Peninsula EWS EREE Community Access

Edition 398 Phone 4325 7369 Fax 4321 0940 25 July 2016

Commercial fisher apprehended with illegal catch

A commercial fisher from Umina has been apprehended in possession of illegallytaken lobster and mulloway.

NSW Department of Primary Fisheries acting Industries compliance director, Mr Tony Andrews, said the Central Coast team was joined by Statewide Operations and Investigations Group officers in June in an operation to crack down on compliance within the "estuary general fishery" off Patonga.

"The 36-year-old commercial fisherman was found in possession of 44 live Eastern Rock Lobsters and 12 prohibited size mulloway," Mr Andrews said.

"He also admitted to oversetting his meshing nets, which is a separate offence as Estuary General Fishers are prohibited from retaining Eastern Rock Lobster caught in meshing nets," he said.

"This fisherman has breached five regulations of the Act, including possessing illegally taken fish and

unlawful use of a net or trap," Mr Andrews said.

fisherman apprehended and the Eastern Rock Lobsters were returned to the water by officers.

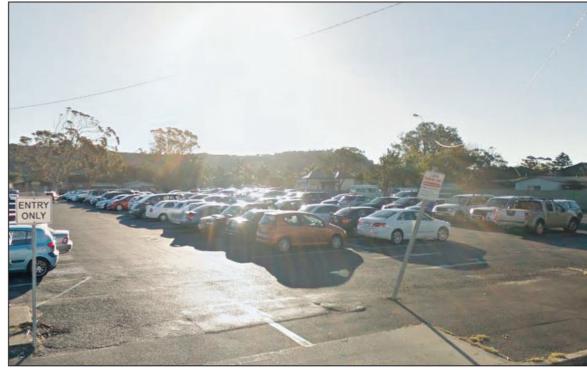
Under **Fisheries** the Management Act 1994, the fisherman faces maximum penalties of between six months and 10 years imprisonment and up to \$44,000 in fines.

and black "Stealing fish marketing, as well as damage to fish habitats are serious problems that can impact on the sustainability of our fish stocks across NSW.

"We encourage anyone who sees illegal fishing activity to report it to their nearest Fisheries office, phone our hotline or make an online report," said Mr Andrews.

Commercial fishers in the region were reminded to adhere to the fishing regulations for Eastern Rock Lobsters and estuary fish species

Media release, 19 Jul 2016 Mel Hamling, NSW Department of Primary Industries



The Bullion St car park

For sale: Bullion St car park

The Bullion St car park in Umina is for sale.

Expressions of interest have been called for the 0.53 hectares of land between Bullion St and Alfred St.

Described by Wilsons Estate Agency at Woy Woy as: "A landmark opportunity in the Umina CBD", the land is zoned B2 for "mixed use" which means it can be developed for a mix of commercial and residential purposes under the 2014 Gosford Local Environment

Wilsons selling agent Mr Jim Martin said the council had the community's interests at heart by putting a "positive covenant" on the land to ensure that any new development included 160 public

Mr Martin said the impetus behind council's decision to sell the land for development was coming from the NSW Government's vision for the Central Coast over the next 20 years.

"The NSW Department of Planning released a document about the rapid increase in population that is going to occur between Sydney and Newcastle over the next 20 years," Mr Martin

"It will be one of the most popular residential corridors in Australia where people will want to live and that will increase the

region's population by 80,000 in two decades," he said.

According to Mr Martin, 40 per cent of those new residents will want to live on the Peninsula, in the area between Umina and Woy

That is one of the reasons why the Gosford Local Environment Plan of 2014 reviewed all zoning, including in town centres and CBDs, to allow mixed use.

In the town centres of Umina, Ettalong and Woy Woy, this could result in in-fill developments that included a ground floor of commercial and retail premises with up to five storeys of residential accommodation above, he said.

According to Mr Martin, the Bullion St car park is one of the only consolidated pieces of land in the Umina CBD that could accommodate a larger mixed-use development.

"When you look around the Umina CBD, just about all of the allotments are the regular 560 square metre blocks so you can't get the height to build anything lofty around that area," he said.

Even though the Bullion St land includes 10 individual titles, Mr Martin said the council's intention was to sell it as one parcel to accommodate a development with the potential to "revitalise the Umina CBD".

"Essentially the developer has

the option of doing the whole of the car parking underground and then building three handsome towers on the site," he said.

"Or they may decide to put parking in one area and then build two mixed use towers towards the West St end of the land."

The closing date for expressions of interest is September 16, to give prospective purchasers the opportunity to view the land, work out affordability and work with planning consultants and council representatives to put a proposal forward.

Mr Martin said he was very optimistic about the current attitude of the new Central Coast Council.

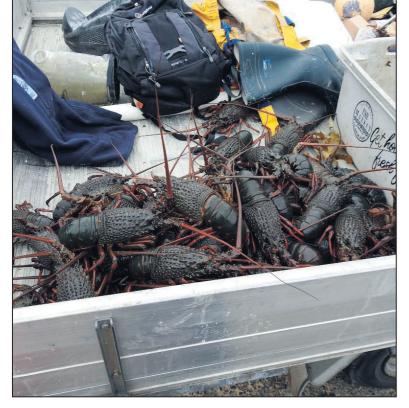
"They are displaying a very futuristic attitude that is a 100 degree turn around on what we had five or 10 years ago.

"They are starting to speak the right language.

"The way the council is approaching the future is that we have got to move forward to mobilise all centres on the Peninsula.

"We can't be dogmatic and the council is wanting to see nice developments for the area," he

> Website, 14 Jul 2016 Realcommercial.com.au Interview, 19 Jul 2016 Jim martin, Wilsons Real **Estate Woy Woy** Reporter: Jackie Pearson



Seized Eastern Rock Lobsters

THIS ISSUE contains 69 articles - Read more news items for this issue at www.peninsulanews.info



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Peninsula Community Access 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.

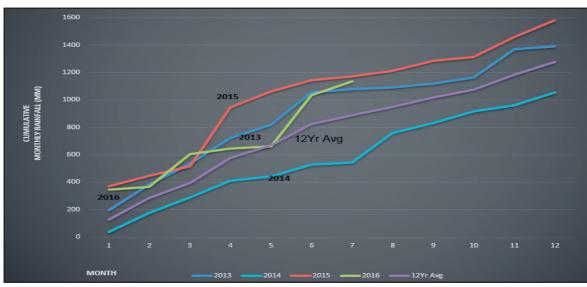
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Please send this form together with \$5 to Woy Woy Community Media Assoc Inc, PO Box 585, Woy Woy 2256.



Peninsula records wet July

The Peninsula has recorded 103.8mm of rain in the first three weeks of July, 57.3 per cent more than the July monthly average of 66mm.

The figures taken by Mr Jim Morrison of Woy Woy at 9am on Friday, July 22, show the year-todate total standing at 1136.2mm, 28 per cent above the 12-year

average July cumulative total of 888mm.

This is the second highest figure for July in 12 years, last year being the highest with 1172.8mm recorded by the end of the month.

More than 50mm was recorded last week, with 23.5mm being recorded on Wednesday, July 20, and 25.8mm on Thursday, July 21.

The next two highest falls this month were 18.4mm on July 8 and 13.5mm on July 9.

The Peninsula's average annual rainfall is 1279mm.

Only another 143mm of rain is needed in the last five months of the year to reach the annual average.

> Spreadsheet, 22 Jul 2016 Jim Morrison, Wov Wov

YOUR CHANCE TO

ix lucky Peninsula News readers will be enjoying a night at the Peninsula Theatre to see Woy Woy Little Theatre's new production, the classic thriller, "Wait Until Dark".

We have three double passes (with a total value of \$150) to see the show on Saturday night August 13.

Just write the name of the actress who plays the blind Susy on the back of an envelope and post it to Peninsula News Wait Until Dark Competition, PO Box 1056 Gosford NSW 2250 by 5pm on Thursday, August 4.

"Wait Until Dark" features three dangerous con-men trying to terrorise a blind Greenwich Village housewife, Susy (played by Sierra Phillips) in her basement apartment.

Directed by Penny Dilworth, the play features Adam Young, Stephen Cummings and John Lusty as the villains, and introduces young Evelyne Mealing as Susy's neighbour,

The climax of the play sees Susy desperately trying to fight off the murderous Roak (Young) when she realises the only way she stands a chance is to play by her rules – in the dark.

"Wait Until Dark" opens on Friday, August 12 and plays for three weekends. Bookings on the WWLT website: woywoylt.com.

The winner of the Peninsula News Taronga Western Plains Zoo competition was Belinda Matwijow of Umina.

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Council to appoint four senior managers

Four senior management positions, each with a starting salary of at least \$88,000 per annum, have been created by Central Coast Council to report to the group leader of assets, infrastructure and business.

The reason given for establishing the four new positions was the anticipated size and scope of the council's Assets Infrastructure and Business Group

The four new positions will be: senior manager roads and drainage; senior manager water and sewer; senior manager property and asset management; and senior manager business and economic development.

They will report to the group leader of assets infrastructure and business, Mr Mike Dowling.

The roles will be senior staff positions as defined in section 332 of the Local Government Act of

According to the Act, senior staff positions can only be created if the responsibilities, skills and accountabilities of the position are "generally equivalent to those applicable to the Executive Band of the Local Government (State) Award".

They must also be paid at least the minimum remuneration package of a Level 1 senior

executive office holder.

The minimum weekly pay rate per week for each of the four positions, according to the Award will be \$1697.

The roles would be accountable for the direction and control of a large work area where the individual will be required to influence longterm strategic directions.

"There is a clear expectation that these positions will lead policy development and implementation,' a report to the July 13 council meetingsaid.

"The roles will require the application of a range of specialist knowledge and skills ... corporate management skills in a diverse organisation to establish goals and objectives.

"The roles will be required to manage and control staff, budgets and work programs or major projects

"The positions will have accountability for generating innovative approaches to more effectively deploy resources, meet changing circumstances improve service to the community,' the report said.

Central Coast Council agenda 5.3, 13 Jul 2016 **Local Government (State)** Award 2014 v9.2 Website, 13 Jul 2016 Austlii.edu.au, Local Government Act 1993, Sec 332



Representatives of the Ettymalong Creek Landcare Group at Kathy Smith's office in Woy Woy

Landcare group presents woodcut petition

Members of Ettymalong Creek Landcare group met with officials from the office of the Member for Gosford, Ms Kathy Smith, to ask her to advocate for the withdrawal of the government's Conservation **Biodiversity** Bill 2016.

The group was concerned that if the Bill was passed, it would lead to broad scale land clearing across NSW and a significant loss of native wildlife.

The group presented the woodcut petition and supporting

letter to ensure that the draft Bill is withdrawn without delay.

Dr James Lawson, presented the woodcut to officials. said the group was "deeply concerned about the implications of the draft Bill for Biodiversity Conservation in New South Wales.

"The bill proposes removing the requirement that land clearing should 'maintain or improve biodiversity'," Dr Lawson said.

"If enacted, the proposals will lead to the extensive loss threatened ecosystems degradation of urban environments," he said.

The existing requirement in the Native Vegetation Act 2003 has provided strong protection for native vegetation over the last decade and been instrumental in reducing native vegetation clearing in NSW, especially in heavily modified rural landscapes.

Ettymalong Creek Landcare said the current legislation had been an example for other states, with support from environmental experts and farmers alike.

Amcal

Media release, 17 Jul 2016, Sue Ellis, Ettymalong **Creek Landcare**

Clarkes Pharmacy



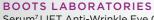
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The capsized vessel being rescued

Marine Rescue vessel capsizes

A Marine Rescue Central Coast vessel capsized on the bar at Little Box Head on July

Crew from the capsized vessel were picked up from the upturned hull of rescue vessel TG30 by the Palm Beach Ferry.

After arriving at the Point Clare Marine Rescue base, duty operator Mr Bob Sullivan treated one crew member for a lacerated finger before he was taken to hospital for further treatment.

Marine Rescue Central Coast contacted a salvage company from Brooklyn on July 8, at the request

of Marine Rescue NSW officers,.

The salvage company attended the site together accompanied by Commander of Marine Rescue Central Coast, Mr Roger Palmer, and Marine Rescue Regional Controller for Hunter Central Coast, Mr Neil Grieves.

After assessing the situation, it was agreed to attempt the salvage the following day.

The salvage went to plan starting at 10am and finishing at around 5pm.

A salvage barge and crane was able to lift and right the disabled rescue vessel.

The crew on Central Coast 21, Mr Palmer, Mr Brian Warburton, Mr John Jarvey and Mr Grieves, then used the high volume electric water pump on board to pump out the vessel.

Once cleared the vessel was taken in tow by a crew from Marine Rescue Cottage Point aboard vessel, Cottage Point 30.

The badly damaged vessel was then towed to a marina at Brooklyn.

The NSW Police required the

The NSW Police required the boat's skipper to provide a breath test and a statement.

Media release, 11 Jul 2016 Ron Cole, Marine Rescue Central Coast

Kathy Smith granted extended leave

Labor's Member for Gosford, Ms Kathy Smith, has been granted extended leave from the Parliament while she undergoes medical treatment for a serious health condition.

As the former chairperson of Cancer Voices NSW, Ms Smith was a community advocate and champion for the delivery of a dedicated cancer treatment centre at Gosford Hospital.

She is a cancer survivor, but she now faces another difficult battle.

The electorate office in Woy Woy remains open, with staff available to assist with local matters.

"Kathy has the support of the entire Labor caucus and our heartfelt wishes for a speedy recovery are with Kathy and her family during this difficult time," said NSW Opposition Leader Mr Luke Foley.

"I would ask that Kathy's privacy be respected," Mr Foley said.

The NSW parliament arranges pairs for circumstances such as an extended absence.



Member for Gosford, Ms Kathy Smith

This means Ms Smith's absence from parliament does not have an impact on the outcome of votes in the lower house.

The member for Wyong, Mr David Harris, is also Shadow Minister for the Central Coast and can represent the interests of the residents of the Gosford electorate, Mr Foley said.

Media release, 18 Jul 2016 Luke Foley, NSW Opposition

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Six-storey 53-unit development proposed

six-storey "mixed-use development" costing \$11.6 million, with 53 units for permanent or tourist accommodation, has been proposed for the old Centrelink site in Ettalong.

The development application, from Abrotat Pty Ltd, is for the demolition of the former commercial building used as government offices, a childcare centre and commercial office space, to make way for the construction of a six-storey development with an effective height of 13 metres.

It will include 53 residential units and six ground floor commercial tenancies, basement car park and has been described as an "ideal urban renewal opportunity".

Nearby resident Mr Ian Morris said the only other building currently in Ettalong of matching bulk, scale and height would be the Mantra Resort.

He said he hoped the council would amend the development application to ensure the building did not become dedicated to high-turnover, short-stay tourist accommodation.

"With the mix of as many as 10 one-bedroom units and 32 twobedoom units ... we believe this will be used by investors as shortstay accommodation and is not



primarily for permanent residential use," Mr Morris said.

He said that recent opposition to a boarding house in Ferry Rd and the defeat of a DA for the redevelopment of a motel on The Esplanade in recent years demonstrated that: "It is obvious that the local residents do not want to lose the village atmosphere of

According to Mr Morris, there is currently no demand for additional retail space in Ettalong: "The real estate shop is a display only ... the butcher recently closed ... there

are two other shops that have been vacant forever and there are five empty shops in the main street," he said.

Mr Morris said he believed other neighbouring residents would have similar reservations about the impact of the development on their amenity, loss of privacy and concerns about noise due to the use of a proposed communal swimming pool and podium level.

Four levels will be occupied by single-storey residential units and four south-facing penthouse units will have an additional storey taking the building to six storeys in part.

According to a statement of environmental effects submitted to Central Coast Council as part of the development application, the idea of making the four penthouse units two-storey was a trade-off discussed during meetings with council staff for increasing the rear setback to R1 residential zoned properties to the north.

The unit configuration is for 10 one-bedroom units, 32 with two bedrooms and 11 three-bedroom apartments.

The penthouse units 405, 408, 409 and 410 include a second storey consisting of a bedroom, wet area and a study or sitting

According to the statement of environmental effects: "These upper floor levels allow for access to winter sun for each of the units and provide a ventilation path for single-aspect apartments 405, 408 and 409, as well as providing exceptional views over part of Brisbane Water."

The upper level of the roof is at 19.29 metres above natural around level for the south-facing roof plane and 19.51 metres for the

steeper north-facing roof plane, representing a maximum 16.6 per cent variation on the development standard.

"We are of the opinion the proposal for exceeding the height limit is justifiable in this particular case for a number of reasons," the statement said.

"The variation has arisen due

the design decision to enhance the solar access and natural ventilation requirements of the four, fourthfloor apartments nominated.

'The proposal is not an attempt to create addition apartments or to significantly increase the FSR, which is well below the allowable.

The site is on the northern side of Ocean View Rd and is zoned B2 Local Centre.

According to the Design Partner Architects report, the Ettalong town centre "is defined as a precinct undergoing transition from low-scale retail uses to medium- to high-scale mixed use buildings including leisure, tourism and accommodation uses characterised by the recently completed nine-storey Outrigger Resort, a recently-approved seven storey mixed use residential building and four storey Ettalong Beach Hotel.

Continued Page 9

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The snake was removed from a train at Woy Woy station after its owner showed it to fellow passengers

Pet snake confiscated

A man has had his pet snake confiscated at Woy Woy train station after revealing it to fellow passengers on a northbound train.

Police from Brisbane Water Local Area Command were called to meet a northbound train at Woy Woy railway station, following reports there was a man with a live snake on the train at about 1am on Wednesday, July 20.

Police were told a 20-year-old man produced the three-foot long python, named Bread, from a backpack and began to show it to fellow passengers.

A number of passengers were concerned for the welfare of the snake and contacted police.

Officers spoke to the man at Woy Woy who stated that he did not have a permit for the snake.

Police confiscated the snake and took it to Woy Woy Police Station.

It was later taken to the Somersby reptile park.

Media release, 20 Jul 2016 NSW Police media

Council offers grants of up to \$50,000

Community groups and other local organisations have until August 26 to apply for grants of up to \$50,000 from the NSW Government's Stronger Communities Fund.

Council will hold an information session at the Umina Surf Life Saving Club to provide groups with details of the funding program and how to apply.

The session will take place between 1:30pm and 3:30pm on July 28.

A total of \$1 million has been earmarked for community group grants over the next three years for the entire Central Coast, as part of the \$10 million provided to the newly-formed Central Coast Council under the Stronger Communities Fund.

Eligible groups and organisations can apply for the first round of grants until Friday, August 26

The administrator of Central Coast Council, Mr Ian Reynolds, said the grant program was a chance for council to work directly and collaboratively with the community.

"This funding will play a vital role in helping local groups deliver much-needed communityorientated projects and initiatives that enhance Central Coast residents' lives," Mr Reynolds said.

"We value the major contribution made by the many sporting, cultural, environment and other groups to ensure our community is a vibrant, socially inclusive and modern place for residents and visitors," he said.

"I'm looking forward to seeing as many community development projects as possible come to fruition, whether it be buying new equipment or giving a facility a facelift."

Funding guidelines, application forms and eligibility details are available on the council's website.

"Successful applications will deliver social, cultural, economic or environmental benefits for our community," Mr Reynolds said.

"Applicants must have a clear project objective, demonstrate a capacity to manage funds and deliver the project, and show the benefit their project will have for the community.

"A Stronger Communities Fund Assessment Panel will be set up to assess and recommend projects for funding."

Media release, 18 Jul 2016 Ian Reynolds, Central Coast Council



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Community consulted on Koolewong boat ramp upgrade

The first stage oF community consultation on the upgrade of the Koolwong boat ramp and foreshore is under way with concept designs available for public feedback the Central Coast Council's "Have Your Say" website.

A public meeting was held in May to enable the consultants, Royal Haskoning DHV, and the community to discuss current issues with the ramp and ideas for an improved facility.

Royal Haskoning then prepared an official "Concept Design Memo" that incorporated a synthesis of community views as well as the existing layout, constraints of the site, previous studies and coastal and environmental processes.

The consultant also took the 2015 NSW Boat Ramp Facility Guidelines into consideration.

In response to requests from local user groups, a new floating pontoon has been included to allow larger boats and yachts to be able to moor temporarily.

Design Option A featured a oneway Multi Use Foreshore Facility and Option B was a Hybrid One-Two-way Multi Use Foreshore Facility.

In the first option the car parking near the boat ramp is reconfigured to one way.



The existing Koolewong boat ramp is to be upgraded

All vehicles would enter from the south and depart from the north.

The southern entry has been chosen as local users suggested trees along the road reserve impede driver vision and make exiting from the southern end difficult.

This design includes trailer parking spaces aligned at 45 degrees for easy reverse entry and to optimise space.

Option A proposes the slight rotation of the boat ramp towards the east to complement the one way flow of traffic and trailer turning circles.

to the According NSW Guidelines it is preferable to align ramps towards the dominant wave direction to avoid waves pushing boats sideways during launching and retrieval.

At Koolewong, the dominant wave direction is north east.

The one-way traffic required the access way between the 45 degree parking spaces and the derigging bay to be eight metres long.

This meant incorporating a derigging bay into the upgrade of the facility would require 1.5 metres of foreshore revetment to be resumed for the derigging bay.

A number of car parking spaces would also be incorporated.

Some would be close to the southern reserve, but most would be near the existing fish cleaning facility and useful for accessing both pontoons.

The advantages of Option A included: effective use of space; reduced congestion through one way traffic flow; easier manoeuvring; and improved road

Disadvantages of Option A included: one way system not favoured by all user groups; the need for trailer boat users to exit the facility and re-enter between launching and recovering vessels; the ramp not being aligned towards the dominant wave direction; and the risk that at quiet times users may be tempted to disregard the one way traffic flow.

Option В involved reconfiguration of the car parking area and access ways into a hybrid one-two way system.

The facility south of the existing northern boat ramp would be twoway and only the facility north of the existing boat ramp would be marked as one-way.

This would allow vehicles to enter and depart at the southern end but depart only at the northern

This would allow a portion of trailer boat users to launch their vessels and park in the southern trailer parking without needing to exit and re-enter the facility.

Once the southern trailer lots were full, users would need to use the angled trailer parks at the northern end and exit and re-enter to retrieve their vessels.

The two-way system would benefit the off peak and early arrival users.

In Option B, the ramp and southern trailer bays would be aligned towards the north east so vehicles could move in both directions.

The ramp would be aligned more towards the dominant north easterly wave direction.

If a derigging bay was to be incorporated in Option B, 3.5 metres of existing foreshore revetment would need to be resumed

Key advantages of Option B were: no need to exit and re-enter the facility to launch and recover vessels in off peak times; the two way system was preferred by local users; the primary exit is still northern where vision of north and south bound traffic along Brisbane Water drive is better: and the ramp is aligned towards the dominant north-easterly wave direction.

Notable disadvantages included: potentially cost; more fill required for ramp construction; and a larger area of the foreshore revetment will need to be resumed for a derigging bay.

The 90 degree angled boat ramp, parking and the twoway traffic flow could result in more difficult manoeuvring and increased congestion during peak times, compared to Option A.

Once council and stakeholders consider the layout and facilities proposed in Option A and B, a preferred arrangement will be further developed by consultant.

Concept Design Memo, 9 Jul 2016 **James Donald and Richard** Mocke, Royal Haskoning Pty Ltd





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- · Gardens with BBQ area
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- Undercover bowling green
 Close to public transport & shops



Shadow Minister calls for council elections

formal requests to the Electoral

Commissioner and Premier Mr

Mike Baird, asking them to show

reasons why the elections for

merger councils can't be held until

application stating it is not in the

public interest to tell me why we

can't have elections earlier, so I am

going to the administrative appeals

refused my

September 2017.

"They won't tell us.

tribunal," Mr Primrose said.

"They have

A council election needs to be held on the Central Coast before the scheduled date of September next year, according to the State's Shadow Minister for Local Government, Mr Peter Primrose.

Mr Primrose was responding to questions about how residents could ensure the Central Coast Council administrator, Mr Ian Reynolds, could be accountable to the community for issues such as Peninsula flooding, the Rawson Road Level Crossing Replacement Project, proposed reclassification of community reserves and the current environmental and urban edge zone review.

"How could you possibly expect one person to be administrator and still apply the same level of oversight and consultation as nine councillors and a mayor," Mr Primrose said.

"We have been finding that councils under administration have been putting their business papers out late.

"There has been far less business discussed at meetings



Mr Ian Reynolds, Central Coast Council administrator

and the administrator can't possibly go to the dozens of meetings and talk to community groups and constituents that former councils would have gone to.

"That is where things that the community was concerned about would have been flagged and where elected councillors would have been able to test out opinions about things and know what to raise," he said.

"Those are the sorts of things that make local government local and whether or not you support the amalgamations, why on earth are

NSW shadow minister for local government,

Mr Peter Primrose

the administrators continuing until
September 2017?"

"Why can't the continuing merger happen with the oversight of an elected council and mayor?

"Be they sinners of saints, the administrators are not representatives of the local community," he said.

Mr Primrose said although the administrator was paid out of council (ratepayer) funds, he was accountable to Mr Baird, not the community.

"They are obliged to provide voluminous reports back to the Premier.

"Initially it was weekly but they've now scaled that back to fortnightly.

"But it is not about financial details, it is only the good news stories so the State Government can create positive headlines about its mergers," he said.

"There cannot be proper

scrutiny when all the gatekeepers are reporting back to the Premier."

Mr Primrose said the NSW Government and Central Coast Council could also provide the community with more information about the cost of the council merger.

"We know from the past the costs and outcomes of previous mergers so the Department of Premier and Cabinet should be able to give estimates of current merger costs now," he said.

Mr Primrose also addressed questions about how long the community should have to wait until Mr Reynolds had received and analysed reports on controversial issues such as the former Gosford Council's proposed Land Sale Strategy that could result in five Peninsula community reserves being reclassified as operational land and sold off for development.

"If it was a full council I would say a month but you have got one individual and it is very difficult to expect one person to do the job while they are also engaging in staff reviews and writing reports for the premier," he said.

"The proper solution is to let the local community elect its own local council," he said.

Interview, 20 Jul 2016 Peter Primrose, NSW Shadow Minister for Local Government Reporter: Jackie Pearson

Six-storey 53-unit development proposed

From Page 5

"The subject land is located in a part of an area predominantly being redeveloped with new commercial and residential buildings," the report said.

"The residential component adds to the diversity of use and contributes to the changing and evolving context of the area.

"The character of this precinct is influenced by its central location within the Ettalong CBD and close proximity to key public parks and open space areas fronting extensive waterways.

"The built form is appropriate in this context," the design report concluded.

"The proposal is permissible within the zone and satisfies the relevant statutory framework for the proposed use of the land.

the proposed use of the land.

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"On balance, the development is considered to be ecologically sustainable and in the public interest."

The proposed building has been designed to provide communal open space on its podium level deck along with a communal swimming pool and a screened clothes drying area; it will also provide a gymnasium for residents.

Commercial tenancies with street frontages are intended to occupy the ground floor units to provide opportunities for cafes and restaurants.

The zoning allows for no street

setbacks.

The developer has provided a total of 85 parking spaces across the ground level and basement which exceeds council requirements by 13 spaces.

BCA Assessment, 17 Feb 2016
Boyce Built Environment
Consulting
Design Quality Principles
report, 6 Jun 2016
Statement of Environmental
Effects, 6 Jun 2016
Design Partner Architects Pty Ltd
Website, 19 Jul 2016
Central Coast Council, Find
an Application Gosford
Submission, 19 Jul 2017
lan Morris, Ettalong

Gallery celebrates first birthday

A Killcare art gallery is celebrating its first birthday on July 30.

Between 1pm and 4pm on the day, Horizons at Killcare Gallery of Art will offer complimentary cheese and wine, live music, a lucky door prize and an opportunity to meet the various artists who have work

on display.

The artists are also available to discuss their work and technique in greater detail on the day.

There will be over 100 works on display, many of which have not been seen before.

Email, 14 Jul 2016 Brendon Weston, Horizons at Killcare





Patonga resident holds placard opposing expansion of the hotel

Hotel plans attract 70 objections in town of 200

majority of Patonga households are believed to have objected to the expansion of the Patonga Hotel.

campaign Patonga Save organiser Mr Paul Williams said more than 70 Patonga residents had lodged objections to the development application.

"To put that into context, Patonga has just five residential streets and a permanent population at last census of 202 people."

The existing hotel was approved by Gosford Council in 2009, on land at the time zoned for low density residential use.

The current development application proposes to renovate and expand the existing hotel and fish shop at the entrance to the village

Williams said: application now before Central Coast Council proposes to increase the hotel floor space by 100 per cent, mainly at the second floor level, and would more than double patronage from 200 to 500.

"Proposed second floor spaces will include a cocktail lounge, band stand and dance floor, and a 150seat wedding reception facility," he said.

"The original owner managed to secure approval without any onsite car parking.

"Incredibly, the latest proposal again makes no provision for onsite parking.

"The DA claimed that existing street parking could accommodate any increase in patronage.

"A traffic study organised by residents comprehensively put paid to that argument.

"The hotel already monopolises adjacent public parking areas, and on weekends and holidays, parking routinely overflows into residential streets.

"More recently the current owner, who purchased the property in 2014, has acknowledged that there is an existing problem with car parking and he is prepared to contribute to help alleviate the problem.

"It's estimated at least 66 car spaces will be required based on increased floor space.

"The owner has said he is trying to make a bigger effort to keep Patonga a quiet and beautiful

"It is difficult to reconcile those sentiments with a development proposal that can only exacerbate noise, congestion and parking issues.

"The community is supportive of renovations and additions to the ground floor hotel, fish shop and kitchen, but they object to the planned second storey lounge, reception centre and sports bar development.

"It will create, in the owner's words, a "destination venue" which is at odds with the objectives set for the current zoning of the land (B1 Neighbourhood Centre).

"These objectives require that business and commercial uses are small scale centres commensurate with the local needs of the people who live and work in the surrounding neighborhood.

"The present hotel and fish shop complex has reached the environmental and socially acceptable boundaries of the site it occupies.

"The fact that the owner is now seeking to rely on the use of adjacent public land to double the size of his business makes it hard to square this proposal with the public interest.

"It is not, as the owner recently claimed in the press, the hotel that is in danger of being "loved to death", but rather Patonga itself."

Media release, 13 Jul 2016 Paul Williams, Save Patonga

Resident forms action group

An Empire Bay resident fed up with the "sub-standard" condition of the area's infrastructure has formed a new community group for residents to have their say.

Mr Gregory Olsen said he formed the Empire Bay and Districts Roads Action Group to enable residents of Empire Bay, Bensville, South Kincumber and Daleys Point, who have had to put up with dangerous roads, nonexistent foot and cycle pathways and poor storm water drainage for decades, to engage with political representatives from all levels of government.

The Action Group will hold a community meeting at the Empire Bay Progress Hall, August 9, at 7:30pm.

Mr Gordon urged all residents from these areas concerned about the state of their community's infrastructure to attend.

"All residents who are concerned about the state of the roads, paths and storm water drains in these areas and want their voice to be heard, should come along to the meeting.

"It is time to engage with representatives from Local, State and Federal Governments and alert them to the unacceptable state of these public assets and urgently negotiate appropriate remedies," Mr Olsen said.

According to Mr Olsen the meeting will focus on "Future directions" to help gauge residents thoughts and to format an action plan to present to Member for Terrigal, Mr Adam Crouch, at the Action Group's second meeting on August 16.

Email, 18 Jul 2016 Gregory Olsen, Empire Bay

Bay to be built in front of Bays hall

A dedicated bay for "set down" and "pick up" is to be built in front of The Bays Community Hall, according to the Bays Community Group president Mr Bob Puffett.

The bay would make it safe for the elderly, handicapped patrons and children being dropped off for events and functions at the hall, he

The Group with assistance from he Central Coast Council, Federal

Government and local business man John Cartwright of Central Coast Asphalt, will build the bayl in the coming months.

This work will necessitate the removal of a tree on the downhill side on the boundary of the road and will involve considerable excavation, retaining construction and road surfacing.

While this project is underway, residents and locals are asked to remain patient as there may be some disruption to traffic in Woy Woy Bay Rd, but are reminded that the finished job will benefit the whole community, Mr Puffett said.

Newsletter, 7 Jul 2016 **Bob Puffett, The Bays Bulletin**



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Report for Coroner

Club holds Christmas

in July for charity

A Hardys Bay Club's annual blankets, jumpers and other warm

A report will be prepared for the Coroner following the death of a woman after she was hit by a van in Ettalong.

A 49 year old man was reversing out of a driveway on Schnapper Rd at about 8.50am on July 8, when the Hyundai iLoad van he was driving hit a 100-year-old woman.

The woman was assisted by an off-duty nurse until NSW Ambulance Paramedics arrived and treated the woman at the

Christmas in July dinner

raised funds for Coast

Christmas buffet, complimentary

sparkling wine, trivia, lucky door

prizes and a raffle, with a visit from

and donation boxes went to

Coast Shelter to raise funds for

activities, the Club also collected

In addition to its fundraising

emergency accommodation.

Money from ticket sales, raffles

The event featured a two-course

Shelter this year.

Santa himself.

scene

She was airlifted to Royal North Shore Hospital.

However, she died a short time later.

The 49-year-old driver was taken to Gosford Hospital for mandatory blood and urine testing.

Officers from Brisbane Water Local Area Command attended and are investigating the incident.

Media release, 11 Jul 2016 NSW Police Media



The latest flooding of MacKenzie Avenue on July 19

Group gathers flooding evidence

part of their Share the Warmth campaign.
"Unfortunately, the number of our fellow citizens who are doing it tough increases all the time.

clothing all throughout July as

"Support from our community allows us to make sure that families and children are kept warm this winter," said Coast Shelter executive officer Mr Laurie Maher.

Media release, Jul 11 2016 Emily Carryer, Hardys Bay Club Members of the Woy Woy Peninsula Floods group has started listing dates and streets in which flooding has occurred to present to Central Coast Council.

The group's founder, Mr Tony Maddern, said the group intended to provide the Council with the

data to update their records, which may assist council in securing funding to fix the sources of the localised flooding that is occurring regularly in some Peninsula neighbourhoods.

The group had also been collecting signatures and was hoping to reach 10,000 signatures so the issue could be taken to the

NSW Parliament.

Mr Maddern said residents were encouraged to take photographs if flooding occurred in their streets and email them to peninsulafloods@yahoo.com.

Facebook, 20 Jul 2016 Tony Maddern, Woy Woy Peninsula Floods Reporter: Jasmine Gearie



JOCELYN MAUGHAN AN ARTIST SURVEY

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The former motor registry at 39 Victoria Rd Woy Woy was sold to a Central Coast buyer for \$1.3 million

Motor Registry building sold for \$1.3 million

The building in Victoria Rd, Woy Woy, previously occupied by the RTA Motor Registry has been sold for \$1.3 million.

NSW Roads and Maritime Services vacated the building in October and paid rent for the remainder of their lease which enabled the vendor to leave the building empty while seeking a buyer.

The "motor registry" relocated to the Gosford NSW Government Service Centre in Henry Parry Dve.

Mr Jim Martin from Wilsons Real Estate at Woy Woy said the building had been acquired by a Central Coast business man who had no intention of redeveloping

The new owner intends to rent the 25-year-old building for "fair market price", Mr Martin said.

When initially advertised for sale in November, the building was described as a modern, full brick and concrete construction building with a fully leased first floor and 250 square metres of vacant ground floor space.

The ground floor space was noted as "ideal as a new restaurant, show room, professional consultant suites or retail outlet".

The building's onsite parking was mentioned as another positive feature.

Potential buyers encouraged to: "Picture a perfect lower price range commercial investment".

Mr Martin said the Victoria Rd sale had been a continuation of a revival of interest in the Woy Woy CBD over the past 12 months.

"We have leased a whole lot of premises in Woy Woy, six or seven in the past 12 months that are now operating as retail or commercial businesses," he said.

Interview, 19 Jul 2016 Jim Martin, Wilsons Real Estate Website, 21 Jul 2016 Allhomes.com.au/commercial Reporter: Jackie Pearson

Tribute to Tom Jackson

Wagstaffe resident Mr Tom Jackson died on Saturday, June 4, in Gosford Hospital.

Mr Jackson's death was caused by prolonged exposure to asbestos through his work as a builder.

Here is a tribute from Wagstaffe-Killcare Community Association member Ms Helen Menzies:

Tom lived at Wagstaffe for many years and was a stalwart member of the association for all of that

With his love of the environment and community, Tom greatly contributed to the well-being of

He was called on often to help with maintenance at Wagstaffe Hall but was also an important part of all other Association events including Bush Care, delivering Talking Turkey, Australia Day, Trash and Treasure and the Carving project.

Tom was bestowed with Life Membership of Wagstaffe-Killcare Community Association in 2009.

His friendliness, humour and gruff charm will be truly missed.

Tom was ever chivalrous.

He would tip his Greek fisherman's cap and, if you were lucky, let you plant a kiss on his soft grey beard.

But then you were never quite

sure what would come next.

Talk "rubbish" (as defined by Tom) and you'd be put in your

Your best bet was to have his wife. Anne. on vour side.

"Tommy," she would say sternly to her husband, and he would grin into his beard.

Tom married his wife Anne in 1954, and moved to their waterfront home at Wagstaffe in 1983.

Since then they've been as much a part of the fabric of the village as the jetties, the ferry, and the Waggy Store.

At holiday time, Tom and Anne's magical garden would be seething with some combination of their six children, 14 grandchildren, and five great-grandchildren, and a variety of dogs.

"Damn dogs," Tom always said in the Ducks Crossing novels, where he appears in the guise of the General.

Whether he was Tommy to Anne, Dad to the kids, Tom-Pa to the grandkids, the General to generations of dogs who doted on him, or Mr Jackson who saw his soldierly stance and not the twinkle in his eye, his death mightily diminishes us all.

Letter, 16 Jul 2016 Helen Menzies, Wagstaffe

Opal card deadline

Pensioners wishing to use public transport within, to and from the Peninsula from the beginning of August will need to use a Gold Opal Card.

Cash fares are to be phased out and, if pensioners do not wish to face fines of up to \$550 for travelling without a Gold Opal Card, their only other option will be to pay the full adult fare.

July 21 was the last day that pensioners could apply and have their card in time for the August 1 deadline, according to Shadow Minister for the Central Coast Mr David Harris.

Mr Harris said it could take up to 10 days for the card to arrive.

Transport for NSW is preparing for a public relations backlash as hundreds of thousands of pensioners may still not be aware they have to apply for the Gold Opal card, Mr Harris said.

"There will be no grace period for this change so if customers are stopped Transport Officers may issue fines from August 1," Mr Harris said.

Applications can be made through the Transport for NSW Opal website, and seniors and pensioners can also apply by phoning 13 67 25.

"Maek sure you have your NSW Seniors, Pensioner Concession or NSW War Widow/er Card handy to confirm your eligibility," the website

Seniors coming from interstate and eligible asylum seekers cannot apply over the phone.

> Media release, 21 Jul 2016 Colleen Michael, Office of David Harris



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Gosford hearing for State Government's Crown Lands inquiry

A public hearing for the NSW Legislative Council's inquiry into Crown Land is expected to be held on August 8 in Gosford.

Shadow Minister for the Central Coast, Mr David Harris, had called on the community to make submissions as part of the current NSW Legislative Council inquiry into Crown Lands in NSW but the closing date for submissions was July 24.

Mr Harris said organisations that could be affected by the inquiry, and the new Crown Land legislation that is being proposed by the NSW Government, might include preschools, Scout and Guide groups, nursing homes and some community halls," he said.

"This new legislation will affect many community groups across the Central Coast," Mr Harris said.

According to a Gosford Council land register dated September 2014, the Peninsula has 17 reserves and places of public recreation that are Crown Land, one pathway, and two locations classified as conservation or environmental management that are also listed as Crown Land.

In addition, the Pearl Beach fire station is located on Crown Land.

Mr Harris said the inquiry will be examining the extent of Crown Land and the benefits of active use and management of that land to NSW.

It will be looking into the adequacy of community input and consultation regarding the

commercial use and disposal of Crown Land; and the most appropriate and effective measures for protecting Crown Land so that it is preserved and enhanced for future generations.

Another area under consideration by the Legislative Council's committee is the extent of Aboriginal Land Claims over Crown Land and opportunities to increase Aboriginal involvement in the management of Crown land.

NSW Shadow Minister for Local Government, Mr Peter Primrose, said "It will be up to the committee to decide if they will accept submissions past the deadline but they usually do and they will then give consideration to which submission writers will be asked to give evidence at the public hearing," Mr Primrose said.

The secretariat of the General Purpose Standing Committee Number Six, which is conducting the Crown Lands inquiry, confirmed that those invited to be witnesses at public hearings are usually chosen from groups and individuals who have shown interest in the inquiry by making a submission.

Organisations that missed the submission deadline but believe they have a contribution to make at the public hearing can write to the committee asking for permission to speak.

The venue and times for the Gosford hearing were expected to be confirmed shortly after the closing date for submissions on July 24.

Any interested groups or

individuals who wish to give feedback should do so via the website: parliament.nsw.gov. au/committees/inquiries/Pages/inquiry-details.aspx?pk=2404.

Mr Primrose said the future and management of Crown Land in NSW was "very complex stuff.

"Most people are not aware of the great range and tenure of Crown Land available," he said.

"Most beaches are Crown Land, for example, and then there are Crown Roads.

"As Shadow Minister for Local Government, I am very concerned about what is going to happen to Crown Roads," he said.

Mr Primrose said his concerns were based on the extent of cost shifting that the NSW Government has undertaken in recent years.

Local Government NSW has estimated that the NSW Government is currently shifting \$860 million each year across the state off its books and adding it to the costs of local councils that do not have adequate funding to deal with the additional burden, Mr Primrose said.

Website, 20 Jul 2016
NSW Parliament Inquiry
into crown lands
Media release, 15 Jul 2016
Jake Allen, office of David Harris
Interview, 20 Jul 2016
Same Griffith, Legislative
Council GPSC6
Interview, 20 Jul 2016
Peter Primrose, NSW shadow
minister for local government
Gosford Council Land
Register, 16 Sep 2014
Reporter: Jackie Pearson



An aerial view of the subject site

Flats proposed for West St

A development application has been lodged with the Central Coast council for the construction of a two-storey residential flat building on the corner of West St and Morris St, Umina.

The development is for four units, including seven off-street parking spaces, on vacant land that has a total area of 748 square metres.

The DA proposes one twobedroom unit and three threebedroom units and values the work at \$750,000.

The site is zoned R1 for general residential use under the Gosford Local Environment Plan 2014.

The subject site is on a corner which restricts the ability to provide a proper presentation to the street as well as respecting the amenity of adjoining residents, according to a statement of environmental effects submitted with the DA.

"To the north of the subject site is a residential development that is located quite close to the common boundary," the statement said.

"The location of the proposed

development also close to the boundary should not adversely impact upon the amenity of either residents," it said.

The statement concluded that the development mostly complied with both the Gosford LEP 2014 and the Development Control Plan and any non-compliance was justifiable.

"The proposal is likely to positively contribute to the future building form of the neighbourhood, whilst at the same time, is not likely to adversely impact upon the amenity of residents in the general area of the site.

"The proposed redevelopment provides an opportunity to achieve additional unit housing in the area which will support nearby local shops and broader NSW Government housing objectives.

"The development is well designed and has considered the needs of the new residents in terms of access to recreation space, sunlight and ventilation."

Website, 19 Jul 2016 Gosford Council, Find an application DA 50258/2016





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Raymond and Gina Weekes

Health service urges people to join Dry July campaign

The Peninsula has already received more than its average July rainfall in the first three weeks of the month (see report, page 2).

And the Central Coast Local Health District is encouraging people to join the Dry July campaign.

However, the campaign is not about reducing flooding on the Peninsula.

Dry July encourages people to give up alcohol for the month of July and raise funds for cancer patients and their families and carers.

Woy Woy resident Mr Raymond Weekes is one of many local cancer patients reaping the benefits of last year's fundraising efforts, through the District's CoastCanCare Wellness Program.

CoastCanCare provides access to free wellness programs such as stress management, music therapy, exercise, self-care, staying positive, pain management, nutrition and Tai Chi.

Mr Weekes said the program made him a better person.

"I went along to CoastCanCare and it helped me open up and I felt stronger for it.

"It taught us to do more of the

things we love

"There's always a positive if you look for it," he said.

His wife Ms Gina Weekes said the program had "given me my husband back".

"This is the fourth year Central Coast Local Health District has been a beneficiary of Dry July and as a result we have been able to continue the CoastCanCare Wellness Program," program coordinator Ms Tia Covi said.

Email, 6 Jul 2016
Casey Virgin, Central Coast
Local Health District
Media release, 15 Jun 2016
Sharna Ryan, Central Coast
Local Health District

Tiny homes project awaits start in Gosford

The Tiny Homes Foundation will wait until it has started an affordable housing project in Gosford before looking at a similar project on the Peninsula.

The former Gosford Council entered into an arrangement with the Tiny Homes Foundation in October to lease land to the group subject to conditions including development consent.

Vacant land in Neera Rd, Umina, was earmarked as a potential site for a Tiny Homes project on the Peninsula.

Another parcel of land in West Gosford was also located as a potential site for an affordable housing project.

CEO and co-founder of the Tiny Homes Foundation, Mr David Wooldridge, said the group had an approved development application for the Gosford project but still has work to do with the certifier on the final construction specifications.

"We are finalising commencement of Gosford

before commencing Umina," Mr Wooldridge said.

"Being a revolutionary concept to provide Australia's first approved multi tiny home solution for homelessness with tenant equity participation there has been a lot of work to get it right and replicable," he said.

Mr Wooldridge said commencement of the Gosford project is still some months away and no plans are in place at this stage to lodge a development application for the Umina site.

At the time the agreement was made between Gosford Council and the Tiny Homes Foundation, former councillor Ms Gabby Bowles said that community consultation would be a major part of ensuring the project provided the correct outcomes for all stakeholders.

Interview, 21 Jul 2016
David Wooldridge, Tiny
Homes Foundation
Email, 21 Oct 2015
Gabby Bowles, former
Gosford Council
Reporter: Jackie Pearson

Fashion show at Bays Hall

The Bays Community Group will hold a fashion show on Friday, August 19, at the Bays Community Hall, Woy Woy Bay Rd, Woy Woy Bay, at 7:30pm.

The Bays Fashion Show, back by popular demand according to group secretary Ms Gwynneth Weir, will showcase the designs of Distant Travellers.

Distant Travellers is an online fashion store and shop at the Ettalong Boutique Markets that stocks a range of homemade garments in cotton, linen and silk, ecofriendly accessories, homewares and gifts, Fair Trade products, handmade cards and handbags.

After settling down on the

Central Coast, designer and founder of Distant Travellers, Ms Linde Creeke, has collaborated with Ms Weir to introduce the regular fashion shows.

Ms Weir said the Bays Community relied on community events run throughout the year to help maintain the Bays Community Hall.

These included monthly breakfasts, and a Wine, Cheese and Art Evening.

The Bays Fashion Show has been held previously in May 2015 and again in March.

The event allows the members of the public to view Ms Creeke's collections and purchase pieces if interested, also offering a chance to try their hand at designing and creating themselves.

The initial fashion show in May 2015 attracted around 25 people.

The second in March saw almost double the crowd, reaching close to maximum capacity.

Ms Weir said she encouraged people to buy tickets in advance so that they do not miss out, but will be selling tickets at the door if there are any left over.

An entry fee of \$5 will include a free glass of sparkling wine on

Tickets are available from Ms Weir at gwynneth.weir@gmail.com or on 0413 434 683.

Newsletter, 7 Jul 2016 Interview, 20 Jul 2016 Gwyneth Weir, The Bays Community Group Reporter: Caitlin Lavelle

Annual bridge trophy contested

Brisbane Water Bridge Club recently held its annual trophy event.

The Presidents Cup took place on Friday, July 15, at the Peninsula Community Centre.

Nineteen pairs vied for this year's trophy.

The winners were Barry Foster and Jenny Buckley with 62.3 per

cont

Second place went to Pam Gowthorp and Janine Henry with 59.9 per cent.

Christine Hadaway and Chris Hannan achieved third place with 59.6 per cent.

Media release, 21 Jul 2016 Jenny Buckley, Brisbane Water Bridge Club





Bays Bush Care looks for new members

looking for new members.

The Bushcare Program is a partnership between council and volunteers from the community, who collaborate to assist in restoring areas of degraded bushland

The volunteers are supervised by a representative from National Parks and Wildlife Service.

After an already successful year tackling several sites above Taylor St, August 20 brings a new adventure as the Bush Care Group takes a boat trip into the heart of

Woy Woy Bay Bush Care is Woy Woy Bay to spend half a day removing weed from the bay.

The Woy Woy Bay Bush Care Group meets at 9am on the fourth Saturday of each month, usually for two to three hours and is always looking for new members to join.

The group will meet on September 24, October 22 and November 26.

The meeting point is on the very western end of Taylor St and a National Parks and Wildlife vehicle will mark the spot.

Newsletter, 7 Jul 2016 **Bob Puffett, The Bays Community Group**



A Pretty Beach Primary School student relaxing on Lobster Beach

Fundraising dinner for Killy Cares

A fundraising dinner for the Killy Cares charity will be held at the Killcare Surf Life Saving Club on August 12.

The Rio-themed evening will include a two-course dinner, music and entertainment, and will be held upstairs in the Horizons Art Gallery. The cost is \$50 per person with

BYO wine only and no corkage. All drinks can be purchased at the bar.

Raffle tickets will be sold during

the course of the evening with a host of prizes donated by local businesses.

If you would like to attend please call Carlene Lawler on 0416 104 066 or email killycares@gmail.com with details of the number of seats you wish to reserve.

The annual event will commence at 6:30pm for 7pm.

> Newsletter, 16 Jul 2016 Peta Colebatch, Wagstaffe to **Killcare Community Association**

Field study at Lobster Beach

Students from Pretty Beach **Public School visited Lobster** Beach as part of their study of National Parks.

Students in Years 3 and 4 visited Lobster Beach on May 31, as a field study and to practice identifying features of National Parks.

Students looked at fauna and flora species present at Lobster Beach and discussed ideas about conservation.

Students also got to visit Aboriginal sites in the National Park, such as a midden and meeting cave, and discussed the history and significance of Lobster

Beach and the National Park to the orginal custodians of the land

Students concluded their day with some physical fun and art on the beach.

> Newsletter, 2 Jun 2016 **Deborah Callender, Pretty Beach Public School**

Parents and grandparents visit

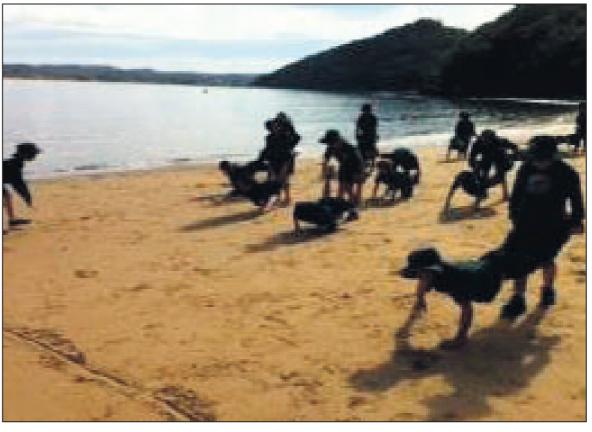
Woy Woy South Public School had a large number of parents, grandparents and pre-schoolers come out to their 2017 Kinder Open day.

After only 16-weeks of schooling, the 2016 kindergarten students paid little attention onlookers completing to their classroom activities

with confidence, as well as demonstrating their Smartboard skills.

kindergarten teachers managed to run classes, answer questions from visitors and cope with the extra eyes on them in the

Newsletter, 7 Jun 2016 Kim Whealey, Woy Woy South Public School



Pretty Beach Primary School students during their recent field studies trip to Lobster Beach

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Advertisement borders on delusion

Senator Deborah O'Neill's advertisement in the Peninsula News on July 11 "We achieved a fantastic result on the Coast and across the country" borders on the delusional.

She was referring to Mr Bill Shorten's pathetic and deceitful campaign in the July2 election.

Two dictionaries and my thesaurus described "fantastic" as "extravagantly fanciful", "Imaginary and wildly unreal".

I will concede further interpretations followed but let us deal with the unequivocal facts which support the initial interpretation of "fantastic".

Labor's primary vote was one of its worst in history.

The deceit and lie upon lie about how the Liberals would privatise Medicare was breathtaking in its dishonesty.

Forum

LETTERS TO THE EDITOR

should be sent to:

Peninsula News

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See Page 2 for contribution conditions

It is beyond belief how anybody who claimed to have a fair and intelligent mind could possibly contemplate having Mr Shorten as our Prime Minister.

Apart from his blatant dishonesty and support for his union mates, who have been exposed by Justice Dyson Heydon as being guilty of corruption and coercion, we have Larry Pickering informing us all about Bill Shorten.

I am certain Mr Pickering would be fully aware of the laws regarding defamation and would not have publicly made any condemnations of Shorten without being certain of the facts.

For more enlightenment on Pickering's expose on Shorten, an examination of his latest publication provides the unvarnished truth about Mr Shorten.

So much for Senator O'Neill and her propaganda.

I notice that Ms Anne Charlton has followed along the same lines.

Finally, anybody who cannot admit that we have fared fundamentally better under Liberal rule than under Labor and socialism has a poor concept of what constitutes good government.

Letter, 19 Jul 2016 Colin Williams, Ettalong

Focus on State and local elections

The federal election is over.

The focus is now on the next state and local government elections, presuming that there will be local government elections.

Mangrove Mountain residents dealing with the state's significant Mangrove Mountain landfill site have been told the "earliest time Mr Reynolds (administrator, Central Coast Council) would be available to meet with us was September 13."

Member for Gosford Ms Kathy Smith has said the absence of funding for the Rawson Rd level crossing in the NSW State Budget is a road safety concern.

Flooding and the sale of community land remain issues for

Forum

Peninsula residents.

My correspondence to Gosford Council in early May, 2016 highlighting a consultant's comments in the 1990s about the Woy Woy Peninsula's floor height study plan remains unanswered.

My first and most important decision at the next state and local government elections will be to place Liberal Party candidates in the last place.

The NSW premier, Mr Mike Baird, has certainly made this decision easier, I expect, for other voters on the Central Coast.

Letter, 4 Jul 2016 Norman Harris, Umina

A stable and successful system

Our current electoral system is obviously not perfect, particularly in what we end up with in the house of review, the Senate.

But how we would improve it is a vexed question.

Forum

Some have suggested that we should have a first-past-the-post system of voting, but this could result in us having a candidate

with less than 50 per cent of the votes gain a seat, with the majority of the voters frustrated that their intentions had been overridden.

Another suggestion is to abolish the states.

Those who advocate such a drastic move must surely be aware that the foundation of our political system, the Federal Constitution, set out by our Founding Fathers and approved by the people, gave sovereign powers to those former colonial governments, ceding their rights only for the defence of the nation and for matters relating to international trade and customs.

The states were to retain the policing of crime and matters of health and education, while local councils were to deal with development applications and rubbish collection.

Putting local councils in charge of the nation would turn everything on its head.

Talk about putting the cart before the horse.

Even more alarming is any exhortation to scrap and rewrite the Constitution itself.

Who would rewrite this new constitution: the politicians and lawyers?

The fact that public referenda have only been successful in eight out of 44 attempts is a positive blocking by the people to limit the powers of the politicians, so for the past 116 years we have enjoyed a stable and successful governmental system.

Let's keep it that way.

Letter, 18 Jul 2016 Don Parkes, Woy Woy

Petrol prices: just plainly wrong

Once again we out here are coping the rough end of the pineapple as far the price of petrol goes.

I have a friend who spends a bit of time in the Shire south of Sydney (Sutherland) and he tells me the fuel price there is on an average 10 cents cheaper than it is here.

Forum

Don't we have government departments that look after the public in these matters?

This has been going on far too long and should be addressed. It's just plainly wrong.

Email, 14 Jul 2016 Rod Munson, Ettalong Beach

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Chamber did not work with Council for Bullion St sale

I refer to the letter written by Ms Kay Williams of Pearl Beach "McInerney to speak planning" (Peninsula News July 11) and her comments that I and the Peninsula Chamber Commerce had worked with Gosford Council to bring about the sale of the Bullion St car park.

Ms Williams' comments are wrong on any number of levels.

The Chamber of Commerce was involved in the community consultation process for the Umina Beach Traffic Management and Accessibility Plan back in 2014 as were some 50 other community members.

These consultations included the future of the Bullion St car park as a civic square and mixed use precinct while preserving the public car parking capacity.

Ms Williams is wrong when she said that the community rejected the proposals put forward by

Forum

Council.

The community input was generally very supportive of what Council was proposing although the Chamber did not support some of the more specific recommendations.

Ms Williams is also wrong when she said that I and the Chamber had continued to work with the Council to bring about the sale of the Bullion St car park.

Neither I nor the Chamber had any subsequent discussions with the Council and have had no involvement in the current Expression of Interest for the development of Bullion St.

For Ms Williams to infer that either I or the Chamber had such involvement is incorrect and misleading as are many of her other comments

Forum

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contribution conditions

Email, 14 Jul 2016 Matthew Wales, Peninsula Chamber of Commerce

Other Regional News - In brief

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

Given the advent of the new Central Coast Council, 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

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

JRPP reluctantly approves

tax office

The Joint Regional Planning Panel

(JRPP) approved the Doma-Tax

office development on part of the

former Gosford Public School land

on June 30.

Wicks wins Robertson by **2093 votes**

Ms Lucy Wicks announced her win in the seat of Robertson at her local park in Springfield on Wednesday, July 6.

McInerney calls for the two further waterfront developments to be stopped immediately

A community meeting held by the Gosford Waterfront Alliance has called on the NSW minister for planning, Mr Rob Stokes, and the administrator of Central Coast Council, Mr Ian Reynolds, to take

Budget ignores crucial

projects

Member for Terrigal, Mr Adam

Crouch, said the NSW Government

delivered a budget which provides

record investments for essential

including

health.

Expressions of Interest sought to develop the remaining former **Gosford Public School site**

Property NSW called Expressions of Interest (EOI) on July 5 for a partner to deliver a proposed mixed-use building at 32 Mann St, Gosford, and develop the remaining 1.1 hectares of land on

Community to fight to save **Wamberal Memorial Hall and** park

The Wamberal Community Group has started a petition to save Wamberal Memorial Hall, according to group spokesperson, Mr Richard

Three tower Waterside development to be built in stages

Three of the major developments that have already been approved in the Gosford CBD are progressing well, according to Mr Cain King from CKDS Architecture.

Adam Crouch proud of State Government budget

Member for Terrigal, Mr Adam Crouch, said the NSW Government delivered a budget which provides record investments for essential including health, services education, family and community

Rate rises to follow existing paths

minister for local government, Mr Paul Toole, said he promised ratepayers would not face any "exorbitant increases" in rates over the next four years.

education, family and community The full articles and more can be seen on line on our website www.centralcoastnews.net Coast Community News focusses on news specifically related to post code areas 2250, 2251, 2260 and articles can also be read and shared on your mobile phone by going to www.coastcommunitynews.com.au.

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

Sale of Kiar Ridge land marks the end of the first regional airport

company, has been engaged by Timbers Hotel in Ourimbah is Central Coast Council to sell a landmark 87.95 hectares of land at Pacific Highway threatens to close Kiar Ridge

Former councillors to form

local representation advisory

committee

Representation Committee of the

Long standing JRPP chair

'stands down'

Mr Garry Fielding, who has been

Regional Planning Panel (JRPP)

for seven years, has decided not to

renominate for a further term.

new Central Coast Council.

Tall Timbers Hotel at risk due to highway widening

JLL, a major real estate investment. The future of the popular Tall Council has engaged Eco Logical uncertain, as the widening of the the hotel.

Information being released by

All former Wyong councillors The community has been told it is Central have been appointed to the Local business as usual at the new Central Coast Council but administrator. Mr Ian Revnolds, reduced the amount of business dealt with at the new council's first three meetings by 75 per cent.

council has reduced by 75%

Community reserve to be named

A process is under way for a community chair of the Central Coast Joint reserve on the southwestern side of Toukley Bridge to be officially named the Vietnam Veterans' Memorial Park and land on the northwestern side of the bridge to be officially named Wallarah

Biocertifi cation strategy underway for Warnervale employment zone

Australia (ELA) to prepare a biodiversity certification and offset strategy, to be completed in August. to ensure current greenfield sites, south of Sparks Rd, Warnervale ...

Administrator visits community organisations

Coast administrator, Mr Ian Reynolds, and the new executive leadership team embarked on a road trip recently to gain an understanding of the range of issues facing the community and to see the support services...

Glenning Valley Development Group determined to fight on regardless

The Say No to Glenning Valley Development Group is working with other local environment groups to explore options available to it if Central Coast Council approves the 264-lot subdivision.

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

One ugly secret after another

Is it just me or is the new building going up in Oval Ave, Woy Woy, the ugliest construction ever seen.

With the new oval and surrounding gardens looking so nice I cannot believe that this building was allowed to go ahead.

It seems to me that, like the relocation of the RTA (RMS), it has been one well-kept secret just like the proposed sell-off and development of the car park in Umina.

Is this the future of the Peninsula with this amalgamated council doing as it pleases?

Let Peninsula people stand together and let your voices be heard.

> Email, 13 Jul 2016 Genny Murphy, Woy Woy

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Retain free access for rich and poor alike

As a resident of Pearl regulation. Beach, I enjoy and draw great pleasure from the public lands, beaches, national parks and public waterways which comprise my environment here and throughout the Central Coast.

In recent weeks. I have learned of the council's intention to sell dozens of public reserves and parks.

I have visited them all and have been impressed by the level of community use in many of them, the council neglect in others, and the huge potential for council-encouraged, community collaborations for the common usage of all these public lands.

In the world of politics and corruption, there are those who advocate for small government with appeals to individualism, competition and a market free from

There are others who advocate for responsible government with everyone, including the mega-rich and corporate, paying their taxes so that government can serve the common good.

On the Central Coast, we are facing Mike Baird's legislation which permits the Mike Bairdappointed council to privatise our public lands.

The Central Coast Council has declared intentions to re-classify existing public lands away from public to sell them off before an elected council can govern these decisions.

The losers will be the people and the common good.

The winners will be private owners who will develop these expublic lands for their private profit.

Should this concern me, friends, my family, acquaintances. and my community?

Forum

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If one wants to continue fishing in the extensive public waters, swimming on our public beaches, riding through our National Parks and strolling in the beauty of our

that this is because it is all public. Rich and poor alike currently have this access; elaborate corporate yachts have access as do our sweet-as-a-nut tinnies and

reserves, then we should know

run-abouts

We all own these public assets and we have free entry to them.

However, if the council was to sell them off, the Central Coast will look like many harbours where the developers have sold the waterfronts, sold the best of the heights and vistas, and where beaches and access to the water are owned by the privateers.

I attended a meeting with council representatives on Wednesday, July 6, at Erina.

I heard two arguments at the meeting to support the council's sale of public lands to private profiteers, both from council representatives:

One stated that the council, over the last three years, has purchased 87 hectares of new public lands that should be put against the lots that are to be sold.

The second argument in favour of reserve sales was that public lands should be sold so that council has the money to make roads safer and thus save lives.

It is evident that a council area which has become a population over-flow area for poorly-managed Sydney will require additional public amenity and protection as the population rapidly increases.

In addition, the 87 hectares will, no doubt, include large tracts of land required for fighting fires, protecting creeks and lagoons, shoring up the impact of climate warming, and so on.

The second argument invited a scornful, mocking response.

Shall we sell the National Parks to build a freeway to safety?

Is the argument that to save lives on the roads, the NSW Government, through its appointed and developer-controlled councils, will cash in every children's' playground, public reserve. waterfront facility?

In my view, developers should be precluded from council and its planning processes, and invited to the table only after planning for a preferred future is incorporated into a council-supported, but community-generated plan for the Central Coast.

In this respect the council could convene a broad combination of political, sports, church, public transport, road users, homeless, war veterans, disabled, women, child care and other groups together.

With the assistance of specialist collaboration facilitators, it could draw from the community-atlarge, it's essential requirements and preferences leading to the development of a comprehensive and integrated plan for the future of the Central Coast.

Such a community-generated plan would represent a preferred future as expressed by the people and would have strong political legitimacy straddling the chasms between political parties and exposing and marginalising those motivated by personal gain, greed or vested interest rather than a concern for the common good.

Letter, 19 Jul 2016 Dr Vanlyn Davy, Pearl Beach





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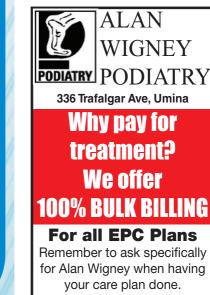
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Village wins Chamber business awards

Peninsula Village has also won two awards at the 2016 Peninsula Chamber of Commerce Business Awards, winning the Employer of Choice and Excellence in Business Ethics categories.

The not-for-profit organisation operates three aged care facilities on the Central Coast and has been caring for the local community for almost four decades.

As an employer of more than 300 locals, Peninsula Villages was recognised for its commitment to its employees and for promoting ethical practices to residents, staff and the broader community.

Peninsula Villages chief Mr Shane Neaves said he was delighted to be recognised on a local level and pleased they will now represent the Peninsula for these two categories at the NSW Awards in November.

"The Employer of Choice award recognises organisations that put in place strategies and initiatives to create stimulating and supportive workplace environments for their employees and we certainly pride ourselves on offering a range of programs that have a positive impact on both employees and the organisation as a whole," Mr Neaves said.

"Recently we introduced a number of health and wellbeing incentives for our employees in addition to promoting ourselves as a flexible work provider.

"We now offer all full time



staff 50 per cent off the cost of a membership at Peninsula Leisure Centre, a staff massage treatment every three months, free annual flu vaccinations and access to a range of social support and counselling programs.

"We also promote flexible work conditions with return to work maternity leave plans and adaptable work hours to accommodate lifestyle needs and parents with children," he said.

The Excellence in Business Ethics award recognises an outstanding business that has been able to achieve business success while acting in an ethically responsible way.

"Earlier this year our organisation formulated and launched new core values that benchmark the principles and

ethics that we uphold, through our staff and our care delivery," Mr Neaves said.

"The ICCARE principles of Integrity, Community, Compassion, Accountability and Respect are now a self-directed learning package for each and every staff member and guide the moral principles which we all endorse and promote to our residents, their families and our community.

"We also believe we promote ethical practices as our board are represented by locals of varied ages, experiences and gender, with 55 per cent female directors, and we are committed to contributing to our community through a range of local partnerships and community engagement programs," he said.

Media release, 30 Jun 2016 Katey Small, Brilliant Logic

Program for parents of teenagers

A six-session program for parents of adolescents aged 10 to 18 will run on Tuesdays, from August 16 to September 20 from 7pm to 9pm at the Peninsula Community Centre.

Tuning in to Teens aims to teach emotionally-intelligent parenting for those who want to learn how to improve ways of talking with a teenager.

The program's other objectives include helping parents to develop a better understanding of their teen, helping them to learn how to manage their emotions, teaching them to deal with conflict and preventing behaviour problems.

It aims to show parents how

to help their teenage children develop emotional intelligence so they can become more aware, assertive and strong in situations of peer pressure, and have greater success with making friends and managing peer conflicts.

It aims to provide skills which will enable teenagers to be more able to cope when upset or angry, have fewer mental health and substance abuse difficulties and have more stable and satisfying relationships as adults.

Contact Coast Community Connections for bookings on 4341 9333 or for more information contact Michelle McNicol or Linda Thomas at RAPT on 4325 9600.

> Email, 15 Jul 2016 Louise Manson, Peninsula Community Centre

Battle of Pozieres remembered

A remembrance service to mark the 100th anniversary of the Battle of Pozieres was held at Peninsula Village, Umina, on Saturday July 23.

Peninsula Village has a connection to the battle as the aged care organisation is located on Pozieres Ave, named after the French village.

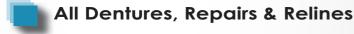
The ceremony honoured the Australians who fought during the battle in France.

The Battle of Pozieres was a two-week struggle for the French village of Pozieres and the ridge on which it stands, in mid-1916 in which the Australian army suffered more than 12,000 casualties.

Ex-servicemen, residents, staff and locals attended the special ceremony

Media release, 21 Jul 2016 Katey Small, Brilliant Logic

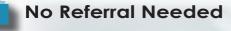
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Peninsula Village wins HR award

The aged care group that includes Peninsula Village has won a state award in the Aged and Community Services Awards.

The recently-formed Pace Aged Care group won an award for human resources management.

Pace Aged Care members employ more than 710 local people and provide accommodation for more than 1200 older people in our community.

The group allows resources, training, development and administration to be shared.

Peninsula Village benefited through sharing staff on an asneeded basis, efficient rostering, common training and leveraging on high-level executive support, according to Peninsula Village chief Mr Shane Neave.

It had been particularly beneficial in obtaining registered nurses for night shifts and in meeting urgent needs, Mr Neave said.

"With the Central Coast boasting a prominent ageing population, the aged care industry is becoming increasingly competitive but instead of working against one another, Pace is an opportunity for

A fun-filled "Biggest Morning

Tea", held at the Hardy's

Bay Church in May, raised

\$1019.35 for the Cancer

guests who dropped in for tea and

coffee, and a wide variety of hot

and cold eats baked by the women

provided on a baby grand piano by

Lance Dover and Narelle Jones,

music

of the church.

Background

The morning attracted about 80

organisations to work together for the betterment of all.

"By sharing resources and redefining best practices, staff from our member organisations now have access to a holistic, diverse and community-focused employer that can provide them with opportunities to grow and improve which is in turn benefitting all our residents and clients."

Peninsula Village formed PACE Aged Care under a shared services organisational model with Adelene Retirement Village, Central Coast Community Care Association and Evergreen Life Care.

The Vietnam Veterans Keith Payne Hostel then joined as a member organisation after the launch of PACE Aged Care.

The ACS State Awards for Excellence promote and recognise excellence in a range of areas that contribute to the quality of life of older people, people with disabilities and/or their carers.

The awards also acknowledge efforts to increase public confidence and community involvement in aged and community care services.

as guests enjoyed their morning

The money was raised through

the sale of tickets in a monster

raffle with seven prizes, a guessing

competition and the sale of

rose plants and Cancer Council

by local resident Mr Don Groom.

The major raffle prise was won

Newsletter, 16 Jul 2016

Peta Colebatch, Wagstaffe to

Killcare Community Association

tea and a chat.

merchandise.

Media release, 13 Jul 2016 Katey Small, Brilliant Logic PR



PACE Aged Care directors at the ACS State Awards from left Ted Coupe,
Phil Walsh and Shane Neaves of Peninsula Village

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Why am I always sick?

With the cold winter months in full swing, some might ask the question 'why am I always sick?', 'why is my back playing up again?' Every sniffle that goes around, every cough, every tummy bug – it always seems to affect the same people.

When your brain perceives something is wrong or inadequate, it will fire the body into protection, and commonly, spinal issues may flare as the spinal muscles are overactivated.

While genetics play a part, there are other aspects of your lifestyle that play a big role:

You are what you eat

Different people at different ages have different needs.

But as a general rule: Always include fresh vegetables and fruits every day; have healthy proteins and don't forget that nuts and seeds contain protein too; include whole grains and legumes in your diet; and, limit fast food, sugar, salt and fatty foods.

Dehydration

Every tissue in every organ of your body depends on water.

It not only helps carry lots of vitamins and minerals around the body, but it also keeps your nose, throat and mouth moist.

You may not notice mild to moderate dehydration, but it can make you sick.

General aches and pains, fatigue, headaches and constipation can be a symptom of dehydration.

To avoid this, sip water all day. Have a herbal tea whenever you go pass the kettle in the kitchen (a good time to do your balance

exercises too). **Sleep Deprivation**

If you don't get enough sleep, you are more likely to get sick.

While you sleep, your body releases molecules that fight inflammation and disease.

Most adults need between 7 and 9 hours of sleep each night.

Teenagers actually need up to 10 hours per night and younger children even more.

If you miss out on even 1 hour per night, it accumulates to a whole night by the end of the week.

While it may sound tempting to 'catch up' on sleep over the weekend, it is much more advisable to have a short nap in the afternoon. That way, the body doesn't lose its rhythm of sleep.

It is also important to turn all screens

off 30 minutes to 2 hours before bedtime to allow the body to produce the hormones needed to fall asleep (blue light hinders this).

Too much Stress

Stress is a normal part of life and can be healthy in small amounts.

But chronic stress can make you sick, as it lowers the body's natural immune response.

This can increase your risk of catching a cold, it can also increase your risk of catching a severe cold and it can also worsen existing health problems.

Find a way to relax that suits you: deep breathing, go for a walk, practice meditation, listen to music, read a book - all excellent ways to wind down and relax.

Exercise

Research has shown that light to moderate exercise can help break up mucus when you have a cold. Make sure, you are not too ill and

listen to your body, do not overdo it.

Chiropractic Care can help your body function at its best and increase the body's natural resistance.

Regular chiropractic care will pick little things up before they become a big issue



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Education



School impresses at floorball championships

Woy Woy South Public School was the only school to compete at the Floorball Junior Championships held at the Peninsula Leisure Centre from July 6-10.

Woy Woy South had two teams compete, an Under 9s and an

Beach

School students recently

participated in touch football

clinics at the primary school.

students interested in playing the

The day was designed to get

Pretty

Under 13s, with coaching from Mr Kendell and Mr Collins.

The schools competition were all club teams, but that did not stop Woy Woy South with the Under 9s team going on to take out third place in the competition.

The Under 13s also impressed,

Mr Matthew Kiddle from NSW

Newsletter, 30 Jun 2016

Andy Podmore, Pretty

Touch Football ran students

through some skills and drills to get

the students involved.

with four students being selected into the Academy training squad.

Students from Woy Woy South were first introduced to floorball this year through the sport in school program.

Newsletter, 19 Jul 2016 K Whealey, Woy Woy South Public School

Floorball team places

third

Woy Woy South Public School's under-9 floorball team placed third in their age dvision at the recent Australian Junior Floorball Championships played at the Peninsula Leisure Centre.

After a defeat in their first game, they came back strongly in their second to draw with Bondi, the team that went on to win the whole age division.

Following on from this success, the under 9 team registered a win which put them in the playoffs.

After an exciting local derby, the Woy Woy South team missed out on a place in the grand final; not before giving a scare to the Thunder.

In the playoff for third place, they won convincingly against Newcastle.

Each child gave every ounce of effort they had and left the court exhausted but happy, representing their school at a national level and reaching the podium.

Newsletter, 19 Jul 2016 Tim Kendell, Woy Woy South Public School

Playground upgrade

Umina Community Group is working to upgrade the Trafalgar Ave Park.

The group is hoping to install new playground equipment, plants and a shade sail.

It will hold planting days and is eager to accept ideas and donations to help with the planting.

Once completed, it hopes to invite the Kindergarten class of Woy Woy South Public School to the playground.

Newsletter, 17 May 2016 Kim Whealey, Woy Woy **South Public School**

Pelicans Fishing committee

The Pelicans Fishing Club has elected a new committee.

Mr Mark Fenton was named president and Mr Ken Dixon was named treasurer.

Ms Amanda Rohrt-Robertson was named secretary.

The Pelicans would also like

to invite new members to join the

The Pelicans meet the second Sunday of the month at the bottom of the Bowling Club Greens.

Email, 8 Jul 2016 Ken Dixon, Pelicans Fishing Club

New retaining wall donated

Umina Beach Public School was donated a new retaining wall for its Stage 3 area over the June-July break.

Umina Bunnings donated the materials to build the wall and, during the break, construction business My Coastal Maintenance

The school wished to thank both companies on behalf of the students who will enjoy the benefits of the retaining wall for years to come.

> Newsletter, 19 Jul 2016 Paul Farrugia, Umina **Beach Public School**



The new retaining wall in Umina Beach Public School's Stage 3 area





Touch football

clinics

Public

Umina participates in Olympics day

Students from Umina Beach Public School will be participating in a whole school Olympic Games Day on August 5.

This day will give the students the opportunity to experience the Olympic spirit during the Rio Olympics.

The Olympic Games Day will include an opening and closing ceremony and a wide variety of athletic activities and ball games for the students to participate in.

This day will be a chance to promote team and school sportsmanship.

An outside company is running the event and there is a cost of \$5 per student for the day.

Students are to wear their sports uniform and appropriate running shoes on the day.

The canteen will be offering some international treats for sale during the lunch break.

Newsletter, 19 Jul 2016 Paul Farrugia, Umina Beach Public School



The students participating in the Kokoda Track expedition receiving a cheque from the Bendigo Bank Ettalong

Cultural experiences

Year 3 students from Umina Beach Public School celebrated different cultures from around the world shortly before the end of Term 2 in June.

The students, as part of their history unit on community and remembrance, held a Celebration

Day on June 28.

Students listened to guest speakers, grandparents and family members, about their cultural experiences and were treated to a special lunch of different cultural cuisines.

Newsletter, 19 Jul 2016 Paul Farrugia, Umina Beach Public School



Students win Kokoda opportunity

Students from the Brisbane Water Secondary College Woy Woy Campus have been invited on a 10-day Kokoda Track Expedition.

The expedition is a reward to the school for its participation in the Duke of Edinburgh Award program and will allow 15 students to travel to New Guinea to tackle the Kokoda Track.

According to Duke of Edinburgh co-ordinators, Mr Jon Cobham and Mr George Ruzek, who will accompany the students, the expedition represents the opportunity of a lifetime.

Participants taking part in this challenge include Zac South, Hayden Crowson, Brent Valentine,

Mat Fisk, Jack O'Connell, Ebony Milgate, Jessica Lent, Lachlan Mottlee, Max Zappavigna, Bradley Beever, Sala Harrington and Danielle Witchard.

"Although the trip is awarded through the Duke of Edinburgh program and sponsored, there is still a high cost for the participants to meet in hiking gear, medical clearances and vaccinations, with each student needing to contribute up to \$1600 to be able to take advantage of the award," Mr Cobram said.

"Fundraising events are underway and donations have been sought from the community and community organisations," he added.

Bendigo Bank branch manager Mr Peter McKeon said the bank had contributed \$1000 to assist the participants through its community bank at Ettalong.

"The Duke of Edinburgh program is nationally recognised in developing our youth and providing leadership and life skills that can be built upon and then used to apply to life situations as well in teaching others.

"We are pleased to be able to assist our local students achieve this tremendous opportunity, and we encourage other local businesses to support them as well," Mr McKeon said.

Media release, 7 Jul 2016 Jon Cobram, BWSC Woy Woy

Umina campus celebrates 40 years

Brisbane Water Secondary College Umina campus will celebrate 40 years of public education in October this year.

This milestone has created a

huge amount of enthusiasm within the school community and the local community is invited to join in a day and night of celebrations.

A special Open Day will be held at the Umina campus from 10am

to 2pm on October 29, and a Gala Dinner will cap off the celebrations at the Everglades Country Club the same evening.

Email, 19 Jul 2016 Lauren McKenzie, Umina40 project





Out&About

Patonga artist exhibits in regional gallery

An Artist Survey, a major exhibition of work by Patonga artist Ms Jocelyn Maughan, opened at the Gosford Regional Art Gallery on July 23.

Ms Maughan made Patonga's Bakehouse Gallery her home, studio and gallery with fellow artist, Mr Robin Norling, in 1993.

The exhibition includes "quite a series of work from my teenage years," she said.

Her mother had held onto the drawings and paintings, which Ms Maughan found and decided to keep after her mother's death.

Ms Maughan said she had been painting and drawing since she was a child.

"Both my parents painted and drew and I never really thought about it.

"My mother had art training and she was romantic and expressive but my father was an engineer so he was more accurate.

"I think I do have an accurate eye but I am also expressive," she said

Ms Maughan, whose artistic accomplishments over her 77 year life are many, said she considered it important that as a working artist she was "not precious".

"An artist should be able to work competently across a range of subjects and materials if they are to make a living from their work," she said.

Her attitude may explain why her range are repertoire is so diverse.

She founded the Calligraphy Society of Australia and described herself as a "great fan of classical lettering" but can easily move from a lettering job for one customer to sketching a portrait for another with hardly a pause between pencil strokes.

Ms Maughan left high school at 15 to attend what was then called the Darlinghurst Tech, the National Art School, to undertake a five-year diploma.



Examples of Jocelyn Maughan's work from the An Artist Survey exhibition at Gosford Regional Gallery

"I didn't leave school because I was academically incompetent but because my parents said I should go to art school while I still had an imagination."

An Artist Survey will be on exhibition at the regional gallery in East Gosford until September 4 and includes around 100 of Ms Maughan's artistic works.

Ms Maughan said she loved drawing people, doing quick portraits.

"I like good old pencil and I have filled over 100 sketch books since moving to Patonga in 1993," she said.

She said she was also very fond of water colours, oil painting and using egg tempura.

"It is a very old medium and a good basis for as undercoating for oil painting.

"I like its transparent qualities,"

ause l she sai

Ms Maughan's paintings and drawings are detailed with expert attention to composition.

She has been an art educator and a finalist of both Wynne and Archibald Prizes.

Ms Maughan said she wanted to congratulate Mr Joshua White at the regional gallery for doing an outstanding job of hanging her work.

"Our politicians and councillors need to appreciate what an excellent gallery we have, especially given how it supports local artists."

Mr Tim Braham of Gosford Regional Gallery said one of the earliest works featured in the exhibition was a study of construction workers.

"This subject matter holds a special fascination for Ms Maughan.

"She revisited it many times throughout her career, returning to examine and relentlessly sketch figures of tradesman and labourers," he said.

Media release, 21 Jul 2016 Tim Braham, Gosford Regional Gallery Interview, 20 Jul 2016 Jocelyn Maughan, Bakehouse Gallery Reporter: Jackie Pearson



Three new craft workshops

Demand to attend workshops at the Ettalong Beach Arts and Crafts Centre continues to grow and three new workshops have been confirmed for the end of July and August.

A weekend patchwork technique workshop with an external tutor has been fully booked for August 20 but there is potential for the centre to run a second workshop if requested.

The centre is exploring the possibility to hold a Functional Glass workshop for beginners and experienced students

Numbers are needed to ensure a Shibori Dyeing workshop set down for July 30 and August 6 and 13 goes ahead.

Planning is under way for workshops in October on children's costume making and gelatin printing.

Newsletter, 18 Jul 2016 Penny Howard, Ettalong Beach Arts and Crafts Centre

Book illustrates nuances of life as an immigrant

Umina Beach resident Ms Nitasha Thomson will be releasing her first book in early August.

Her book Pavlova and Pappadums is a collection of eight short stories that illuminate the diverse nuances of life as an immigrant in modern-day Australia.

Ms Thomson who is of Indian descent has lived in Australia for over 30 years.

The book attempts to present a snapshot of life in Australia with its unique challenges, joys and opportunities.

Some issues covered include diet, relationships, parenting, dual identity and attitudes to ageing.

The protagonist in each story is an Indian-born woman facing a clash of cultures, values and beliefs.

She is joined on this journey by family, friends and neighbours.

Ms Thomson's unique experiences as an immigrant have inspired her to craft this collection of short stories aimed at promoting cross cultural harmony and understanding.

Media release, 21 Jul 2016 Mark Zocchi, Brolga Publishing









Two 'little free libraries' installed

Two all-weather "Little Free Libraries" will be installed on the Peninsula by Central Coast Council.

The council's library service hopes this will continue to inspire a love of learning and reading in the community.

Mingaletta Community Hall and the Peninsula Recreation Precinct will be two of 15 free, accessible libraries across the Coast.

Council's Section Manager of Library Services, Ms Andrea Edwards, said this was just one of the many ways libraries are delivering free and affordable resources to the community, beyond the doors of their branches.

"These libraries are all about supporting learning, education and recreational opportunities for the community," Ms Edwards said. "Anyone can stop by and pick up a book to read or drop in a book or two for the community to share.

"By increasing the availability of books we're looking to foster the value of reading and increase literacy skills in our community, helping to develop an understanding of people, places and culture.

"Not only this, these free book exchanges also create a sense of community by bringing people together to share something positive," Ms Edwards said.

Those interested in getting involved and hosting their own Little Free Library are encouraged to contact Council's North Library Services Team.

Media release, 19 Jul 2016 Andrea Edwards, Central Coast Council

Local arts group launches first show

A group of 12 local artists, with goals of working, learning and exhibiting together in and around the Peninsula, will launch its first show at Umina on August 5 and 6.

The Arts Alive exhibition will feature painting, drawing, ceramics, photography, handmade pearl and gem jewellery, and sculpture.

Convenor Ms Sheelagh Noonan said: "Joining forces makes good sense for artists, for many reasons.

"Art can be an isolated business and it costs a lot to get your work out into the world as an individual," she said.

"Not having to pay gallery commission means we can price our work more competitively; new connections and collaborations can happen.

"With our longer term goals, such as hosting workshops and seminars, it is potentially providing a stimulating and rewarding environment for the whole community, not just ourselves."

The venue for the first Arts Alive exhibition will be the Umina Beach CWA Hall on the corner of Ocean Beach Rd and West Street.

The exhibition will feature works by Thelma Browne, Christine Burge, Carole Edwards, Rebecca



A Carol Langbourne painting from Arts Alive

Irving, Carol Langburne, Karen McPhee, Sheelagh Noonan, Chris O'Brien and Joanne Strauss.

The exhibition will be open on Friday, August 5, from 12pm.

The official launch will be held from 4pm to 6pm on the Friday evening with drinks and nibbles.

On Saturday, August 6, the exhibition will be open from 9am to 4nm

For more information, ring Sheelagh Noonan on 0419 609

> Email, 20 Jul 2016 Joanne Strauss, Arts Alive





Directory - Not for profit Community Organisations

Art & Culture

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 4325 1420

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

Central Coast

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

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

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

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.

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. leetings through the year /leetinas social afternoons Well-known guest speakers 4341 5170

Central Coast Social Group

Social contact, entertainment events, new friendships, for

30's-60's Live music, house parties, dinners, BBQs, picnics, trips away etc. Monthly Meet & Chat

0422 243 101 email 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

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

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

Wagstaffe to Killcare

CommunityProtect and preserve the environment & residential nature of the Bouddi Peninsula and to strengthen community bonds 2nd Mon, 7.30pm Wagstaffe Hall 4360 2945

Health Groups

Al-Anon If someone's drinking is causing you problems... Al-Anon can help 4344 6939

1300 252 666 Meetings Sat 2pm Wov Wov 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

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 /ing.org.au

Central Coast Parkinson's

Support Group We aim to help individuals and their families better manage living with Parkinson's Disease Guest speakers are a regular feature of our meetings.

1800 644 189 **Gambling Solutions**

2nd Tue - 1.30pm

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

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

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** or carers of dementia - 1st Wed - 10 to

Paula 4344 9199

11.30am

Prostate Cancer Support Group (Gosford) Last Fri, Terrigal Uniting Church, 380 Terrigal Drive, Terrigal 9.30am to 12 noon 4367 9600

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

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

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 jbthomson51@gmail.com

Troubadour Central Coast Folk, Traditional

& Acoustic Music and Spoken Word Concerts, Ukulele meets, and Sessions 4th Sat 7pm CWA Hall Woy Woy 4342 6716 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 Món 0410 309 494

Woy Woy Branch
Everglades Country Club 7.30pm 2nd Mon 0412 517 520

реплапеві@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 3rd Thur,

entralcoast.nsw.greens.org.au entralcoastgreens@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@nsservices.co

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

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 4344 4363

Biz Plus Networking

AssociationBusiness owners networking group.
Biz Networking breakfast
every Thur 7:15am - 9am
Erina Leagues Club Geoff Neilson

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

Cash Housie 50 Games every Sat night Peninsula Community Centre, McMasters Rd, Woy Woy, 7.30pm. Proceeds to Woy Woy Catholic Parish.

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.

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 for all tenants and residents in residential parks. 4353 5515

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

Marine Education Courses. Radio Licenses, Boat Safety & Boat License & PWC License Tests, Navigation, Seamanship and Meteorology. 4325 7929

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

Peninsula Environment Group

Environmental projects, (incl. Woytopia), Woy Woy community garden, social events, workshops, organic food buying group www.peg.org.ar

Woy Woy Judo Club

3 Classes every Tue & Fri 5.00pm to 8pm Ettalong Leisure & Learning Centre Min age 5 years old 0434 000 170

Veterans

National Malaya Borneo **Veterans Association**

1st Sat F(except Jan) 1pm Ettalong Beach War Memorial Club, 51-52 The Esplanade. 4342 1107

Vietnam Veterans', Peacekeepers' and

Peacemakers'
Assist all veterans & families Assist all veteraris a ramines with pension & welfare issues. Mon & Wed 9am-1pm 4344 4760 Cnr Broken Bay Rd & Beach St Ettalong.

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.co www.bpw.com.au/central-co

Country Women's Association Woy Woy Opposite Fisherman's Wharf Craft & Friendship

1st and 2nd Wed 10am Meetings 4th Wed 10.30am 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 **WOWGIRLS Wave** of Wisdom

theme of wellbeing to share wisdom and explore life's potential. Regular PowWows, WOW Wisdom gatherings, WOW days and WOW courses.

connects women and local

businesses around a common

info@wowgirls.com.au



If you would like your Community Organisation listed here, see www.duckscrossing.org or www.centralcoastnewspapers.com for the forms or contact Central Coast Newspapers on - 4325 7369



The under 10s undefeated premiers of the 2015-16 competition

Registrations open for junior touch football

The Peninsula Junior Touch Football Association is getting ready for another year of competition and individual and team registrations are now open.

Peninsula Junior Touch Football Association president Ms Sharon Nelson said that the under-14s representative team had outstanding success last year, finishing runners-up in the Junior State Cup in Nelson Bay and winning the Peter Wilson Memorial Cup.

This year's competition starts on October 13 and runs until the

week before Christmas, starting up again in January and finishing in March.

Last year, the junior club was flooded with registrations, adding up to around 750 boys and girls.

Ms Nelson said she was confident the competition would reach that number again this year due to the constant flow of active players from the junior teams up to the senior league.

The five executives and referee coordinator of the Peninsula Junior Touch Association worked tirelessly to organise the season's games and competitions, she said.

Help from players and parents

was always appreciated and welcomed.

Representative teams will be competing in the Central Coast Championship held locally at Adcock Park, The Peter Wilson Memorial Cup at Nelson Bay in the first week of February, and the Port Macquarie State Cup.

Ms Nelson's father was a founder of the original Peninsula Junior Touch Football committee.

She said her 26 year-old-son played in the competition and her 11-year-old son is now playing.

Interview, 20 July 2016 Sharon Nelson, Peninsula Junior Touch Reporter: Caitlin Lavelle

Triathlon club seeks new members

Lion Island Multisport is calling for new members to join in its second official season as a Triathlon Australia affiliated club.

A group holds rides from Ocean Beach Surf Life Saving Club every Sunday at 7am in winter. Group president Dr Aaron Camp said: "We aim to provide a great environment for triathlon and multisports on the Peninsula, and have some fun.

"Lion Island Multisport also caters for a diverse range of events including the popular obstacle and adventure races, as well as other long-distance or endurance events," he said.

Founding member Mr Richard Grimmond said: "We exist to provide a fun, inclusive way for the community to participate in triathlon and other multisport and endurance events.

"Members compete in Ironman Triathlon, Ironman 70.3, Coolangatta Gold, Sydney Sprint Series Triathlon, Long Distance Ocean Swims and Adventure Racing," he said.

Lion Island Multisport Club is open to all individuals from children through to master athletes of all abilities.

Information can be found on the LIMS facebook page: LionIslandMultisport.

Membership is \$30 dollars for adults, \$15 for children, and \$10 for supporters.

Registration is via the Triathlon Australia website.

Media Release, 20 Jul 2016 Aaron Camp, Lion Island Multisport Club

Peninsula directory of services, contacts and support groups

Ambulance, Police, Fire 000

Emergency

Ambulance, Police, Fire 000
Police Assistance Line 131 444
Crime Stoppers 1800 333 000
Woy Woy Police Station 4379 7399
Energy Australia 13 13 88
Gas Emergency 131 909
Gosford City Council 4325 8222
Marine Rescue NSW -

Central Coast 4325 7929 SES - Storm and Flood Emergency 132 500

Aboriginal & Torres Strait Islander Organisations

Mingaletta 4342 7515 Aboriginal Home Care 4321 7215 Drug & Alcohol rehab 4388 6360

Accommodation

Dept. of Housing Gosford 4323 5211 Cassie4Youth 4322 3197 Coast Shelter 4325 3540 Pacific Link Com Housing 4324 7617 Rumbalara Youth Refuge 4325 7555 Samaritans Youth Services 4351 1922

Youth Angle • Woy Woy 4341 8830 Woy Woy Youth Cottage 4341 9027

Wires 1300 094 737

Animal Rescue

Wildlife Arc 4325 0666

Community CentresPeninsula Community

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

Counselling

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

Family and Relationships

Centacare Gosford 4324 6403 Central Coast Family Support Service 4340 1099 Horizons (For men with children) 4351 5008 Uniting Care Burnside

Gosford 1800 067 967

Health

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

Legal & Financial Help

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

Libraries

Gosford district:

Umina Beach 4304 7333 Woy Woy 4304 7555

Problems,

Habits & Addiction

Alcoholics Anonymous 4323 3890 Narcotics Anonymous 4325 0524

Transport

Taxi 131 008

Busways 4368 2277

City Rail 131 500

Welfare Services

Gosford Family Support 4340 1585 Meals on Wheels 4341 6699 Department of Community Services Gosford 4336 2400

The Salvation Army 4325 5733 Samaritans Emergency Relief 4393 2450 St Vincent De Paul Society HELPLINE 4323 6081

The Peninsula Diary of Event

For events in post code areas 2256 and 2257

Tuesday, Jul 26

Good Morning Ettalong featuring Morgan Kent and Tony Hogan, Ettalong Diggers Memorial Club from 10:30am

Thursday, Jul 28

Could my child be dyslexic and what do I do next? Woy Woy Library, 10am to 11am

Friday, Jul 29

Rewbies playing at Ettalong Hotel from 8pm

A Coupla Numbers are playing at The Old Pub in Woy Woy from 8pm

Saturday, Jul 30

Rewbies playing at Hardys Bay Club from 7:30pm

CWA Variety Show, Christmas in July with singing, dancing, light refreshments, lucky door prizes, CWA Hall, 2 Sydney Ave, Umina, from 2pm, tickets from Stephenson's Real Estate, West St, Umina

Shibori Dying Workshop, Ettalong Beach Arts and Crafts Centre, also August 6 and 13

State Pennant Bowls Finals, at Ettalong Bowls Club, until 1

Augus

Horizons at Killcare Gallery of Art is celebrating its first birthday from 1pm to 4pm

Sunday, Jul 31

Applications close for 2016 scholarships from the Bouddi Foundation for the Arts

Tuesday, Aug 2

Central Coast Art Society Paint Out, Watwerside Reserve, end of MacMasters Rd, Woy Woy

Friday, Aug 5

Arts Alive Exhibition at Umina Beach CWA Hall from 4pm to 6pm, also on Aug 6

Saturday, Aug 6

Rewbies are playing at Hardys
Bay Club from 7:30pm

Sunday, Aug 7

Beachside Wedding Expo, Ettalong Diggers Memorial Club, 10am to 2pm

Friday, Aug 12

Starfish Kids Disco, Ettalong Diggers Memorial Club, strictly 12 years and under, 6pm to 8:30pm

Saturday, Aug 13

Wait Until Dark will be showing at the Woy Woy Little Theatre, various screening times until Aug 28

Tuesday, Aug 16

Prestige Fours Bowls
Tournament, Ettalong Bowling
Club until August 19

Tuning into Teens is a free six session parenting program held at Peninsula Community Centre from 7pm to 9pm

Friday, Aug 19

A tribute to Prince, Purple Revolution, Ettalong Diggers Memorial Club, from 8pm

Ben Woodham at Woy Woy Leagues from 5:30pm

Glee Club Concert at Memorial Hall in Pearl Beach from 7:30pm and Aug 20 from 2:30pm

Sunday, Aug 21

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

Back to the Tivoli at Ettalong Diggers memorial Club from 2pm Pearl Beach Crommelin Arboretum 40th Anniversary from 11am

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

organisations' events profit advertisements are subsidised.

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

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

Private advertisements

Private advertisements only cost \$33.

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

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

Business rates

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

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

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

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

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

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

Online classified advertising rates Online only

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

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

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

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

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

Combined online and print advertising

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

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

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

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

See page 2 for contact details.

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

GosfordClassifieds.com.au for online Central Coast classified advertisements

ANTENNAS

A Better Picture Antenna & Digital Installations & Tuning New home specialist Credit cards OK

HAYWARD VIDEO

All areas Gosford 4323 6367 Woy Woy 4344 4414 Warnervale 1800 244 456 0412 685 555

Hawkins C.V. Service

Antenna sales and installations TV and Audio **Repairs**

4341 8860 - 4341 7332

0473 468272 23 Wallaby Street, BLACKWALL

BATHROOM

TJM Bathroom Renovations

Quality Workmanship at affordable prices **Call Tony**

0411 678 203

timbathrooms.com.au lic15642c

BOOKKEPING



Beautiful accounting software

BASIC TRAINING COURSE

4 Hours @ \$220 Contact Joel The Entrance **Business Centre**

02 4333 5551

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

BUILDER

Carpentry - Building

over 30 years experience Local know how working with pride and honesty Paul Skinner

> 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

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 2nd Saturday

Bush Dance

Admission \$15 incl. supper www.ccbdma.org

for more information Enq: 4344 6484

DOORS&WINDOWS

Security: Entrance: Interior: Bifold: Wardrobe Doors:

Alluminium Glass Sliding Doors and Windows: Blinds: Awnings:

Alluminium Quickslat Screening: Dog And Cat Doors: Fly Screens: Locks: Wheels And Tracks

ALL MAINTENANCE **AND REPAIRS**

Unit 1/14 Alma Avenue Woy Woy 4339 2424

0402 186 546

POLICE MASTERS LIC 409982903 SECURITY LIC 2E409965334 CARPENTRY JOINER LIC 256823C

ELECTRICIANS

BKW

Electrical Services

Lic No:248126C Lights - Fans -Power - Reno's Switchboards -Security lights No job too small

Call Ben on 0404 093 299

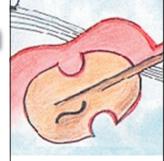
ELECTRICIAN

Same day service **Guaranteed**

Lighting, Power Points, Phone & Data, Fault Finding,

No job too small. Seniors Discount.

ENTERTAINMENT



The Troubadour

FOLK AND ACOUSTIC MUSIC CLUB AUGUST 27 AT 7PM **PENNY**

DAVIES AND ROGER ILOTT

CWA HALL WOY WOY TICKETS \$12

www.troubadour.org.au 4344 1810

ENTERTAINMENT



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www.facebook.com/ SlightlyOffMusic

BLUESANGELS

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

tomflood@hotmail.com

4324 2801

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BLUEPRINT FENCING

All types of fencing, gates and retaining walls **Call Luke**

Free quotes 0401 347 247



Daihatsu Terios

All Wheel Drive **Excellent Condition** 220,000km - 5 speed 4+ months rego 5 speed manual, towbar, electric

mirrors, MP3 sound system \$2750 ono 0410 522 070

KITCHENS

Quality Laminate Benchtops supplied and seconds for sale

R&J Benchtops Gosford

0456 884 545

LAWNMOWING

Eyecare Lawnmowing and Stump Grinding Services **Call Jamie**

0413 088 128

www.eyecarelawnmowing.com.au

Classifieds

MOBILE MECHANIC

D.T. Central Coast Mobile Mechanic

*All mechanical repairs & servicing *Rego inspections -All makes & models *Very reasonable rates *Pensioner discounts

Tim Howell Lic.No. 44 033038 4341 2897 or 0418 603 667

PAINTING

CMK Painting and Decorating

Scheduling Colour Scheming
38yrs on the Coast

4382 2817

0419 202 609

BUCELLO'S

Painting Services

- Residential and Commercial
- Interior and Exterior • New Work and Repaints

Free Quotes All work guaranteed

0410 404 664 wattyl

PLASTERING

PHIL BOURKE PLASTERING

Over 36 yrs exp Gyprock, Renovations Small Jobs, Free Quotes Reliable Service

0418 452 474

PLUMBING

All aspects of plumbing: Drainage and Gasfitting, Domestic and Maintenance Works

Installation of Hot Water tanks 4344 3611 0402 682 812

Same day service Guaranteed

Blocked drains, Leaking taps and toilets, Hot water and all aspects Of pluming drainage and gas fitting.

PAINTING

MASTER SKILLED TRADESMAN

I do it all painting & decorating **SPECIALISING IN HOUSE PAINTING**

- Kitchen repaints average kitchen size seniors discounted price \$1950
 - · Painting over varnished, laminated, or tiled surfaces
- Aluminium repaints to all windows and doors.
 - Acratex Render and roof coatings.
 - Certified Dulux Acratex Applicator

ALL WORK IS OF THE HIGHEST STANDARD

SENIOR DISCOUNTED RATES ALWAYS



Dulux

POSITIONS VACANT

Experienced Tilers wanted!

Start **Immediately** 0439 589 426

Attn. all doctors

Expressions of interest are sought from qualified medical practitioners to provide bulk billed after hours medical calls to private homes. retirement villages, nursing homes etc on a rostered basis on weekdays after 6pm and on weekends, day and/or nights. All doctors will be driven to their after hours calls on the Central Coast.

If you are interested in being part of this new service to the Central Coast community, please email vour contact details to doctors@ duckscrossing.org so that further information can be provided.

TELESALES

person required for media sales. \$20/\$23 p.h. + commissions. Gosford Office, Hours: M-F 9-5, Training Provided. To apply email: ancr@ancr.com.au

PUBLIC NOTICE

Car Boot Sale

Woy Woy Peninsula Lions Club

July 31



& Coffee. Vendors Welcome ~ \$15 per car Now at Dunban Road Car Park NB stall sites not open until 6.30am Cnr. Ocean Beach Road Woy Woy Always Last Sunday

(Except December) Enq: 0478 959 895

REMOVALS



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

02 4342 1479 **0411 049 559**



ROOFING

Metal roofing All aspects

Gutters, Downpipes Skylights **Custom flashings Growe Installations** P/L

0431 136 092

0404 340 570

ALL ROOF TILES

Repair and restoration

Pressure Cleaning Gutter Cleaning Whirlybird install Call Shane

0413 036 291

369

TILING



Tiling Wall & Floor **Property** Maintenance

0439 589 426 homes2nv@gmail.com

TUITION - DANCE

Gosford **Scottish Country Dancers**

hold an intermediate class on Wednesdays from 7 to 10 pm at Wyoming - It's an excellent form of exercise which brings men, women and young people together socially, learning new and old dances in a very friendly relaxed atmosphere

No experience or partner necessary

All ages welcome Cost \$7.00 per week -**Contact Janice on** 4388 2253

TUITION - MUSIC



Learn to play harmonica at you own pace at my place Or Skype at yours

Classes tailored to your needs and tastes - Whether you just want to learn to play a simple tune, improve your style and technique widen your rhythm horizons or joir the crazy world of blues harp slingers

www.harmonicatom.com.au phone 02 4324 2801 email tom@tomflood.com.au

\$40 hr or \$25 1/2 hr Skyperharp: pay by PayPal SPRINGFIELD, NSW

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

The Shame File

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

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

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

- Affordable Roof Solutions Mal's Seafood & Charcoal Brad Sedgewick Ettalong
- Image Depp Studios - Formerly of
- Stan Prytz of ASCO Bre Ettalong

Concreting

- Andrew and Peter as Compton
- **Empire Bay** of Jamie's Lawn Mowing,
- Woy Woy William McCorriston • Simon and Samantha of Complete Bathroom Renovations
- First Premier Electrical Service of Umina Beach High Thai-d Restaurant of
- **Umina Beach**

Chicken of Ettalong Beach Sharon Martin - Devine • Simon Jones - All external

and sealing

services • Erroll Baker, former barber,

cleaning

- Tony Fitzpatrick, Trading Futuretek Constructions
- Bruce Gilliard Roofing of Tye King Formerly The Fish Trap Ettalong Beach
- Jamie McNeilly formerly Jessica Davis of Erina - Trading as A1 cleaning services
 - Hague, Trading as By the Bay Takeaway Empire Bay
 - Rick Supplice of Ettalong Beach, Trading as Rick's Flyscreens

Sport



Umina's hope for the winter junior speedway comp Harrison Ryan

Harrison Ryan to compete at Somersby

compete in Round Seven of the Interstate Winter Junior Speedway Series hosted

Umina's Harrison Ryan will by Central Coast Junior Motorcycle Club at Allen Park Raceway, Somersby, from 9am on July 30.

Nephew of five-time NSW

Champion and local legend Mick Poole, he will compete in a top class field of 125cc junior speedway riders from all over

Harrison was on the winner's rostrum at the last Somersby meeting just losing out to series leader Maurice Brown in the Afinal.

Ryan is keen to follow in the footsteps of the many junior speedway stars who have honed their dirt track skills on the Allen Park circuit.

"We are expecting some really competitive racing with vital championship points up for grabs ahead of the final round scheduled for October 1 at Kurri Kurri," publicity officer Mr Terry Starbuck said.

"We are hoping to attract a bumper crowd to support the young speedway stars of tomorrow.

"Admission is free and there will be one dollar sausage sizzles with hot food and refreshments available from 9.am," he said.

Media release, Jul 19, 2016 Terry Starbuck, CCJMC

Woy Woy shatters Terrigal's rugby hopes

Woy Woy shattered Terrigal's hopes of an undefeated season in Round 14 of the Central Coast Rugby Union Competition at Woy Woy Oval on July 16.

The competition has entered its final five rounds and all teams were out for blood with the finals well and truly upon them.

Woy Woy's clash with Terrigal was undisputedly the match of the round, with a major upset to the Terrigal side, going down 19 points to 20 and suffering their first defeat in 14 rounds of competition.

It was a great game of rugby with both sides throwing everything at each other and the result was not known until the very final minute of the match.

The first half was a very even struggle with Woy Woy going to the halftime break leading by only 13 points to 10.

At that stage, it was obviously still anyone's match.

Terrigal fought back early on in the second half and took the lead on the scoreboard.

Just when it seemed they would

hang on for the victory, it was Woy Woy who scored right at the end of the match to take the victory.

Terrigal did score three tries to two and probably feel on that basis they deserved to win the game but it was not to be.

Woy Woy, on the other hand, did not take all their chances in the match and did fail to score some tries, but these lost opportunities saw them fail to add to the scoreboard.

It was a hard fought match and there was nothing between the two teams both on the paddock and on the scoreboard.

Best players for Woy Woy were No.8 Chris Paseka, halfback Zac Stride, while Fokolulu Taumalolo, who capped off a very good game with a trv.

Terrigal do lose the undefeated mantle for the season but they will take a lot from the match despite the loss.

The win does cement Woy Woy's Top Four position in what is a tight race to the finals.

> Media release, 17 Jul 2016 Larry Thomson, Central **Coast Rugby Union**

Charity day raises \$1055

Woy Woy Bowling Club raised over one-thousand dollars for Central Coast Kids in Need on July 17.

In total, \$1055 was raised on the charity day, with an additional \$500 donation sent by Woy Woy Lions Club.

Central Coast Kids in Need provides help with accommodation expenses to Central Coast families of children with cancer or other illnesses.

The funds raised are also used to cover travel costs, equipment requirements and pharmacy accounts.

Woy Woy Bowling Club will hold its next Charity Day on Sunday,

Newsletter, Jul 17, 2016 Ken Dixon, Woy Woy Bowling Club

Surf club registration

Killcare Surf Life Saving Club season registration days are coming up in August and September.

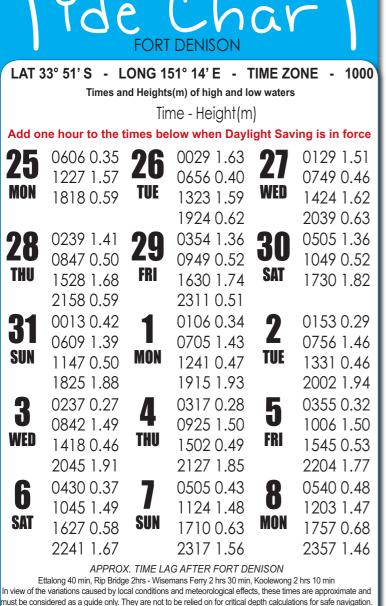
There will be two days to register, 10am to 12pm on Sunday, August 28, and 10am to 12pm

Sunday, September 11.

All are welcome to register.

Online registration is also available for new and returning members.

Email, 13 Jul 2016 Killcare SLSC



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

Tarks Ranks of Brill WEED Excellent Kange Open 7 Days Dalwa SHIMONO Garcia SILSTAR From 6am Weekends and 7.30am Weekdays LESLIE STREET, UMINA 🕿 📖 4341 1686

Sport





Above and left, Packenham versus Peninsula Under 17s

Junior floorball championships attract 200 players

Over 200 players competed in the National Junior Floorball championships held at the Peninsula Leisure Centre from July 6-10.

The 2016 program was packed with coaching and umpiring clinics, strength and conditioning workshops, nutrition workshops, an exhibition game and a presentation party.

Peninsular Thunder is the Central Coast's local club and the largest in the country, according to event organiser, Mr Alan Clay.

He said this was the first year that the juniors have had their own competition, with teams competing from WA, VIC and from across NSW.

Woy Woy South Public School had two teams compete on the day.

Floorball is a new sport on the Australian scene, only arriving in

Developed in Scandinavia during the 1970s, floorball is a fast-paced team sport similar to field or indoor hockey but with more emphasis on movement and passing.

The game is played with a lightweight stick and a special plastic ball rather than the traditional hockey stick and puck.

The use of lighter equipment makes it a more active sport, as the lighter materials encourage players to emphasise moving and passing rather than blocking and guarding, he said.

Floorball has been recognised as an Olympic sport for inclusion in the 2024 games.

Email, 19 Jul 2016 Noel Fisher, photographer



JULY

Catalogue Out Now



SPECIALS

UMINA BEACH 315 West St, Umina Beach, NSW 2257

Ph: 4241 1488 Mon - Fri: 8:30am - 5:30pm Saturday: 8:30am - 3pm
Sunday & Public Holidays: 9am - 3pm



On sale until 29/07/2016 or until sold out. % off is on everyday store prices and may vary at each store and online. RRP – the save prices listed are calculated from supplier RRP at time of preparation. YouSave Chemist may not have previously sold the product at the RPP due to our discount policy. * We reserve the right to limit quantities, and correct pricing and print errors. Ask our Pharmacist or healthcare professional whether this preparation is suitable for your condition. Always read the label and use as directed, if symptoms persist see your health care professional. Incorrect use could be harmful. Vitamin supplements are not a substitute for good nutrition or balanced diet. Weight loss products are only beneficial when taken in conjunction with sensible lifestyle factors. A Breastfeeding is best for babies. Please consult your health care professional for advice before using this product.