation to become a senior patrolman.

As a result of his service, Frank was awarded the National Medal.

The medal recognises long and diligent service by members of government organisations who risk

their lives to protect or assist the community with law enforcement.

The 2016 Parliamentary Award for Health and Safety of the Community was awarded to Ken and Nancy Schneider of Umina for their involvement in the St John Ambulance.

Ken is the superintendent of North Rocks cadet division and Nancy is president.

This involves a journey to North Rocks every Friday to attend meetings.

On the Central Coast, they both carry out volunteer first aid duties and attend meetings for the Central Coast adult division.

In addition, Ken teaches first aid in schools.

Media release, 31 Mar 2016
Rhys Zorro, Office of Anne Charlton

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Council approves additions to dwelling

A development application for additions to a dwelling, along with a new garage, decks and an inclinator in Orange Grove Rd, Booker Bay, has been approved by Gosford Council, subject to conditions.

Council received 13 public submissions relating to the application for additions to the low-density, 601 square metre residential property.

The site is on the south eastern side of Orange Grove Rd with the rear boundary having direct Brisbane Water frontage.

“The topography is steep to very steep, falling 16 metres from the road frontage to the rear boundary,” according to a staff report submitted to the March 8 ordinary meeting of Gosford Council.

“The site contains a two-storey brick and tile house with a garage located below the road level accessed via a very steep driveway,” the report said.

“There is an existing stair down to the rear boundary where there is a boat shed partially within the property and partially extending over the waterway.

“There is also a timber jetty

extending into the waterway.

The proposed development included: a double garage constructed over the existing garage at road level; existing garage converted into rooms; steep driveway adapted to provide private open space; addition to the front elevation of an extended entry area; rationalising existing internal layout; extending existing living area and family room; construction of new upper and lower decks on the water side of the house; and installation of an inclinator to access the waterfront from the house.

Submissions received by council in relation to the development were concerned with its proposed height, building envelope, overshadowing, privacy and view loss, all of which have been addressed, according to Gosford Council.

The subject property falls within the coastal zone, as defined by maps issued by the NSW Department of Planning and Environment.

“The relevant matters have been considered in the assessment of this application and are considered consistent with the stated aims and objectives,” the report to council said.

“The proposed development

does not have a significant impact on the amenity of the foreshore or cause any significant loss of views from a public place to the foreshore,” was one of the conclusions made about the application in relation to its coastal zone consequences.

In terms of the development’s compliance with Gosford Development Control Plan 2013, the report found that it did not comply with front setback minimums, with car parking or some height restrictions but did comply with all other controls.

In relation to front setback, the report to council concluded: “It is noted that, due to the topography of this section of Orange Grove Rd, there are many structures located closer to the road boundary than the six metre building line adopted by the Development Control Plan.

“The view along the street frontage and to water frontage is very limited due to existing development and there are many examples of car accommodation constructed forward of the building line.

“Having regard to the existing streetscape and many existing structures forward of the building line within the immediate vicinity of the site, the proposed setback is

considered reasonable.”

As for car parking: “It would be difficult to widen the garage to strictly comply with the six metre internal clear width.

“The variation is minor and strict compliance would be unreasonable in the circumstances.”

The northern side height variations were found to be reasonable but the plans proposed substantial non-compliance with the building envelope on the southern side elevation but the applicant amended their plans to comply with the building envelope.

The report acknowledged the proposed development would have “an impact on views from the adjoining property from the side balcony area across the side boundary.

“However, the best views obtained from the rear deck will not be affected as the proposed development is setback behind the line of the adjoining deck.

“Consequently it is considered that the development is consistent with the planning principles for view sharing as the main views from the adjoining property are unaffected.”

Gosford Council agenda, GOV.7, 8 Mar 2016

Have you considered adopting a child, but aren't sure what it's all about?

The Barnardos Find-a-Family program in the Central Coast is holding a **free information night** to help you understand more about adopting a child/children who are unable to live with their birth family.

Topics for discussion:

- What is foster care & open adoption?
- Steps to becoming an adoptive parent
- Roles and responsibilities
- Support and training
- Hear from families who have adopted

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Forum

Woy Woy oval not actually open

After reading the article in the last issue of Peninsula News, I was looking forward to visiting the new Woy Woy Oval and having a practice sit in the new grandstand.

I was very disappointed therefore when I was advised by some workmen that the facility was not, in fact open, and would not be available until lots more landscaping had been completed.

He suggested that the first

Forum

League game might not be until May.

After a little research, I discovered that immediately after the "opening" was the closing.

The polities and media would only have just been out of sight when the bunting blocking entry was being re-erected.

No wonder the time and place of the ceremony was kept secret.

It was also interesting to read the comments by Lucy Wicks extolling the great benefits which will flow from the development.

Unfortunately, Lucy, your information about new car parking is totally wrong.

The magnificent landscaping was at the expense of over 50 much-needed spaces and I just wonder how many jobs will be created with one little cafe.

Email, 31 Mar 2016
Fred Charles, Woy Woy

Oval article was about political point-scoring

In reference to the article "Woy Woy oval officially opened (PN Edition 389), was it merely an opening or a political rally?"

The official opening of the Woy Woy stadium was noted for its political campaigning by all those involved.

The item is more about personal adulation and political point scoring than community news.

On March 19, a supporter of Member for Robertson Ms Lucy Wicks, was handing out flyers proclaiming that the redevelopment had been completed.

The following week, landscaping and other work was still in progress.

Does Lucy Wicks know that "completed" and "official opening" are not the same?

Curious about the first fixture for the new stadium, I asked Ms Wick's supporter for details.

Forum

That information was unavailable.

The entire article in the Peninsula News was about political point scoring and provided no details of interest to the community.

None of these public representatives have been interested enough to supply details of events scheduled for the stadium.

The item definitely does not comply with the standards of the Peninsula News.

Community representatives will no doubt be responsible for supplying fixture details in the future.

The chasm between the community and politicians is obvious.

Letter, 29 Mar 2016
Norman Harris, Umina

Did anyone see this crash?

I was wondering if you are able to mention a car crash that occurred on Thursday, March 17, at 5:40pm.

I was in my car and it was parked on Ocean Beach Rd, Umina.

A Ford Falcon with two young men in the car came out of Alexandra St and the driver lost control of his car.

The car smashed into the back of my car and then the driver drove off.

Unfortunately, I was unable to

Forum

obtain the license plate number.

I was talking to some of the neighbours and they said it is a significant problem on this road.

Perhaps there can be more cameras placed on this busy road.

From my understanding, a lady who lives near the intersection on Ocean Beach Rd, Umina, has had this happen a couple of times before.

The car that hit my car has a very distinct colour as you can see from the picture of my car.

It is called toxic green.

A person told me they often see the car driving around Umina.

The car would now have significant damage as the radiator fluid was all over the road and under my car.

Any assistance with this would be greatly appreciated.

Email, 22 Mar 2016
Anna Pengue, Umina

Expensive pedestrian underpass impassable

Regarding the rail underpass article (Peninsula News, Edition 389), the expensive

Forum

pedestrian underpass has been submerged in up to a metre of water this week.

It is impassable.

Also, the CCTV cameras there have been spray painted out for months.

Maybe a bridge there would have been a better and cheaper idea as whoever is responsible for upkeep for this seems to be a bit short of cash.

They have put up two very impressive signs telling us the project will be finished in 2017.

Email, Mar 22, 2016
Michael Owen, Woy Woy



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Maybe a bridge there would have been a better and cheaper idea as whoever is responsible for upkeep for this seems to be a bit short of cash.

They have put up two very impressive signs telling us the project will be finished in 2017.

Email, Mar 22, 2016
Michael Owen, Woy Woy

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Ambleside Village

Peninsula Village: 91 Pozieres Ave, Umina Beach | Cooina Village: Umina Beach | Ambleside Village: Morisset Park

Forum

Peninsula residents deserve a look-in on road planning

Why is it that, more often than not now, it takes an extra 20 to 25 minutes to get on the M1-F3 from the Peninsula.

Politicians, what's the plan?

West Gosford interchange is finished and that's great news, but what about the Peninsula.

Why do we have to pay for Gosford's infrastructure achievement?

The Peninsula is planned to receive the Bulls Hill Underpass-tunnel, but when is it to start?

When it's finished, what then?

According to the Central Coast Regional plan we are expecting an increase in population, and as a consequence, we need to plan for our future transport needs.

Central Coast commuters who use Woy Woy Rd to access Sydney will increase, so the problem for residents from both Gosford and the Peninsula accessing the M1 will only grow.

Yes, there is public transport but for many commuters that isn't an option due to the cost (especially if Opal cost increases) and the vast span of where commuters work.

Many commuters get up early to miss the main M1 commuter peak flow and the progressive knock on effect of peak traffic jams in Sydney, but now it is looking likely that we will need to get up even earlier to get to work on time.

This results in increased stress, less efficiency at work and less time with our family (so what's all this talk about quality of life that the

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

Coast was renowned for).

The underlying problem is access to the M1.

We were told that the M1 entry and exit point would be made more efficient.

What has happened to this plan?

Let us hope this is the solution to the whole problem but I doubt it.

The only way access to the M1 at Kariong can be improved is if two lanes are built to enter the M1 southbound.

The question remains will this work?

Is there room to safely implement this?

Alternatively, from Bulls Hill tunnel the addition of another link to the M1 to either Mount White or Calga interchange would save time and improve access for Gosford's future growth.

Have the planners even looked at this option?

Yes it may take 10 years to get approval but let's start planning for Gosford's growth and our future.

We residents of the Peninsula deserve a look in.

I've commuted from the Coast to Sydney for 27 years and I have never seen it so bad.

Over the years, I have progressively woken up at 5.30am then 5am and am now considering a 4.30am wake up.

My family time is almost zero.

Anyone got a plan?

If so can someone tell us what it is and when will it happen.

Email, 23 Mar 2016

Michael Margo, Horsfield Bay

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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

March 24, 2016

Your independent local newspaper

Ph: 4325 7369

Issue 129

Central Coast Tourism funding to continue until July 2017

Gosford Council funding to Central Coast Tourism will cease on July 1, 2017 and the future of the organisation will not be decided until a new, merged Central Coast Council is up and running.

Government's draft regional plan required a great deal more planning

The vision and goals in the NSW Government's draft regional plan for the Central Coast have been supported by Gosford Council, but it has called for a bigger role for local government and a

Council rate paths frozen for four years

Member for Terrigal Mr Adam Crouch has confirmed his understanding of the NSW Government's promised rate freeze for residents in local government areas affected by council mergers.

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 15, 2016

Your independent community newspaper - Ph: 4325 7369

Issue 88

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

Doyalson RSL to develop a 139 site manufactured home estate

The Doyalson- Wyee RSL is seeking to rezone nearby vacant land so it can develop a 139-site manufactured home estate.

Proposed Halloran land rezoning to proceed for gateway approval

A local landholder, HTH Holdings, is looking to expand its operations in Halloran by seeking to rezone two hectares of land to General Industrial.

Guruwarang Waters development ready to proceed

Darkinjung Local Aboriginal Land Council (LALC) have reached an agreement with Wyong Council for the proposed Guruwarang Waters development at Macleay Dr, Halekulani.

Lake Macquarie Council submission due to local community interest

The people of Kingfisher Shores, Summerland Point, Gwandalan, Mannering Park and Chain Valley Bay would have a higher level of local government representation if they became part of the Lake Macquarie Local Government Area.

Light rail proposed

A light rail linking Gosford to The Entrance will be called for in Wyong Council's submission to the NSW Government's Central Coast Regional Plan.

Council defends its services to the north

Millions of dollars are being invested in improving service delivery to the growing population in the north of the shire, according to Wyong Council.

"The grass is not always greener..." mayor warns "forgotten north"

The northernmost residents of Wyong shire will be surveyed on their willingness to remain part of a Central Coast community.

Pre-cast concrete segments to save time and increase safety

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

Catley promoted to NSW shadow cabinet and Harris given more responsibilities

Ms Yasmin Catley, the member for Swansea has been promoted to the NSW shadow cabinet and the member for Wyong, Mr David Harris has been given additional responsibilities in the latest ...

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



Aged care bodies join to provide range of services

Peninsula Villages has joined Adelene Retirement Village, Central Coast Community Care Association and Evergreen Life Care to form Pace Aged Care.

The organisations have joined under a shared services organisational model to share resources, training, development and administration as well as opportunities for growth and increased career pathways.

Director of Pace Aged Care, Peninsula Villages CEO Mr Shane Neaves, said: "Pace has already generated considerable interest in the aged care sector."

"We have been approached by a number of organisations to date who are very interested in our model and our plans for the future."

"While the Pace group currently

offer independent living, respite care and residential aged care, we are planning to enhance services offered by entering into the community care sector in the very near future," he said.

"Pace will eventually provide a full range of aged care services for people looking to move into a residential facility or receive care services in their own home."

The official launch was marked with the cutting of a cake by the founding four members of Pace Aged Care, Peninsula Villages CEO Mr Neaves, Central Coast Community Care CEO Mr Greg Williams, Adelene Retirement Village CEO Mr Phil Walsh and Evergreen Life Care CEO Mr Ted Coupe, joined by project manager Mr Ron Thomsen.

Mr Thomsen said: "By sharing resources and redefining best practices, ageing community members will have access to a holistic, diverse and community-focused service provider."

Media release, 18 Mar 2016
Katey Small, Brilliant Logic

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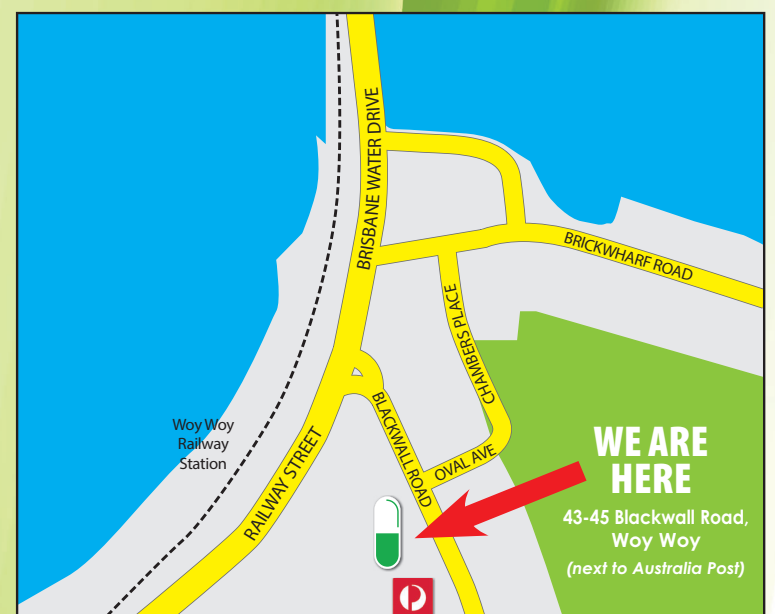
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News

Free hearing checks in Umina

The Australian Hearing bus will stop at Umina to offer free hearing checks and raise hearing health awareness.

The bus will be parked outside Woolworths in West St, Umina, on Thursday, April 7, and Friday, April 8, from 8:30am to 4pm each day.

Now with an 11-strong fleet of blue and white buses, the mobile hearing service has provided

over 40,000 free hearing checks in communities across Australia since the first bus was launched in 2009.

Australian Hearing Erina manager Mr Matthew Reid said that, because age-related hearing loss developed gradually over time, it was common for people be unaware their hearing was diminishing.

Hearing loss is a prevalent

issue in the community, with around 60 per cent of Australians over 60 suffering from some form of hearing loss.

"A hearing check is a quick and easy way to measure the sounds you can and can't hear. "Our team will also be on hand to guide you through what next steps you may have to take," said Mr Reid.

As well as having a hearing check, visitors to the bus can find information on a range of common hearing issues and view a display of easy-to-use hearing devices for around the home.

This includes headsets for watching the TV and alert systems for doorbells.

"Not everyone who is experiencing problems hearing needs a hearing aid.

"Sometimes it's just hearing the TV at normal volumes, hearing your doorbell, or hearing your friends on the phone that's the problem."

No appointment is necessary.

Australian Hearing will provide hearing checks to any interested adults who visit the bus on the day.

Media release, 18 Mar 2016

Rae De Rooy, Australian Hearing



Look for the Hearing bus outside Woolworths in West St Umina

Mental health program designed for families and carers

A family and carer mental health program will be held at the Peninsula Community Centre on Wednesday, April 6.

The course is designed for families and carers who want to learn how to manage their stress.

Key topics in the program include dealing with stress more effectively, choices for managing stress, communication styles and what is resilience and how it can be improved.

Key skills that will be taught in


the program include identifying and managing stress, constructive communication, developing effective coping strategies, problem solving, cognitive behaviour therapy strategy and relaxation.

Registration will commence at 9:45am on the day with the course running from 10am to 12:30pm.

Morning tea is provided.

Those interested are able to sign up at 4322 1855.

Flyer, 15 Mar 2016
Tegan Jones, Uniting
Care Mental Health



Dr. Mythily Ramanathan
(MBBS, Dip in GP, Dip in Child Health, FRNZCGP, FRACGP)

Female Family Physician/General Practitioner

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Education

Free seminar on Healthy Brain Ageing

Alzheimer's Australia NSW will present the free seminar Healthy Brain Ageing at Peninsula Community Centre on Wednesday, April 27.

The seminar will address the myths surrounding dementia and provide information about normal

ageing and memory loss.

The seminar is suitable for anyone interested in learning five steps to maximise brain health and how to reduce risk of developing dementia.

Alzheimer's Australia NSW also invites locals to visit its Memory Van, a mobile information service

with helpful resources about memory concerns, dementia and information including the steps to maintain brain health.

Coast Community Connections Acting CEO Ms Di Spragg said the visit would prove useful to anybody interested in brain health.

Ms Spragg said: "One concerning statistic is that on average, symptoms of dementia are normally noticed by families three years before a firm diagnosis is made.

"It's important that we recognise warning signs and risk factors to look out for so that we can reduce the risk of developing dementia."

Those interested in attending can register at (02) 8875 4682.

Media release, 29 Mar 2016
Katey Small, Brilliant Logic

Students face Naplan exam

Year 7 and 9 students at the Umina campus of Brisbane Water Secondary College will take part in the Naplan exams from Tuesday, May 10, to Friday, May 13.

School principal Mr Brent Walker said: "Year 7 and 9 are working dutifully towards these tests and teachers have done practice making of papers to identify strengths and areas for

future improvement."

"Naplan is a diagnostic test that assists the school in looking at how students can be further supported in their learning.

"However, for many students this credential will later be used in both part-time and full-time job interviews so it is important that all students try to attain the strongest result possible."

Newsletter, 21 Mar 2016
Brent Walker, BWSC Umina

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How do you carry your handbag?

Most of us will have enjoyed a few days off over Easter and may even have indulged in one or two chocolate eggs. But have you spared a thought for the Easter bunny who has worked tirelessly to deliver all those eggs and other goodies?

To be efficient, the Easter bunny usually carries the basket in one hand and hides the eggs with the other hand.

So, we hope, the Easter bunny has made an appointment with his local chiropractor soon after Easter as carrying something heavy on one side only can give you back and shoulder pain.

Sound familiar?

Most of us are guilty of carrying a handbag, laptop bag or backpack over one shoulder.

But the 'one-sided' approach doesn't stop there.

Holding the hand of an excited child or the leash of an excited dog, pulling weeds out of the vegetable patch, or simply using the computer mouse can strain your shoulder and back.

Carrying a bag on one shoulder significantly interferes with your gait and stops your arms from swinging properly.

It also throws off your posture favouring the muscles on one side of the body.

This asymmetry causes muscles in your back to spasm.

This overcompensation can affect any part of your back.

As a result, your muscles become stiff and you may experience a stiff neck, headaches, numbness or tingling in your arm or hands, and/or back pain.

To reduce the impact you can reduce the weight of the bag.

As a general rule, you should never carry more than ten percent of your bodyweight, but your handbag should not weigh more than 1 - 1.5kg.

You could also get a bag with wider straps, as this distributes the weight over a bigger area, which can protect the area of the shoulders where the nerves cross from your neck to your arms.

Try to switch shoulders periodically.

Aim for 5 minutes on each side - or every time you cross the road.

Texting (looking down) and carrying a handbag puts enormous pressure on your neck and causes your spine to be in an unnatural position, so leave your phone in the bag!

High heels are never going to be your back's best friend, but the combination of high heels and a heavy handbag puts you at a high risk of developing back issues.

Every time one of your shoulders is working harder, pretend you are doing Pilates.

Keep your tummy muscles engaged, pull them in as if you wanted to close the button of a tight pair of pants, and keep your shoulder blades down and back.

It is a better idea to lift a heavy grocery bag onto a chair or the kitchen counter instead of putting it on the floor to empty it.

As this prevents your back from straining, make sure you keep your core muscles engaged here too.

When gardening or walking the dog, try to switch arms and hands regularly.

Only carry what you absolutely need in your bag!

Your chiropractor can advise you what exercises you can do to help with stiff upper body muscles.

These may include gentle neck rotation, neck stretches, shoulder rolls and strengthening exercises.

So, while the Easter bunny has a whole year to recover and look after his shoulders, we have to make sure our shoulders and the rest of the body are well looked after every day of the year. Your local chiropractor can help you achieve this.



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Information given about disability scheme

Information sessions about the National Disability Insurance Scheme and the opportunities it creates for people and their families were available to Peninsula residents on March 30.

Uniting Disability presented the sessions at the Brisbane Waters Secondary College Umina campus to outline the rollout of the National Disability Insurance Scheme across NSW and the ACT and explained the differences between the scheme and current models of

disability support.

During the session, residents were instructed on: there eligibility for scheme support, individual funding packages under the scheme, key terminology, specifically "reasonable and necessary to live an ordinary life".

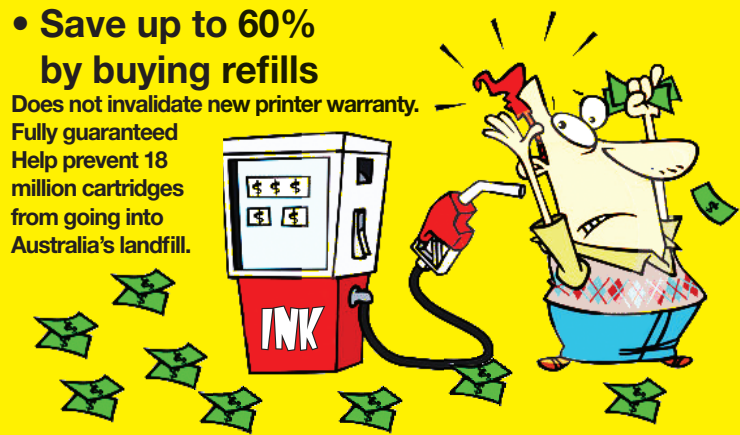
Residents who participated in the sessions were also given real case studies taken from the scheme and asked questions or raise any concerns to be addressed.

Newsletter, 29 Mar 2016
Umina Beach Public School

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Students selected for regional exhibition

Luke Boreham and Mitchel Bampton from Umina campus of Brisbane Water Secondary College were selected to be included in A Central Vision, an exhibition student artwork from Central Coast secondary schools.

The Years 7 to 12 exhibition held its opening night on Friday,

March 18, at Gosford Regional Gallery.

Those attending the opening night received professionally printed colour catalogues featuring student artists and their excellence certificates.

Newsletter, 21 Mar 2016
Brent Walker, Brisbane Water Secondary College



Woy Woy High School students who started first form in 1971 and left in 1974 or 1976.

Woy Woy High School's 40th reunion

Woy Woy High School's 40th reunion will be held on Saturday, May 21, at The Coast Bar, Gosford.

The reunion is for students who started First Form in 1971 and went to Fourth Form in 1974 or Sixth Form in 1976.

The event is \$50 per head which includes banquet dinner with dessert and drinks are available at bar prices.

Those interested in attending should RSVP before April, 14, to geoff.johnson1@optusnet.com.au or cd.day@bigpond.com.

Those attending who have dietary needs can contact Mr Geoff Johnson on 0417 673 591 or Ms Carolyn Day on 0466 878 842.

The event will begin at 6:30pm with partners welcome.

Media release, 23 Mar 2016
Carolyn Day, Woy Woy High School

Aboriginal consultative group formed at Umina campus

A Junior Aboriginal Education Consultative Group has been formed at the Umina campus of Brisbane Water Secondary College.

The group represents aboriginal students at Brisbane Water Secondary College.

The group meets several times a term to plan what they, as a student body, will discuss what is happening in relation to aboriginal education.

Students also plan what they will do within the school.

The group runs in conjunction


with the senior consultative group, Koorana, which is made up of members of the aboriginal community, parents and caregivers and representatives from all schools within the Peninsula.

Board members for the group are Levi Grauner as president, Skyla Goodwin as vice president, Tyla Morris as secretary and Jamie Bickel.


Aidan Downey and Tiraho Pakai are promoters.

Newsletter, 21 Mar 2016
Brent Walker, Brisbane Water Secondary College

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Out&About



First exhibition at local cafe

Ettalong artist Keryn Hyslop will hold her first exhibition in at a local cafe.

It will be held at the Hatters Tea House, Ettalong, on April 9.

Ms Hyslop who has lived on the Peninsula for almost all her life, said she drew inspiration from experiences she forged while living in the region.

Her untitled exhibition features 12 pieces designed to emulate key memories of her life in and around Ettalong.

Ms Hyslop said she wanted her first exhibition to capture and reflect entirely the joy of the creative process and the experience of 'art'.

"For a long time, art has always had this element of highbrow to it that I hate," she said.

"I've always relished the creative process of everything I do and I truly want this exhibition to show that art is for everyone because art is about feeling."

Ms Hyslop has worked extensively as a photographer and environmental science artist and said she always drew inspiration from the natural beauty around her.

"My very first memory of wanting to do art was when I was a little girl.

"I had all these beautiful

crayons, all these colours, all these possibilities.

"That translated into my work as a photographer and an environmental scientist.

"I would be up in a helicopter doing landscape maps or in a studio photographing something and just be captivated by all the colour," she said.

All 12 pieces in her exhibition feature bright colour and shapes that reflect her abstract expressionist style.

Ms Hyslop described her exhibition as art that lived and said her overall aim was to make people feel.

"I didn't even put my name on any of the pieces because I just wanted it to be about the art.

"I just want everything to speak for itself.

"Ettalong is one of those hidden gems on the Central Coast where the mountains meet the sea.

"It's where I grew up, where I went to school and where I raised a family.

"The people here are grounded and honest and that's what I want my art to be," Ms Hyslop said.

Interview, 30 Mar 2016

Keryn Hyslop, Ettalong Beach

Reporter: Dilon Luke

Council reviews Peninsula Theatre usage

Gosford Council is currently reviewing the use of the Peninsula Theatre because it is used less than 100 nights per year.

Of the 45 performances currently listed on Gosford Council's theatre website for 2016, not one is being housed by the Peninsula Theatre.

The intimate 125-seat theatre is home to the Woy Woy Little Theatre company.

The Little Theatre website lists four productions this year, which will run for a total of 12 weekends, including six evening performances and three or four matinees per production.

The Flash Festival and this year's inaugural Junior Flash Festival make additional use of the venue.

The theatre company also utilises the space for auditions, workshops and rehearsals.

However, according to the council's director of community

growth Ms Judy Jaeger, very few other productions or performances are currently housed at the Peninsula Theatre.

"We have looked at programming additional annual productions at the theatre, but unfortunately sourcing professional productions for this space is challenging, especially given it is ideally suited for intimate productions and shows," Ms Jaeger said.

"In the past these have included The Marvels of Magic, Motherhood the Musical, Kitty Flanagan and other community productions," she said.

"At the moment we are reviewing usage at the theatre to see whether any more opportunities might be available and are always open to discussing any options to promote arts and entertainment across Gosford city," she said.

Hire charges may be a factor in the lack of patronage.

Rates to hire the theatre for not-for-profits and non-incorporated

community organisations, schools, charities and churches are \$50 per hour from Sunday to Thursday and \$75 per hour on Friday and Saturday.

All other hirers pay \$105 per hour for Sunday to Thursday and \$155 per hour for Friday and Saturday.

Fire and safety regulations make it mandatory for hirers to also pay for trained venue staff and hourly rates range from \$57 per hour to \$130 per hour.

The minimum for a performance is two technical staff and one front of house attendant.

The total staff cost could range from \$513 to \$1140 for a three-hour hire, which is the minimum staff call charged in 15-minute increments.

This amounts to up to \$10 a seat in hire charges, assuming a full house, before any production costs are added to ticket prices.

Media statement, 29 Mar 2016

Judy Jaeger, Gosford Council

Website, 30 Mar 2016

Woy Woy Little Theatre

Website, 30 Mar 2016

Laycock Street Community Theatre

Reporter: Jackie Pearson

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Foundation holds auction to fund youth art grants

The Bouddi Foundation for the Arts held a gala art auction to provide support for young artists on the Central Coast.

The auction was held on March 17 to raise funds to ensure talented young people would receive grants in 2016 and in future years.

Ms Anna Volska, actress and patron of the Bouddi Foundation for the Arts, spoke for her husband, Mr John Bell, in welcoming a full-to-capacity crowd of art collectors held at Sydney's Yellow House Gallery.

"If your home is on the Central Coast and you are pursuing a career as a talented young artist in any of the arts, musician, potter, puppeteer, filmmaker, song writer, dancer, writer, photographer or engaged in any of the arts, opportunity is hard to come by and Sydney is a long way away if you don't have a car," Ms Volska said.

She acknowledged "the 25 wonderful, brilliant and generous artists who have donated their work" along with skilled auctioneer Andrew Shapiro, and art curator Gavin Wilson.

Gavin Wilson who

masterminded the event said: "The idea was to invite a committed group of talented artists to produce self portraits in any medium on the same size sheet of paper. "This gave me the opportunity to develop a cohesive, dynamic exhibition that could travel anywhere in a suitcase," he said.

The youngest artist to exhibit was Jordan Richardson, past recipient of a Bouddi Foundation for the Arts grant.

Jordan acknowledged how, just as important as the financial assistance was, the professional mentorship, respect and encouragement he received

from local artist Peter Godwin, a member of the Foundation's committee, was equally valuable.

John Bell said: "I am thrilled with the results of the auction and so grateful to Andrew Shapiro and all the outstanding artists who so generously gave their work.

"It is inspiring to see our leading artists giving such support to the next generation."

More information on 2016 grant applications can be found on the BFA website at <http://www.bouddiarts.org.au>.

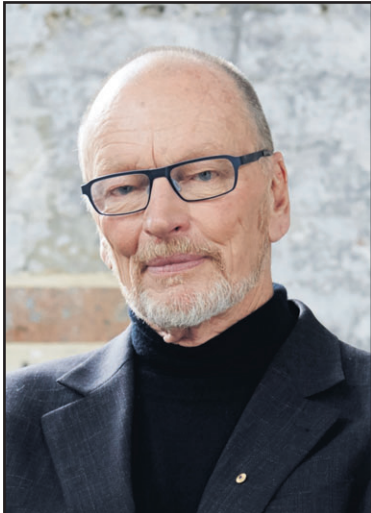
Media release, 21 Mar 2016
Joy Park, Bouddi Foundation for the Arts



Anna Volska from the Bouddi Foundation for the Arts



Gavin Wilson speaking at the gala auction to raise funds for young artists



John Bell from the Bouddi Foundation for the Arts



Jordan Richardson has been a recipient of a Bouddi Foundation for the Arts scholarship and mentorship



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Out&About



Back from left, John Greenway, Teddy Tahu Rhodes, Francis Greep, James Egglestone), Clarissa Spata, Michael Archer, Patrick Brennan, front from left Rosemary Ruthven

Skies cleared for Opera in the Arboretum

The skies cleared for Opera in the Arboretum, Rotary Woy Woy's major annual fund raiser, after a week of torrential rains.

The audience set aside umbrellas and relaxed in glorious autumn sunshine on Saturday, March 19.

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Beneath the Pearl Beach Arboretum's canopy of native trees, performances were given by internationally-acclaimed Opera Australia stars, led by bass-baritone Teddy Tahu Rhodes.

The Opera attracts people from near and far and is considered a cultural highlight on the Central Coast calendar, according to organisers.

The event is held hail, rain, or shine and, according to event coordinator, Mr John Greenway, "we were delighted with the clear blue skies and temperature in the mid-20s".

"We'd prepared for rain, purchasing a new tent to keep the artists and orchestra dry, and while the awning was not needed this year its visual impact added the wow factor to the stage setting," Mr Greenway said.

"From the messages of

congratulations received, the event was enjoyed by all," he said.

"Teddy remarked that the Crommelin Native Arboretum was one of the best outdoor venues he'd performed at in Australia - praise indeed from the international superstar.

"The main beneficiaries of the proceeds from this year's Opera will be PCYC Umina who offer recreational activities to local youth, and ShelterBox, a Rotary Project Partner, who provide emergency shelter and vital supplies to support communities around the world overwhelmed by disaster and humanitarian crisis."

Next year's Rotary Woy Woy Opera in the Arboretum will be held on Saturday, March 25, next year.

Tickets for next year's event will be available early in December.

Media release, 31 Mar 2016
John Greenway, Rotary Club of Woy Woy

Keith Donnelly to play at Troubadour

Musician Keith Donnelly will perform at the Troubadour Folk Club, Woy Woy on Saturday April 9.

Mr Donnelly is a singer, guitarist and writer of national fame in the United Kingdom.

The night will start at 7pm and will also see a number of local talented artists adding to the show.

Media release, 18 Mar 2016
Leila Desborough, Troubadour Folk Club



Keith Donnelly will play at the Troubadour

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Blues society to meet at Hardys Bay

The Central Coast Blues Society will hold its next meeting at Hardys Bay Club on Sunday, April 10.

At the Central Coast Blues Society Sunday jams, musicians who would otherwise be fronting or playing in their own bands get up on stage with players from other bands, or individual performers.

They put on a show created entirely in the moment: no rehearsals, no headliners, no personalities and no reputations at risk.

Regular audience member, Chrissie Staples, said, "Sometimes they're amazing."

"You get to hear brilliant performances from people you'd never normally see playing together."

"Other times it can be a bit hit and miss, but you're seldom disappointed because you never know who's going to show up next."

At the February jam, Andy McLean of Chicken Train, Paul Wilson of the Quiet Boys, Warren Henry of Hotel Satisfaction, Glen Ewing of Mirrabooka, Andrew Webster of the Two Buck Blues Band, and Sue Robinson of 50 Shades of Blue all played in the one line up.

Then 20 minutes later there



If you attended Gurrakool and the Gosford Blues, Roots and Jazz Festival you would have seen most of those artists in their respective bands

was another group on stage: Chris Martin-Murphy of the Sydney Blues Collective, Greg Luland of Blueland

Healers, Ray Falzon of Junkyard Cats, and others.

They were together for one

unique event, maybe never to play together again.

The jams include acoustic as

well as electric performances, original as well as traditional songs.

Society president Mr Paul Wilson said that the purpose of the club was to bring together musicians of varying experience and expertise with a musical form they all understood and could exploit.

"There are a dozen descriptions of what the blues is, but essentially it's a musical language that most players can relate to," Wilson said.

"So musicians can sit in on a song without ever having played (or even heard) it before, and share in the creation of something new."

The Central Coast Blues Society has recently moved its monthly meets to the Hardys Bay Club.

These take place on a Sunday afternoon once a month.

When the weather is appropriate, it happens outdoors.

On wet days or cooler days, it happens on the stage inside the club.

Amplifiers, drums and PA are provided.

There is no charge, and all musicians, dancers and onlookers are welcome.

Email, 29 Mar 2016
Paul Wilson, Central Coast Blues Society

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CHASE BURKE HARVEY
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ROE MACKENZIE LAWYERS

Good Morning ETTALONG

Doors open 10am
Tickets:
Members \$15
Guests \$20

Lisa Crouch
Michael Montgomery

The Good Morning Ettalong show delivers the ultimate in daytime entertainment.
Ticket price includes tea/coffee on arrival, lucky door & raffle ticket, lunch, dessert, bingo, the GME show band, hosts and of course incredibly talented artists!

TUESDAY 29th MARCH

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

ATM & COURTESY BUS SERVICE

Directory - Not for profit Community Organisations

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

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

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

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

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

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

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

Community Groups ABC "The Friends"
Support group for Public Broadcaster. Aims: Safeguard ABC's independence, adequate funding, high standards. Meetings through the year + social afternoons Well-known guest speakers www.fabnsw.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 50pspg@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.vmrnc.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

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

Politics in the Pub Central Coast
Discussion of important political, social, economic, education, land philosophy issues in a non partisan manner - The Grange Hotel 4th Thur every month besides Dec

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. www.cashousie@hotmail.com

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

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

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

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

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

Central Coast Soaring Club Inc
Gliding Club, Learn to fly, Instruction FREE to members Come and have an Air Experience Flight All Welcome 14 and up for Training

Flying at Bloodtree Road Mangrove Mountain Thur, Sat, Sun (weather permitting) 0412 164 082 0414 635 047 www.ccsoaring.com.au

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

Veterans National Malaya Borneo Veterans Association
1st Sat F(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. www.wowgirls.com.au info@wowgirls.com.au

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

Entries in the Not For Profit Community Organisations Directory are free. However, we require each organisation to subscribe to each newspaper to ensure that someone from that organisation keeps their entry up to date. Australia Post is about to increase their postage rates by over 42% and we can no longer continue to absorb these increases. Subscription rates have therefore needed to be increased from \$50 to \$75 for 25 editions.

Regional plan lacks practical suggestions

The article published on March 7 (Regional plan proposes more flats for the Peninsula), somewhat overstates the intentions of the plan.

What the plan actually says is that "the most viable housing will be residential flat buildings... and multi-dwelling housing in... Gosford Local Government Area" and that the "NSW Government will work with councils... to... identify... suitable... locations for infill housing such as... Woy Woy, Peninsula".

The plan does not propose flat buildings for the Peninsula, perhaps outside Woy Woy, as your article seems to imply.

While the 62 page report is largely flannel, it does have one or two nuggets of real information.

The population is projected to rise by 70,000 people most of whom will be over 65 years of age.

Yet, for the past decade, four bedroom houses have increased over 8000 while smaller units have decreased by nearly 2300.

However, beyond the pious hope that more diverse housing types will be built in the future, the plan seems to have no Warnervale or Wadalba which are probably the

least desirable locations for small, elderly households.

How this disconnect is to be addressed does not appear in the plan.

The plan does identify Gosford as the regional capital with Wyong acting as "the main cultural, civic and administrative... centre... for the northern half" of the region.

This was, of course, written before the amalgamation was decided.

The reasons for this distinction are far from convincing.

It is said that "Gosford... has heavy rail line, schools, TAFE and Gosford Hospital", ignoring the fact that Wyong has heavy rail line, schools and Wyong hospital as well as better access to the M1 and better topography for future expansion.

Also given that the main educational campus is at Ourimbah, the presence of TAFE in Gosford does not seem particularly significant.

This arbitrary decision to place the regional capital at the southern end of the urban area also ignores the fact that "there are strong cross-border links between the southern parts of Lake Macquarie... and the northern part of Wyong Council".

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

This makes a strong case for at least a partial incorporation of Lake Macquarie into the new Central Coast City and the designation of Wyong as the regional capital.

It has always been my contention that Wyong should have been amalgamated with Lake Macquarie and Gosford with Hornsby, but that opportunity seems to have passed.

The plan designates two development areas in the Somersby/Erina and Tuggerah/Warnervale corridors and the need to "enhance connectivity to and through the Somersby/Erina corridor".

However, there is no practical

suggestion for bringing this about, beyond a mention of the West Gosford intersection, already completed.

The implication is that significant road improvements will be required, further cutting off the Gosford CBD from the waterfront.

It is ironic that the document brags that the CCRDC "has advanced the redevelopment of the waterfront area through the relocation of Gosford Public School and the rezoning... to allow... for... community uses."

Much of the draft plan is about preparing to prepare plans and we seem to be far from any practical

initiatives to improve conditions on the Peninsula or on the Central Coast as a whole.

Fortunately or unfortunately, private interests will decide most of the issues on which the plan pontificates, so government will have only a marginal role.

Let us recall when Port Stephens was going to be the commercial hub north of Sydney and not place too much reliance on governmental projections of future development patterns.

Email, 19 Mar 2016
Bruce Hyland, Woy Woy

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

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

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

Legal & Financial Help

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

Libraries

Gosford district:
Umina Beach 4304 7333
Woy Woy 4304 7555

Problems,

Habits & Addiction

Alcoholics Anonymous 4323 3890
Narcotics Anonymous 4325 0524

Transport

Taxi 131 008
Busways 4368 2277
City Rail 131 500

Welfare Services

Gosford Family Support 4340 1585
Meals on Wheels 4341 6699
Department of Community Services
Gosford 4336 2400
The Salvation Army 4325 5733
Samaritans Emergency
Relief 4393 2450
St Vincent De Paul Society
HELPLINE 4323 6081

The Peninsula Diary of Events

For events in post code areas 2256 and 2257

Tuesday, Apr 5

A presentation on Peacock Spiders and other animals of the Peninsula, presented by the Peninsula Environment Network and the Community Environment Network, Woy Woy Environment Centre, 267 Blackwall Rd, Woy Woy, from 6:30pm bookings via cen.org.au/events

Wednesday, Apr 6

Managing stress and increasing resilience for carers by Uniting Care Mental Health Family and Carer services, Peninsula Community Centre, 9:45am registration, course from 10am to 12:30pm

A full day of free activities for Seniors as a part of Seniors Week at Ettalong Bowling Club: morning tea, dietician, physio, making home safe for seniors, learn to bowl sessions, from 9:30am

Friday, Apr 8

Dare to be Bare exhibition by Brad Page at William St Gallery, 14 William St Paddington, until April 17

Mingaletta bi-annual garage sale, bargains from as little as 20 cents, continues on April 9 and

10, 6 Sydney Ave Umina

Saturday, Apr 9

NAB Central Coast Italian Festival, Ettalong Beach Tourist Resort, 189 Ocean View Rd Ettalong, all weather event

Keith Donnelly, UK singer, guitarist and writer at the Troubadour, Woy Woy CWA Hall plus talented local artists, from 7pm

Keryn Heslop art launch, Hatters Tea House, 281 Ocean View Rd, Ettalong, all welcome, 6:30pm

Sunday, Apr 10

Central Coast Blues Society, Hardys Bay Club, from 2pm

Friday, Apr 15

Legendary Voices of Rock Featuring Steve Augeri from Journey and Robby Steinhardt from Kansas, Ettalong Diggers Memorial Club

Saturday, Apr 16

Rewbies, Patonga Beach Hotel, featuring Margaret Rew, 8:30pm

Sunday, Apr 17

Umina Beach Markets, 9am

to 3pm, Peninsula Recreational Precinct, Umina

Monday, Apr 25

Anzac Day ceremony, Empire Bay War Memorial from 11am

Wednesday, Apr 27

Healthy Brain Ageing seminar, Peninsula Community Centre

Sunday, May 1

Central Coast Series Skate Scooter and BMX competition finale, Umina Shate Park

Monday, May 9

Being a Dad, three-session program, Peninsula Community Centre seniors room, 11:30am to 2:30pm also May 16 and 23

Sunday, May 15

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

Friday, Jun 10

Australian Songwriters Conference, Ettalong Beach Tourist Park until June 13

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 T.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
APRIL 10
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 :
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Forum

Patonga Hotel should never have been approved

As a former resident of Patonga and one of the many people who vehemently opposed the original development and building of the Patonga Hotel, I note the most recent proposals to expand the now existing hotel and the development of a reception centre above the fish shop with a certain dismal degree of, I told you so.

Only the most gullible ever believed that the development of the Patonga tavern as it was originally named would not have a serious and deleterious impact upon the tranquil lifestyle enjoyed by those who live in Patonga.

Obviously the hotel should never have been approved nor built at its present location in a residential section of Patonga and most certainly would not have been built had not the then Gosford councillors (some of whom still serve) adopted extremely

unusual and downright deceitful methodology in dealing with the original application(s).

In terms of inappropriate and puzzling building development approvals, the Patonga Hotel must surely rank with that other wonderful and mysterious Gosford Council approved development, the Oyster Treatment Shed, situated on Brisbane Waters that somehow morphed into a two storey restaurant.

While many of the Patonga community opposed the original development which is situated amongst family homes and has absolutely no provision for parking, for reasons perhaps best known to themselves, councillors chose to adopt a very obscure and seldom used section within the local building code which states that normal building, zoning, floor space ratios and parking requirements are negated if the building of the development is necessary to provide sufficient income to support and maintain a heritage item.

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

Surprisingly the heritage item that was so badly in need of support just happened to be a fully functioning, profitable general store/bottle shop that was to all extents and purposes demolished immediately after the final approval to build the hotel was granted.

Now a hotel exists to provide sufficient income for the owners to be able to support something that no longer exists, apart from at best, the remainder of one "heritage" wall and a few other oddments from the original buildings.

Gosford Council's own architect recommended some years ago that the hotel be removed from the list of Gosford Shire's heritage items as it was his opinion virtually nothing of significance of the original buildings remained.

Which raises the question, if there is nothing of the original

heritage item left to support why was approval granted to build the hotel?

For reasons unknown, this recommendation was not approved by Gosford Council and one is left to wonder if the current owners still receive the benefits provided to those in the shire who own heritage listed buildings.

While it may be nice for visitors to the area to enjoy the amenities of the hotel and the wonderful views of Broken Bay while drinking and dining the hotel has caused nothing but angst, noise, congestion, traffic and parking chaos and complete disruption to the adjacent and nearby residents and the Patonga community as a whole.

If readers who live in a normal residential street can imagine what it would be like to have a hotel and a reception centre built next door to their homes, particularly a hotel and reception centre that provides no parking whatsoever, whose patrons use the streets as parking lots and the footpath as a congested dining area, I think they might understand the feelings of those opposed to the expansion of the existing nightmare.

Owners of adjacent and contiguous properties have seen the value of their property investments plummet since the hotel was built and the fish shop expanded and their real estate will continue to diminish in value

if the proposed developments are approved.

Now it is intended that all of the above mentioned problems be exacerbated for property owners and indeed the wider community in Patonga by the proposed further expansion of the hotel and the fish shop-reception centre.

In the existing application there is no mention of providing parking for patrons apart from the inference that more public space can be appropriated and the village streets used for parking to generate profits for a private company without consideration of the people who live in those homes in those streets.

The original development should never have been approved as it is a gross over use and in fact misuse of a very limited unsuitable space that has seriously affected the ambience and amenity of one of the gems of the central coast.

I would seriously warn the people of Patonga who are opposed to the proposed expansion of the site(s) to be extremely vigilant when dealing with Gosford Council lest they receive the same disgraceful and deceptive treatment that we did when we opposed the original application and not to be deluded for the briefest moment that common sense or community interests will prevail.

Email, 29 Mar 2016
Vic Jefferies, St Huberts Island

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Member for Robertson, Ms Lucy Wick (left) and CEO of Gosford Council, Mr Paul Anderson, at the official opening of Woy Woy Oval



From left Mr Aaron McLean president Woy Woy Rugby League, Mr Scot MacDonald and Cr Lawrie McKinna

Grandstand was officially 'opened'

The new 600-seat grandstand at Woy Woy oval was officially opened on Saturday, March 19, amid claims from residents that the oval project will not be completed and used for weeks.

Member for Robertson Ms Lucy Wicks, who attended the official opening, said the new facilities were expected to attract rugby union and league championships and deliver clear economic benefits to the region.

The new grand stand included player change rooms, amenities, community rooms, referees room, a medical room, clubhouse, ticket booth and kiosk.

The upgrade also included car parking, a new scoreboard, café and external dining area, fencing and landscaping.

Parliamentary Secretary for the Central Coast Mr Scot MacDonald said he was proud to represent the NSW Government at the official opening of the redevelopment.

"Woy Woy Oval is a wonderful community facility and this redevelopment will be a well-loved asset for both locals and visitors to the region for generations to come," Mr MacDonald said.

Gosford mayor, Cr Lawrie McKinna, said the redeveloped Woy Woy Oval was a modern, regional sporting complex that the community deserved.

"The redeveloped oval's integration with the nearby Woy Woy CBD has created a vibrant and accessible community hub that will deliver plenty of fantastic flow on benefits to the region," Cr McKinna said.

The Woy Woy Oval redevelopment project was jointly funded with the Australian Government investing \$3.5 million, NSW Government \$2 million and the Gosford Council \$2.75 million.

Media release, 19 Mar 2016
Tim Sowden, Office of Lucy Wicks



The plaque officially unveiled to mark the redevelopment of Woy Woy Oval

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Sport



Swiss pairs at bridge club

Brisbane Water Bridge Club contested their Swiss Pairs Championship on Saturday, March 19.

Ms Christine Hadaway and Ms Judith Smyth emerged the winners with Ms Julie Teague and Ms Joan Walsh in second place and Ms Marie Purkiss and Mr Toni Dixon in third.

Eighteen pairs contested the event.

The Easter Pairs were contested on Monday, March 28.

The winners for 2016 were Ms Jacqueline Wilson and Mr Barry Foster with Ms Trish Byrnes and Ms Alma Van Der Walt in second place.

Ms Marie Tucker and Ms Joan Walsh were a close third.

**Email, 29 Mar 2016
Jenny Buckley, Brisbane Water Bridge Club**

Bowls day raises \$740 for charity

About 40 bowlers raised \$740 for at the charity bowls day on Sunday, March 20, at Sporties at Woy Woy.

This brings the total raised for Central Coast Kids in Need this year to over \$3700.

On the day, the spider glass was won by Ms Loraine Cutler.

Ms Gayle Wise won the voucher and Ms Shirley Taylor won the cinema tickets.

Mr Ken Poole won the Gosford

Dogs prize, Ms Iris Bates won the bag from Dick and June Johnson, while Mr Bob Willis won a variety of prizes.

The next charity day will be held on Sunday, April 17.

Central Coast Kids in Need raises money to assist families who have seriously ill children with prolonged illness.

Most of the children are cancer patients, others with organ transplants and premature babies

with life threatening issues.

The funds raised are used to defray the costs of accommodation for the families at Ronald McDonald House and Parent Hostel Rooms while the kids are receiving their treatment.

Funds are also used to cover travel costs, equipment requirements and pharmacy accounts.

**Newsletter, 20 Mar 2016
Ken Dixon, Sporties at Woy Woy**

Lachlan wins campus sports star award

Brisbane Water Secondary College Umina campus student Lachlan Braddish has won the 2016 NSW Surf Lifesaving State under 14 swim championship.

He was also third in the board race and eighth in the ironman competition.

He has been the surf race champion for six years in a row.

He was defending his ironman title this year but torn ligaments in his foot slowed his progress.

School principal Mr Brent Walker said: "Lachlan was awarded the Umina campus Sports Star of the Week in March not only for his prowess at the beach and in the pool but also for his all-round commitment to his studies across all subjects."

Lachlan said: "You have to train hard but you must make sure you enjoy your sport."

"I love the atmosphere."

**Newsletter, 21 Mar 2016
Brent Walker, BWSC**



Lachlan Braddish has been surf race champion for six years in a row

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

4 MON	0519 1.68 1152 0.37 1802 1.53 2356 0.47	5 TUE	0613 1.77 1239 0.29 1849 1.66	6 WED	0049 0.36 0704 1.83 1324 0.23 1936 1.78
7 THU	0142 0.27 0755 1.84 1409 0.21 2023 1.88	8 FRI	0235 0.21 0846 1.81 1455 0.23 2111 1.93	9 SAT	0329 0.20 0939 1.74 1541 0.29 2200 1.94
10 SUN	0425 0.23 1033 1.63 1629 0.38 2250 1.91	11 MON	0522 0.30 1129 1.51 1718 0.49 2343 1.84	12 TUE	0624 0.38 1229 1.40 1812 0.59
13 WED	0039 1.74 0730 0.46 1333 1.32 1913 0.69	14 THU	0142 1.65 0837 0.52 1445 1.29 2023 0.74	15 FRI	0250 1.58 0941 0.55 1556 1.30 2135 0.75
16 SAT	0357 1.54 1038 0.55 1655 1.36 2242 0.71	17 SUN	0455 1.54 1127 0.54 1743 1.43 2338 0.66	18 MON	0545 1.54 1207 0.52 1824 1.50

APPROX. TIME LAG AFTER FORT DENISON
Etta long 40 min, Rip Bridge 2hrs - Wisemans Ferry 2 hrs 30 min, Koolewong 2 hrs 10 min
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Almost over the line



Running for the line

Record number of touch players selected for NSW

A record number of touch football players from Peninsula Touch Association have been selected in the NSW Touch Association squads to compete against Queensland in the State of Origin series in September this year.

Nine players will form part of the elite NSW squads that will train in preparation for final selection in teams that will compete in the State of Origin series in Sydney on September 2 and 3.

Kyle Jermyn was named in the men's under-20 squad and will be joined by the only other male Peninsula resident, Andre Andrews of the men's over-50 team.

Seven women made preliminary squads including Karina Haddin and Karen Tucker in the women's over-35 and Jodi Dillon, Belinda Straker, Liz Greiner, Kim Starkey and Heidi McTernan in the women's over 40 squad.

The inclusion of these women players comes off the back of the Peninsula Women's Open team finishing runners-up in the Women's Open plate series at the NSW State Cup in December; a team which featured all seven NSW squad players.

Three of the seven also competed as part of the Hunter Central Coast Western Hornets representative teams in the National Touch League Tournament in March, where the

Hornets women's over-35s team were crowned champions and women's over-40s team finished as semi-finalists.

Peninsula Touch president Mr Rod Dillon said: "This is a fantastic result for these players individually and for Peninsula Touch.

"It is great to see their hard-work and dedication paying off.

"This also demonstrates the playing strength of our club and provides a great boost for women's touch something our young female players to strive for.

"We wish all our nine squad members good luck and hope to see them representing NSW and Peninsula Touch in the State of Origin series," Mr Dillon said.

Media release, 22 Mar 2016
Rod Dillon, Peninsula Touch



Tight passing.



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Hearing loss - Speak up now

Incontinence - Are you managing it correctly?

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APRIL 2016 ISSUE

Incontinence

Are you, managing it correctly?

There are some people who put up with bladder weaknesses every day.

In fact, one in four women and one in every 10 men experience bladder weakness at some point in their life.

Incontinence can have a major impact on an individual's quality of life, with statistics showing that 4.8 million Australians are dealing with incontinence, affecting both men and women, regardless of age or background.

Some incontinence facts include:

- One in three women who have had a baby experience loss of bladder control.
- One in five children wet the bed at some time.
- One in 100 adults never achieve bladder control at night.
- One in 20 adults experience bladder and bowel control problems.

A recent study conducted by Kimberly-Clark revealed that 40 per cent of those who suffer from urine leakage decided to ignore the symptoms and do nothing about it.

There are things you can do help:

1. Improve your pelvic floor muscles with exercises – remember men have these muscles too!
2. Lose excess weight and improve your general fitness
3. Drink enough water to satisfy your thirst – dehydration can irritate the bladder
4. Avoid other bladder irritating drinks such as coffee, fizzy drinks and alcohol
5. Empty your bladder completely each time you go to the toilet

When you're living with bladder weakness, being able to get on with everyday life is a wonderful thing, so ask your pharmacist for further information and advice on how to achieve your normal.

Statistics showing that 4.8 million Australians are dealing with incontinence, affecting both men and women, regardless of age or background.

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