



Peninsula News

Microbial may combat mosquitoes

Warning issued

College to reduce water usage

Peninsula News

Deputy Mayor to use road reserve

Help wanted with 10 and 11

Council drills for drinking water

Peninsula News

Housing Department snubs Council

Masons close part of hall

Canberra clinic opens at Way Way

Peninsula News

Fireworks cancelled

December opening for new club

Clean beach awards made

Peninsula News

Businesses invited to rate levy impact

Comment sought on Ocean Beach Rd plan

Umina students are young legends

Peninsula News

Business levy options presented

Dog exercise areas to stay

Drift raised over surf carnival approval

Peninsula News

Housing Department backs down on tables

Rezoning proposal for memorial club land

Business levy approved

Peninsula News

Board plans to use Way Way ground

A tsunami on the Peninsula?

Chamber backs rezoning

Peninsula News

Reasoning 'appropriate' says planner

Warning on speed cameras

Help wanted with home invasion

Peninsula News

Fireworks failure to be discussed

Larger profit does not change club

Dry water investigated

Peninsula News

Helicopter removes trees

Roads to close for surf carnival

Three assault victims advised

Peninsula News

Peninsula loses \$1m in drainage funds

Roundabout plan for Perth St

Change to contract on business levy

Peninsula News

Council releases Peninsula Vision

Treatment plant planned at depot

General store near Ferry Rd

Peninsula News

Medium density housing encouraged in strategy

Gate recommended near sewage plant

Contingency decision requested

Peninsula News

Multi-story development promoted in urban strategy

Nine-story complex proposed for Ettalong

Legal advice sought on Palonga store

Peninsula News

Council survey for business levy

Planners support Ettalong rezoning

Council plans for Ettalong foreshore

Peninsula News

Groups oppose council restructuring

Dispute at shift from consultation

Police investigate collision

Peninsula News

Control orders restrict on-line application

Dispute at shift from consultation

Police investigate collision

Peninsula News

No action on business levy

Mangroves investigated

Meeting opposes high rise plans

Peninsula News

Ferry agreement is recommended

\$1.1M for threat over unauthorised dock

More time needed

Peninsula News

Tankers asked to avoid Way Way

State continues funding The Web

Council defers fast ferry decision

Peninsula News

Chamber makes PUDS submission

Library closes with water main break

Work at Bulls Hill

Peninsula News

Decision deferred on ferry infrastructure

Groundwater contamination found at service station

Work at Bulls Hill

Peninsula News

Council set to sign fast ferry lease

Rock climber rescued

\$60 million project proposed

Peninsula News

Terminal decision deferred

Brigade celebrates 50 years

Judith wins an art prize

Peninsula News

Council reinstates height limit

Minister yet to sign foreshore plan

Five arrests after fight

Peninsula News

Council defers PUDS decision

Police investigate collision

Peninsula catchments in proposed flood study

Peninsula News

Levy considered

Comment on Dorothy Ave

Attempted murder

Peninsula News

Council to discuss foreshore project committee

Plan for pump-out at marinas

More time needed

Peninsula News

Residents ignored on traffic plan

Bowling club decision expected

PUDS decision is extended

Peninsula News

Club amalgamation is now expected

Andrews supports foreshore works

Stabbing charge

Peninsula News

Meetings held about fires

Fire remnant is downgraded

Work at Bulls Hill

Peninsula News

Tenor proposal returns to council

Aboriginal worker receives award

Man attacked at Ettalong

Peninsula News

Council plans to flush dirty water

Tenders sought for surf clubs

Council defers Tenor decision

Peninsula News

Tenor deferred again

Court protects Veron Rd bush

Police discover decomposed body

Peninsula News

Quarry may be used

Catholics apply for new church

Night Owl bus gets reprieve

Peninsula News

Saving water in child care

Plans for lake park

Collection bins return

Peninsula News

Atascadero services at Way Way

Peninsula considered for retirement village

31 students COP process

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Council adopts urban strategy

Creek will not be dredged

Strategy will revitalise area, says mayor

Peninsula News

Trust opposes mosquito spray trials

Vernon Park to get child-proof gates

Life experience program

Peninsula News

Secret policy replaces beaches plan

Substation fire cause unknown

Work to start on bike bridge

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Green lights for Ocean Beach Rd

Council proceeds with rebuilding

Water taxi

Peninsula News

Oldest resident dies

COGS building wins for \$1 million

Work carried out on water main

Peninsula News

Carpark may grow sideways

Fire guts bike shop

Fast Shop signs agreement

Peninsula News

Dunes addressed in Ettalong Beach plan

Council advertises groundwater plans

Quarry will be fully operational under licence

Peninsula News

Council to display Ettalong Beach plan

Assessed

Peninsula capital was above average

Peninsula News

Sewage effluent plans for drinking water

Community awards were presented

RTA to move to The Pavilion

Peninsula News

Department calls for pool project audit

Leisure centre report shelved

Department is monitoring

Peninsula News

Checking out the check-outs

Effluent plans are only one option

Council accepts water treatment plant tender

Peninsula News

Building 'emergency' for water plant

Jetty fee review 'promised'

Mosquito spray will not be trialled

Peninsula News

Effluent system for sewerage

Outrigger to sell resort

Hostel receives award for leisure centre

Peninsula News

Church celebrates 75 years

Trivoli evening raises \$7000

Andrews opposes Tenor proposal

Peninsula News

Supermarket is not 'general store' says Chamber

Flashing lights for school zones

Police listen to Ed James

Peninsula News

ACCQ opposes hospital sale

Computer may model Ettalong town centre

Council pursues disabled access

Peninsula News

Support wanted to name the Peninsula

Council defers decision on retirement village

Fast Shops ask for more time

Peninsula News

House prices decline

Chamber calls for traffic review

Naming decision delayed

Peninsula News

Council grants Fast Ships a one-year extension

Ferry to be held on rate rise projects

Andrews is re-elected

Peninsula News

Council staff oppose Peninsula naming

Ram raid caught on Closed Circuit TV

Tip gas to power 400 homes

Peninsula News

We're recognised, but not officially

Veron Rd approval is recommended

Rainfall now above average

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Flounder Rd works delayed

Rare birds seen at school

Residents call for consultation

Peninsula News

Centre 'not funded', says CEO

Services suffer from storm damage

Budget funds three local projects

Peninsula News

Dredging planned for Ettalong Point

Car park extension comes at last

Annual lunch helps children

Peninsula News

Flood study will lead to planning measures

Safeguards before clearing, says Council

House prices decline

Peninsula News

Neal gains Robertson for the ALP in a cliff hanger

Rail freight loop for Way Way?

Neal claims victory

Peninsula News

Power assessment created

Lloyd concedes

Power assessment created

Peninsula News

Power assessment created

Lloyd concedes

Power assessment created

Peninsula News

Borefield is almost ready

Officers support localised road plan

Board rejects Peninsula

Peninsula News

Second senior proposal for Catholic land

Meals on Wheels becomes dementia day care facility

Bollards recommended

Peninsula News

Major upgrade to Peninsula electricity grid

Bollards recommended

Council clears Drake of conduct breach

Peninsula News

Mayor calls for public vigilance

Hardys Bay plan may go public

Way Way buildings win awards

Peninsula News

F3 link study promised

Minister adopts Ettalong plan

Drink blitz hits beach towns

Peninsula News

Power upgrade starts

Mobile police station unveiled

Algal warning lifted

Peninsula News

Leisure Centre lights copyright increases

Mobile police station unveiled

Algal warning lifted

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Neal gains Robertson for the ALP in a cliff hanger

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Power assessment created

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Power assessment created

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Ettalong Club proposes outdoor pokies

Peter Hale steps down

Peninsula Christmas lights - page 17

Peninsula News

Committee was impartial, says Council

Auditor warns on club's future

Bridge will be officially named

Peninsula News

Uncertain future for Mantra Resort

New chairman for Ettalong Club

Walk becomes 13-hour ordeal

Peninsula News

Fast Ships released from obligation

Minister approves infrastructure rate

Regeneration project for Ettalong dunes

Peninsula News

Calls for State dredging

Bulldozers move in on beach

Decision delayed

Peninsula News

Umina to expand says Chamber

Masonic hall is sold

Lawyer joins Real Shield team

Peninsula News

Mitre 10 to close

Ettalong Beach Village to change hands

Mitre 10 stays until year's end

Peninsula News

Group calls for Bulls Hill bypass

Council investigates tree removal

Self-same checkouts produced at Woolies

Peninsula News

Self-same checkouts produced at Woolies

Alld buys Umina site

Power line upgrade

Peninsula News

Self-same checkouts produced at Woolies

Alld buys Umina site

Power line upgrade

Peninsula News

Delays blamed on land purchase

Daylight robbery near police station

More repairs for Bulls Hill

Peninsula News

Constant shuffles cause of collapse

Plan would secure medium density land

Council to look at sea level rises

Peninsula News

Garbage rates may rise for most works

Community service awards presented

Second story for church?

Peninsula News

Foreshore work, records with plan

Church wins steel award

Road closed in both directions

Peninsula News

Dredging stalemate continues

Council wants committee members

Way Way Rd set to re-open

Peninsula News

Group calls for Bulls Hill bypass

Council investigates tree removal

Self-same checkouts produced at Woolies

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Self-same checkouts produced at Woolies

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Self-same checkouts produced at Woolies

Alld buys Umina site

Power line upgrade

Peninsula fuel prices comparable with Coast

A survey of fuel prices has shown Peninsula prices are comparable with the rest of the Coast.

Prices collected by Mr Rod Munson of Ettalong have provided a comparison of Peninsula prices with the lowest prices available on the Coast and in Newcastle and Sydney.

The most expensive fuel on the Central Coast was found in Woy Woy at Shell and BP with E10 costing 119.9 cents per litre, 16 cents more per litre than Woolworths Umina.

Woolworths Umina and Caltex in Blackwall did have some of the

cheapest E10 prices on the Central Coast in the 104.9 cents per litre or less.

Only six petrol stations across the Central Coast had E10 petrol at less than 104.9 cents per litre.

Caltex Foresters Beach, Caltex Star Mart Long Jetty, 7 Eleven The Entrance and BP Tumby Umbi also had E10 prices at 104.9 cents per litre and under.

For all fuel types, Caltex Blackwall had the best average prices on the Peninsula.

Caltex appeared to offer the best priced fuel anywhere on the Central Coast.

Mr Munson conducted his price checks on August 13 at around midday.

The cheapest E10 fuel was located at Woolworths Umina, priced at 99.8 per litre.

The cheapest regular unleaded was an eight-minute drive away at United in Empire Bay priced at 110.7 per litre.

Since the survey was undertaken, the price at Woolworths Umina dropped to 99.8 cents last Friday.

The cheapest diesel on the Peninsula was at Caltex Woy Woy and Blackwall at 116.9 per litre.

However, Empire Bay's regular unleaded is seven cents cheaper than any of its competition.

Peninsula drivers appear to be paying the highest fuel prices on the Central Coast but the whole Coast is still paying more than its northern or southern city neighbours.

Newcastle and The Hunter, for example, had over 20 fuel options at under 103.9 a litre.

Newcastle residents, by comparison, have the potential to fill up at under 98.9 per litre for E10 at some stations, with the maximum price compared to the Central Coast six cents cheaper at 113.9 cents per litre.

As of August 15, Sydney had the cheapest fuel prices in NSW according to the NRMA with Newcastle coming in at fifth.

The Central Coast was ranked 10th, up six places since August, 7.

Email, 15 Aug 2016
Rod Munson, Ettalong
Websites, 18 Aug 2016
Comparethemarket.com.au
Nrma.com.au
Reporter: Cole Newman



Unleaded E10	c/L
Woolworths Umina	99.8
Caltex Blackwall	104.9
Shell Woy Woy	119.9
BP Woy Woy	119.9
Woolworths Gosford	103.7
Unleaded Regular	
Woolworths Umina	101.8
Empire Bay	110.7
Diesel	
Woolworths Umina	116.9
Caltex Blackwall	116.9
Woolworths Gosford	116.4
LPG	
Woolworths Umina	69.9
Woolworths Gosford	59.8
Woolworths Newport	58.7

Prices gathered by Rod Munson on August 13 at midday and from comparethemarket and NRMA on August 15



Residents of Empire Bay gathered to discuss key infrastructure issues

Residents gather for action on roads

More than 70 residents from Empire Bay and Bensville attended the inaugural meeting of the Empire Bay and Districts Roads Action Group to participate in a Future Directions Workshop on August 2.

The workshop discussed the major issues residents wanted addressed by governments.

A Residents' Committee was formed to work on a document to present to Member for Terrigal, Mr Adam Crouch, at the bi-monthly Empire Bay Progress Association meeting.

"All of the views expressed at the meeting will be included in the report under main headings.

"Long term residents explained that, over the last decade or so, they had been frustrated by Council not doing work to remediate the terrible condition of the roads and stormwater drainage or to invest in pedestrian safety improvements such as pathways, even though studies had been made and money allocated to do much of the work,"

Mr Olsen said. "During the meeting we split into

small groups to discuss the main areas of concern and each group was invited to report to the whole assembly.

"Very soon three main issues appeared namely, the non-existent drainage, poor and dangerous condition of our roads neglected over many years and the need for safe pedestrian access to the Empire Bay Public School via Greenfield Rd."

Mr Olsen said, as the meeting progressed the general mood became one of hope.

"Residents came away from the meeting with the understanding that we need to be a strong and committed community, determined to get the change we want," he said.

According to Mr Olsen, the group agreed that their vision was for a wider coalition of the geographically-linked communities of Empire Bay, Bensville, Daleys Point and South Kincumber and that each locale needs to put before Council their specific needs and be supported by the other areas.

"We see ourselves in cooperation not competition for the resources required to improve the

amenity of our district, going into bat for each other when the need arises," Mr Olsen said.

The Empire Bay Progress Association is having its bi-monthly meeting on August 16, at the Empire Bay Progress Hall from 7:30pm.

Mr Crouch, will be attending. "The first meeting highlighted that we really need to have a member of Council attend the bi-meeting because the matters that need addressing require the co-operation of both State and Local Government," Mr Olsen added.

Mr Olsen also said the Action Group would be requesting the attendance of a Council representative at the bi-monthly meeting.

"A document outlining the residents' concerns will be presented to Mr Crouch and we expect action for these matters," Mr Olsen said.

According to Mr Olsen, many of the issues raised by residents had been known to Council for decades without appropriate responses.

Interview, 2 Aug 2016
Gregory Olsen, Empire Bay and Districts Roads Action Group
Reporter: Dillon Luke

THIS ISSUE contains 71 articles - Read more news items for this issue at www.peninsulanews.info



News

Peninsula News

Community Access

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

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

See www.peninsulanews.info for all editions published

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Contributions

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All accepted contributions also appear on our website.

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Just one millimetre of rain in a fortnight

The Peninsula has recorded just one millimetre of rain in the last fortnight.

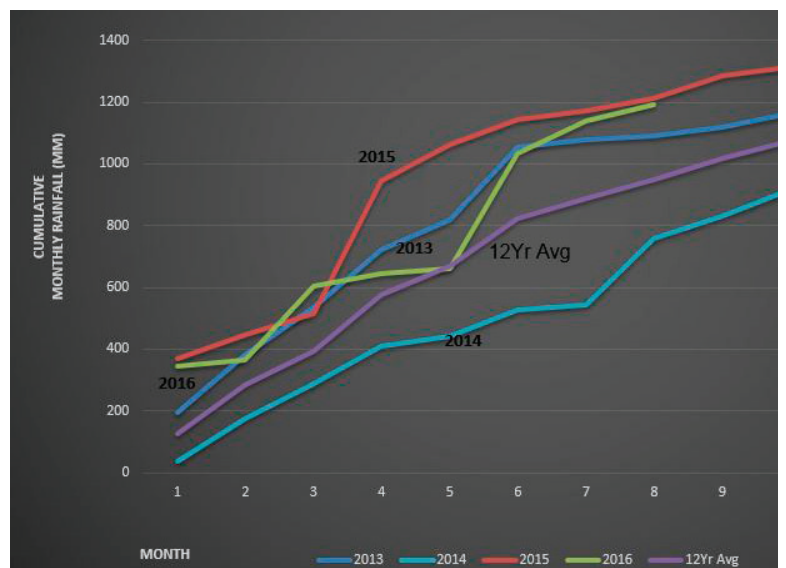
Figures supplied by Mr Jim Morrison of Woy Woy show that one millimetre of rain was recorded on August 6.

No further falls were recorded in the fortnight to August 19.

Total for the month stands at 50.9mm, which is about 73 per cent of the August monthly average of 61mm.

The cumulative total for the year is 1190.6mm, which is 16.8 per cent above average figure of 1019mm at the end of August.

Spreadsheet, 19 Aug 2016
Jim Morrison, Woy Woy



YOUR CHANCE TO WIN

Peninsula News and the Taronga Western Plains Zoo in Dubbo would like to offer one lucky family the chance to visit the zoo.

We have a free family pass (two adults and two children) to give away so you can bike or hike around the Dubbo zoo's six kilometre circuit and see all the zoo's animal youngsters along the way.

Earlier this year the zoo was thrilled to welcome four giraffe calves in close succession.

As they grow in confidence they have started to gallop around their exhibit.

It is not often that the zoo has

so many calves at the same time.

The first lion cubs to be born at the zone are now over one year old and have matured from mischievous to majestic.

The zoo's rhinos are another must-see at the zoo with Rajah the first Greater One Horned rhino to be born in Australia.

To be in the draw to win the family pass to Taronga Western Plains Zoo in Dubbo, write your

name, address and a daytime telephone number on the back of an envelope and mail it to Peninsula News Dubbo Zoo Competition, PO Box 1056, Gosford, NSW, 2250.

Entries close 5pm on Thursday, September 1.

The winner of the Thou Walla Sunset Retreat competition was Mr Donald Makepeace of Booker Bay.



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

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The storm water drain near Ocean Beach Surf Life Saving Club is in the right hand corner of the photo

Photo: Beyond The Flow

Chamber calls for Ocean Beach masterplan

The Peninsula Chamber of Commerce has renewed calls for the preparation of a Foreshore Masterplan for the beachfront between Ocean Beach and Umina Beach surf clubs, similar to the Ettalong Beach upgrade.

President Mr Matthew Wales said it was high time Central Coast Council became serious in upgrading the areas given the past

successes of the NSW Surf Life Saving State Titles and the current poor state of the foreshore outside and between the two surf clubs.

"With arguably two of the best protected beaches on the NSW coast, the existing foreshore is in a sub-standard condition, inaccessible in parts and a poor cousin compared to other coastal locations on the Central Coast.

"Council has spent millions upgrading the surf clubs but

almost nothing on upgrading the beachfront which reflects badly on the area to both locals and visitors.

"We have a thriving town centre in Umina, a world-class tourist facility at the Ocean Beach NRMA Holiday Park, high quality surf clubs and yet the beachfront is sub-standard.

"The Chamber believes that a Foreshore Masterplan is long overdue and should be developed for the beachfronts adjacent to both

surf clubs and the link between the facilities so that locals, visitors and importantly people with disabilities can safely access the beach and walk and travel between the clubs via a boardwalk," Mr Wales said.

He said the Chamber would be canvassing Central Coast Council for support in identifying funding for the Masterplan, in which they hope will address improvements to public areas outside the clubs, public areas, viewing platforms,

linking walkways and coastal protection works.

"We will again raise the matter with the Federal Member for Robertson, Ms Lucy Wicks, who has previously been a strong supporter for local infrastructure projects," Mr Wales said.

Media release, 17 Aug 2016
Matthew Wales, Peninsula Chamber of Commerce

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Administrator calls for urgent Brisbane Ave report

A report on the former Gosford Council's land sale strategy is to be prepared as a matter of urgency and placed on the agenda for the Central Coast Council meeting scheduled for Gosford on September 28.

Central Coast Council administrator Mr Ian Reynolds called for the urgent report at the last council meeting on August 10.

"I note the public meeting on the proposed land sale strategy for the former Gosford Council area was held just over a month ago," Mr Reynolds said.

"My understanding is the independent facilitator of those

meetings is supposed to provide council with a report on the outcomes," he said.

"I would like to request a report be prepared as a matter of urgency on the status of this priority.

"I would like to see it on the agenda for the next council meeting here in Gosford at the end of next month."

The reserve in Brisbane Ave Umina is on the list of an initial 10 parcels of land throughout the former Gosford Local Government Area to be reclassified from community land to operational land in preparation for their potential sale.

Ordinary Meeting Minutes,
10 Aug 2016
Ian Reynolds, Central Coast Council



The Vietnam Veterans Peacekeepers and Peacemakers Association of Australia's Central Coast Sub-Branch marched through Ettalong on August 13 to commemorate the 50th anniversary of the Battle of Long Tan

Vets hold memorial service

The Vietnam Veterans Peacekeepers and Peacemakers Association of Australia's Central Coast Sub-Branch held a memorial service to mark the 50th anniversary of the Battle

of Long Tan and Vietnam Veteran's Day on August 13.

It held a commemorative march and anniversary dinner the same day.

Last Thursday, August 18, was 50 years since 108 men of Delta

Company, 6th Royal Australian Regiment, took on and defeated a force of 2500 North Vietnamese Army regulars and Viet Cong fighters.

Media release, 27 Jul 2016
Robyn Creswell, Central Coast Sub-Branch

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Local anglers support research program

Anglers on the Peninsula could be some of the first fishermen in the state to record their recreational catch data for the Department of Primary Industries.

In July, Fisheries research scientist Dr Julian Hughes conducted a community discussion into the Research Angler Program in West Gosford.

The program is targeted at keen recreational anglers in the region interested in keeping diaries of their catches or donating frames (skeletons) for analysis.

Anglers are encouraged to record the date, length and location of capture and put the frame in a plastic bag.

They receive a comprehensive analysis of the biological data of your fish and are put in the draw for a \$50 gift card through a monthly prize draw (the more frames entered equals more opportunities to win).

Australian National Sportsfishing Association NSW branch member, Mr Luke Reilly, said it was important Peninsula fishermen get behind the Program.

"Local anglers need to get behind this program as Julian is trying to compile much needed data on age, growth and abundance of

these key recreational species.

"The diary component is also of critical importance, as it allows Fisheries to determine recreational catch (and release).

"At the moment, only the commercial sector has long term data on their catch rates," Mr Reilly said.

"If we can compile comprehensive data about Brisbane Water, particularly its mullet stocks, we will be in a better position to lobby for fingerling restocking efforts," he continued.

"At the moment, only recreational fishing havens are being considered for mullet stocking.

"However, I am keen to push for Brisbane Water to be added to this list.

"The more anglers who sign up to the Research Angler Program locally, the better position we will be in," Mr Reilly said.

Bays resident and angler Mr Tom Perry attended the Dr Hughes' talk and became one of the first anglers on the Peninsula to get involved in the Program, donating a flathead frame to Dr Hughes.

Newsletter, 15 Aug 2016
Bob Puffet, The Bays Bulletin



Dr Julian Hughes during his community talk about the NSW Research Angler Program

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



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

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

Gosford City Farmers' Market
Gosford Racecourse,
4 Racecourse Rd, Gosford West



Property prices could increase with tunnel - Chamber

The Peninsula Chamber of Commerce has stated that the NorthConnex road tunnel will be a “game changer” in providing access to the Woy Woy Peninsula from the Sydney CBD and Western Sydney.

This includes an expected increase in Peninsula property prices, according to Chamber president Mr Matthew Wales.

When completed in 2019, residents from the Peninsula will be able to travel from Kariiong to the Sydney CBD and all Western Sydney without a single traffic light, he said.

“Nobody should be under any illusions that the NorthConnex tunnel under Pennant Hills Road

will significantly boost access to the Peninsula from the Sydney CBD and Western Sydney,” Mr Wales said.

“People wanting to visit and do business on the Peninsula will be able to do so without navigating Pennant Hills Rd which is arguably one of the worst and most congested roads in NSW,” he said.

The new nine kilometre twin motorway tunnels will eliminate 21 sets of traffic lights and shave off almost 30 minutes for a trip to the Sydney CBD or Western Sydney.

“This dramatic improvement to road access into Sydney will have some major benefits to the Peninsula not the least of which will be the potential for improved property prices as young families view the area as a more attractive

option to live than Western Sydney.

“It also has a huge business upside as companies look to the Peninsula as a more accessible and attractive place to set up business, establish distribution centres and new retail outlets.

“We should not forget the potential uplift in tourism and day visits as Sydneysiders see a clear freeway trip from Western Sydney all the way to the Peninsula which has arguably some of the best beaches and coastal waterways in New South Wales,” Mr Wales said.

Mr Wales said he gave credit to the NSW Government for supporting and building important road infrastructure which will have long term economic benefits for the Peninsula.

He said major residential

developers were already looking to the Peninsula for mixed use investment opportunities as they recognise the NorthConnex potential.

“It is important for the new Central Coast Council to get on the front foot and seize the potential of the project and push the state government to increase infrastructure funding for other key projects leading up to the completion of NorthConnex in 2019.

“NorthConnex is a Coast game changer and the business community should be prepared to reap the benefits in the coming years,” Mr Wales said.

Media release, 17 Aug 2016
Matthew Wales, Peninsula Chamber of Commerce

Peninsula excluded from disability inclusion talks

Expressions of Interest to be part of a Disability Inclusion Reference Group will close on August 25.

Central Coast Council also has several community forums planned for September to capture feedback from people with disabilities on “what will make the community and council more accessible and inclusive”.

The Peninsula has not been chosen as a location for any of the forum.

The closest location for Peninsula residents wishing to attend a forum is the Erina Room at Erina Fair on September 6 (6pm to 8pm) or September 7 (10am to 12pm).

According to the Central Coast Council, the reference group will be made up of: six community members living with a disability; or carers, or family members of people with disabilities and four representatives from relevant community or disability organisations.

Central Coast Council is seeking expressions of interest from a blend of community members and organisations who fit into those categories.

Media release, Aug 11, 2016
Central Coast Council media

Cake stalls and community talks

The Killcare-Wagstaffe Rural Fire Brigade has had a busy month with its regular cake stall and Fire in the Home community talks.

The regular cake stall takes place on the first Saturday of each month at Killcare Cellars.

The Brigade's theme for this month is Fire in the Home and the brigade has spoken to local residents about the risks of home appliance fires, including washing machines, tumbler dryers, stoves, ovens and other appliances.

According to Brigade member, Mr Martin Riddell, said many Boudi Peninsula residents who came to the talk were surprised by the risks inherent in electrical appliances if they are not cleaned and maintained regularly.

Media release, 15 Aug 2016
Martin Riddell, Killcare-Wagstaffe Rural Fire Brigade

New extended Occasional Care hours





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Patonga hotel is listed for sale

The Patonga Beach Hotel has been listed for sale just 18 months after construction company Scape Constructions purchased it.

Headed by Holgate resident Mr Andrew Smith, Scape Constructions purchased the Hotel which occupies approximately 1546 square metres of land overlooking Patonga Beach, in July 2014.

A development application to expand the hotel has mobilised the Patonga community against the expansion plans.

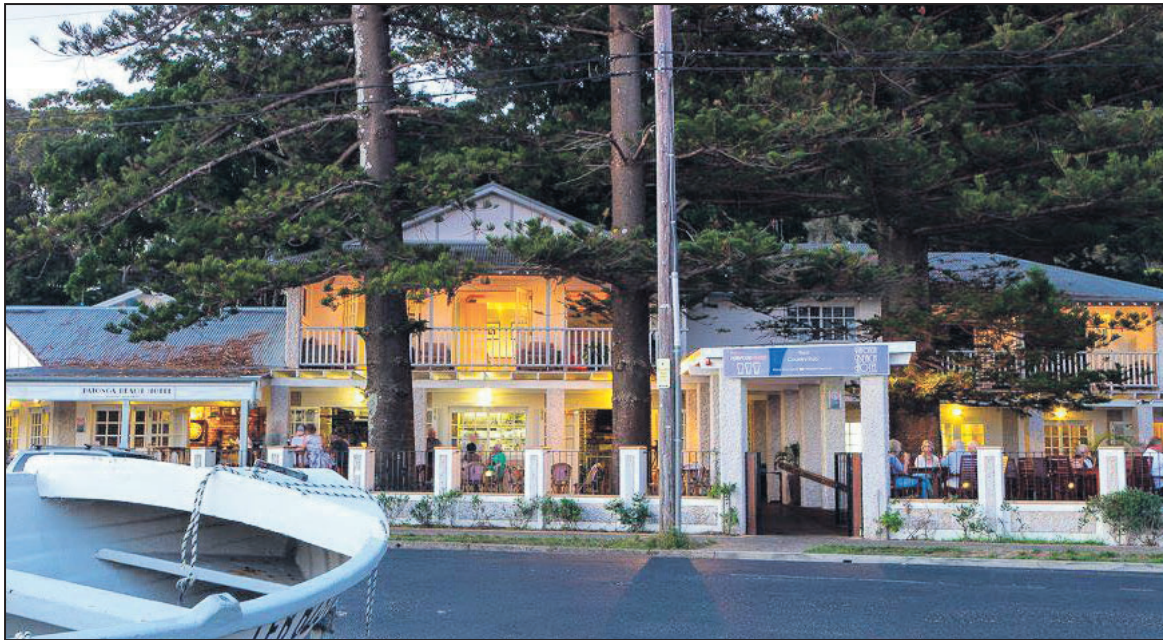
Mr Smith cited business matters and wanting to spend more time with his family as the driving factors behind the decision to sell.

"As a director of several companies in the construction and development industry, my aim is to consolidate the group of companies under my directorship and focus on burgeoning opportunities within my core group of companies.

"Current market conditions suggest it is an opportune time to release the improved asset (the hotel) and benefit from the return on investment.

"As a family man with young children, I envisage the sale of the hotel will free up some time for me to spend with my family and allow me to focus solely on our core business," Mr Smith said.

Mr Smith also said that the



The Patonga Beach Hotel is now for sale

community group united against the DA did not affect his decision to sell nor did they affect the decision to press ahead with the works.

"Those who oppose the DA have not affected any of my business decisions.

"While we appreciate the opinions and feedback of those who oppose the DA, it has not waived our decision in following the DA through, nor has it faltered our belief in the benefits the development will provide to the establishment and Patonga.

"The sale itself is strictly a

business decision," he said.

Mr Smith said he felt the sale would not hinder the development.

"I don't believe it will have any impact on the DA process.

"The DA will still proceed and should the hotel be sold before approval, I am more than happy to work with the new owners in seeing it through to completion."

Mr Smith said that community backlash was a familiar part of the development process.

"Being in the development business, this is something I'm familiar with and there is usually

some objections to commercial developments.

"It is standard practice in my field," he added.

Licensee Mr Stuart Beazley said residents who opposed the DA and painted Mr Smith as a "villain" may be in for a rude shock when the hotel was purchased.

"It's been disappointing to see the way some residents have reacted and behaved.

"They don't seem to realise how lucky they were to have Mr Smith as the owner of the hotel.

"He did a lot with the hotel for the

community including sponsorship, donations and art programs and there were operational decisions he made that he didn't have to, like not utilising the hotel's pokies license.

"I don't think the group opposed to the DA has thought about what could potentially happen to the hotel or Patonga if a big corporation like Woolworths or some other big chain purchases the place.

"There'd be as many pokies as the license allowed as soon as the dust settles," Mr Beazley said.

Mr Smith said that Patonga residents should prepare themselves for an international or corporate owner.

"The sale of the hotel is being run through an international campaign.

"Being local, there was a desire to maintain the quaint, gaming free atmosphere of the hotel which I suppose is unique in the hotel industry.

"A new owner is well within their rights to run the hotel any way they see fit, provided it is meeting all legal, licencing and statutory obligations," Mr Smith said.

Mr Beazley confirmed that no changes would be made to staffing or operational procedures until a new owner emerged.

Continued page 8

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An aerial view of Patonga showcasing the village's première ocean front location and tourist appeal

Patonga hotel is listed for sale

From page 7

"Until the hotel is sold it is business as usual."

But staff and residents may not have long to wait according to Ray White's Hotel Director Asia-Pacific and agent handling the sale of Patonga Beach Hotel, Mr Andrew Jolliffe.

According to Mr Jolliffe, the hotel's proven cash flow,

beachfront location and staggering tourist appeal make it one desirable purchase.

"True beach, or oceanfront properties such as the Northies at Cronulla which we sold last year, are always highly regarded by astute investors from a range of investment classes and, accordingly, our expectation is that the Patonga Beach Hotel will similarly attract strong interest

from parties who recognise the unique nature of quality waterfront businesses," Mr Jolliffe said.

"It is anticipated that the high quality commercial real estate holding, with consistent and reliable annual revenue as well as the inherent value of the waterfront land holding, will attract strong interest from a broad range of hotel and property participants alike.

"Like Bannisters at Mollymook,

or the award winning Halcyon House on Cabarita Beach in Northern NSW, the opportunity to secure and then enhance the food, beverage and accommodation offering at the Patonga Beach Hotel, so as to attract greater patronage from both the Central Coast and Sydney, is simply huge," he said.

The hotel is being marketed through an intense four-week

international Expression of Interest campaign concluding September 8.

Interview, 16 Aug 2016
Stuart Beazley, Patonga Beach Hotel

Media release, 12 Aug 2016
Interview, 16 Aug 2016

Andrew Jolliffe, Ray White Hotels
Interview, 17 Aug 2016

Andrew Smith, Patonga Beach Hotel
Reporter: Dillon Luke

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Improvements approved for Woy Woy restaurant

A Woy Woy restaurant has received Central Coast Council's consent for additions to the existing restaurant and to the first floor residential flat.

The \$400,000 alterations to Fishermens Wharf Restaurant were approved under delegation on August 5.

Only one submission was received in relation to the development application.

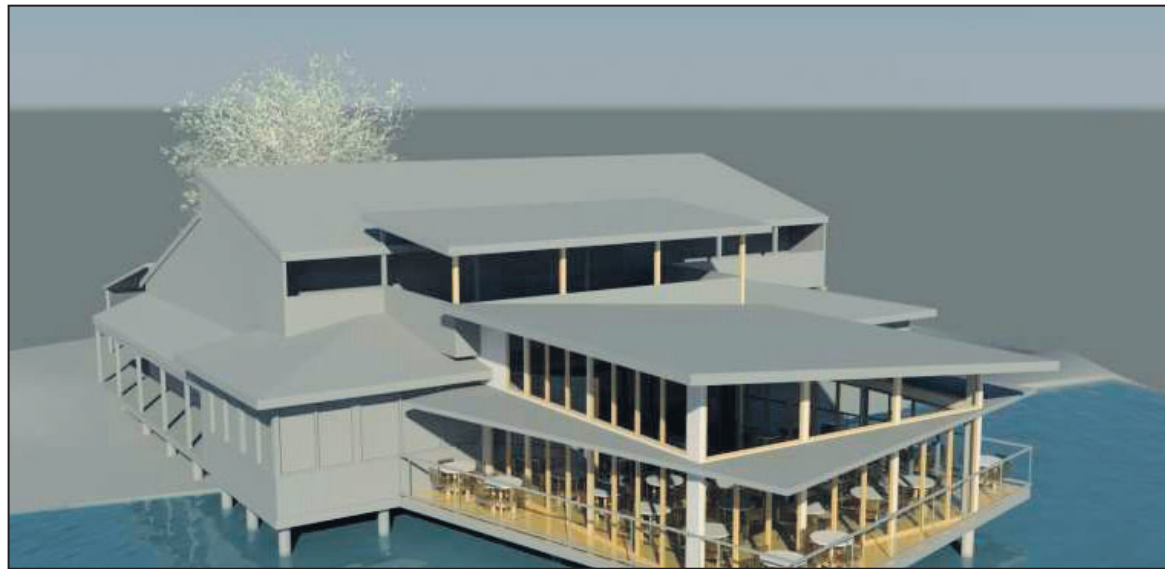
The Woods family of Woy Woy wrote to council in support of the proposal: "Fishermens Wharf of Woy Woy has become a family favourite and an icon of the beautiful Woy Woy waterfront that we all take for granted.

"We support renovations to the existing restaurant because this will increase economic activity on the often development neglected Peninsula while improving the aesthetics of the township," the Woods family submission said.

The DA was an integrated development that required external consent from Fisheries NSW and from NSW Maritime Services.

The site is located within the W2 Recreational Waterways land use zoning within the Woy Woy Town Centre.

First built in 1969, the buildings and structures at the site are in private ownership of Tupuseleia



An artist's impression of the renovated Fishermens Wharf restaurant in Woy Woy

Pty Ltd.

Consents for improvements have subsequently been granted by council in 1983, 1990, 1992 and 1997 so it is 20 years since the last significant improvements were made to the premises.

The development application was argued to be in the interests of the community as enhancements would potentially increase economic activity in the Woy Woy Town Centre and waterfront precincts particularly through increased competition.

The piers are currently in poor repair and the property owner has

always maintained the piers over the 40 years of its crown lease.

"The most economically efficient way to undertake maintenance works on the wharf is to remove the existing covered structure to gain access to the piers to enable the rebuilding of the wharf platform," a statement of environmental effects submitted with the DA said.

"Due to the extent of the maintenance on the existing structure the owners are taking the opportunity to improve the amenity of the existing space by achieving a high quality renovation that will create a positive visual impact,"

the statement said.

According to the report, the renovated structure will have a sloping skillion roof to tie in with the existing building with an outdoor area skirting the perimeter of the wharf.

"This proposal will repair, maintain and result in a small addition to the existing wharf of the restaurant.

"The addition to the wharf will be minor and tacked onto the sides of the existing T-shape of the wharf and will occur when the maintenance and repair of the wharf is scheduled.

"The changes to the existing footprint of the wharf will remain wholly within the existing lease boundaries.

"When rebuilding the wharf the footprint will be increased by 67 square metres, which would be an additional 31 square metres of new floor area to the restaurant, and additional 36 square metres to the outdoor area.

"A new covered pavilion is proposed to give the wharf a new fresh appearance.

"A new balcony area of the wharf will skirt the new pavilion structure.

"Due to the fact that the old canopy will need to be dismantled and rebuilt, the owners are taking the opportunity to revamp the existing pavilion to provide indoor and outdoor areas.

"The existing upstairs deck will also receive a new cover during this revamping.

"No other changes are proposed.

"Renovations to the upstairs managers dwelling are required due to maintenance issues and essential repairs that are needed.

"These include water damaged windows, pelican damage and a leaking roof line.

Website, 18 Aug 2016
DA49094/2016, Gosford
City DA tracker

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News



From left Shane Johnson, Peter Doherty, Grace Hull, Ryan White, Steven Gagau, Bruce from Solar Supplier and Angela Byrne

Go-ahead given for 11 flats

The final go-ahead has been given for the construction of 11 residential flats at 231 Blackwall Rd, Woy Woy.

A construction certificate has been granted by Central Coast Council, which is the principal certifying authority for the \$1.1 million project.

The builder is Homebrook Pty Ltd and the development site is on the corner of Terry Ave and Blackwall Rd next to the Peninsula Leisure Centre.

Website, 18 Aug 2016
DA45144/2014, Gosford application tracker

Juice bar approved

A complying development certificate has been granted for the fitout of a shop in Deepwater Plaza Woy Woy for use as a juice bar.

The certificate was lodged on August 11 following approval by a private certified.

The Deepwater Plaza tenancy is described as Tenant T22, the applicant listed as DRK Design Studios and the estimated cost of work was \$65,000.

Website, 18 Aug 2016
DA50440/2016, Gosford City DA tracker

Girls' tower beats 22 others

Ten students from Umina Public School's Year 4 have participated in the Engineers Australia Straw Tower Competition.

They had to build a tower out of straws that was taller than 500mm, weigh less than 60gms and could hold weight.

A team called the Vivid Girls beat 22 other teams with their tower holding 4.5kg and only weighing 29gms.

Media release, 9 Aug 2016
Paul Farrugia, Umina Public School

Rotary installs solar at PNG school

Four members of the Rotary Club of Umina Beach have just returned from Vakuta, an island with no electricity, in the Papua New Guinea group where they delivered and installed solar panels and water tanks to the local school.

They have provided light to classrooms, office and the school perimeter as well as two teacher's huts.

Power outlets were added for charging laptops and mobile phones, according to Mr Geoff

Melville from Rotary Club of Umina.

Guttering was installed on the roof areas of school buildings and water pipes connected to tanks to assist during the many dry spells the island suffers.

Rotary team leader, Mr Steven Gagau of Umina, an engineer and a native of PNG, organised the special project and was hands on with the installation.

He was joined by Mr Ryan White, a local builder, who arranged to take 100 pairs of football boots and jerseys from the Mariners for the village children.

Mr Shane Johnson, a local real estate agent and team member, organised 1000 re-useable sanitary kits for young school girls who have nothing like that available locally.

Mr Peter Doherty, a local painter and decorator, was on the third Rotary International Project for his Rotary Club.

Mr Doherty was involved in building a Community Hall in Central Mindanao, The Philippines and was on a previous Solar Power Project in PNG.

Ms Grace Hull, a teacher's aide

at Wyoming, was born on Vakuta Island and still has family there.

Ms Angela Byrne, a teacher at Wyoming, was part of a team that previously took teaching materials to the school.

Ms Hull and Ms Byrne joined the Rotary Team to assist and organise the locals to help with the installation.

The project was funded by a special donation by a Rotary Club member, club funds raised locally and two separate grants from The Rotary Foundation.

Media release, 18 Aug 2016
Geoff Melville, Rotary Club Umina

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Students return from Anzac tour

Two Peninsula Students have returned from a 12-day tour of Europe's wartime Western Front.

Brisbane Water Secondary College Year 11 student Lachlan Steel from Woy Woy and Henry Kendal High School Year 10 student Samantha Wardle from Umina took the trip.

They both won The New South Wales Premier's Anzac Memorial Scholarship which took them and 22 other students to the centenary commemorations of the Battles of Fromelles and Pozieres.

They also explored other battlefields such as the Ypres Salient and memorial sites including Villiers-Bretonneau throughout France and Belgium.

Lachlan and Samantha said that one of the most memorable days for both of them was the Day in the Life of a Soldier tour.

The tour included students touring both German and British



Lachlan Steele and Samantha Wardle during their tour

trenches, eating lunch World War I style, dressing as a soldier with the uniform, helmet, rifle and pack.

The students toured for hours, during which they learnt army techniques such as leap frogging,

practised calls and underwent gas attack training.

Steele and Wardle both laid a wreath at the Menin Gate Memorial in Ypres, Belgium, in memory of the 6000 Australian men with no



From left: Lachlan Steele and Samantha Wardle in full soldier's uniforms known graves, 18 of which the pair, through their research, believe were from the Central Coast.

Lachlan said, "What made the experience more relevant was researching a soldier beforehand and then being able to see their grave or name on the Roll of Honour and be able to relate to their story and realise that all of these men made the ultimate sacrifice for their country."

"It was a sombre tour.

"A textbook cannot teach what

we learnt first-hand on the Front Line.

"The tour highlighted the sacrifices made by our soldiers 100 years ago and the enormity of the casualty count."

The students will make a public presentation at 6pm in The Pretty Beach Room at Ettalong Diggers Club on The Future of the Anzac Legend.

Email, 16 Aug 2016
Lachlan Steele, Woy Woy
Samantha Wardle, Umina

Wine bar refused due to lack of information

An application to change the use of a Woy Woy cafe to a cafe and wine bar has been refused by Central Coast Council due to lack of information.

The proposal for Woy Woy's Hidden Courtyard Café, which has an address of Railway St, was lodged by John A Shirley Consulting Pty Ltd for the owners GA and GD Altavilla.

The council decided there was insufficient technical information was submitted to support the proposal and documentation submitted was not in accordance with Environmental Planning and Assessment Regulations.

The site contains an existing commercial premise that was currently operated for the purpose of a florist and cafe.

The application proposed

conversion of the existing premises for the purpose of a Cafe-Wine Bar but the applicant "failed to submit documents of a professional and reliable standard to enable assessment.

"As a consequence, the assessment has not been able to ascertain the extent of the works proposed or the details of the proposed use.

"Additional information was requested on March 30 and again on April 11 to supply Council with appropriate documentation to enable assessment of the proposal. Information requested included floor plans and site plan of a professional standard and quality indicating any proposed works and operational details."

Council asked for plans for the layout the of kitchen as per requirements of the design and the fit out of the food premises to

comply with the Food Act 2003, Food Regulation 2010, Food Standards Code and AS4674-2004 Construction and fit out of food premises.

"The applicant has advised both in person and via communication with Council that they are unable to provide the necessary information to support the development application," the council's report said.

"Instructions were sought from the applicant on June 21 regarding the direction of the application and they were advised at this time that if instructions to withdraw the DA were not received then the application would be refused.

"No instructions to withdraw have been received to date."

Website, 18 Aug 2016
DA 49326/2016, Gosford
City DA Tracker

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News



New trains on order

Peninsula commuters will be travelling on NSW's new generation of intercity trains from 2019, according to Parliamentary Secretary for the Central Coast, Mr Scot MacDonald.

Mr MacDonald said the new trains would transform intercity travel for Central Coast customers.

"We know our Central Coast customers spend large parts of

their day travelling to and from the city on our services and as a result, expect extra space and comfort on their journey," he said.

New features on the intercity fleet will include: wider, fabric-covered seats with arm rests and more space; charging stations for mobile devices on each seat; cup holders and tray tables; two by two seating on upper and lower levels; dedicated space for luggage,

prams, bicycles and wheelchairs; accessible toilets; digital screens and announcements; and modern CCTV surveillance technology.

The new intercity fleet will be built by RailConnect which is a joint venture between the Hyundai Rotem Company, Mitsubishi Electric Australia and UGL Rail.

Media release, 18 Aug 2016
Mitchell Cutting, Office of Scot MacDonald

Discovery program explores National Park

A Discovery Program run by the NSW National Parks and Wildlife Service will include a number of events in Brisbane Water National Park and Bouddi National Park.

A Monday meander to Mt Wondabyne is to take place on Monday, September 5.

This "medium" grade activity will give participants the opportunity to take in the stunning panoramic 360 degree views from the highest point in Brisbane Water National Park

European use of the park will be discussed and significant features will be pointed out along with stories of some of the hidden highlights deeper in the park.

Participants can bring their own bike and should bring closed walking shoes, snacks, lunch, water and weather protection.

This adults-only walk runs from 10:30am to 3:30pm and costs \$7 per adult and \$5 for seniors.

As part of its school holiday program, there will be an Aboriginal Bush Tucker and Tools event in Brisbane Water National Park on Wednesday, October 5.

An Aboriginal Discovery Ranger will share information about how Aboriginals survived in the bush

including what tools they made and used and which food they could eat.

The activity is graded as "easy" and runs from 10am to 12pm at a cost of \$10 per person.

On October 10, the Monday Meander will be to find the hidden gems of Pearl Beach.

The guide will take participants hunting for the magical geological and fauna elements that make up the beach and rock platforms.

After a BYO lunch the group will head for the hills and valleys to find the waterfalls and pools hidden at the back of Pearl Beach while enjoying the spring flowers.

This "medium" difficulty event will take place from 10:30am to 3:30pm and will cost \$7 for adults and \$5 for seniors.

The November 7 Monday meander is a walk to Lobster Beach in Bouddi National Park.

The beach is protected by many steps up and down so the level of difficulty assigned to this event is "medium".

The walk would be suitable for children aged 10 and over and will run from 10:30am to 3:30pm

Bookings can be made by calling 4320 4205.

Email, 18 Aug 2016
Mark Shanks, NSW National Parks and Wildlife Service

Residents urged to make NBN submissions

Residents from the Wagstaffe-Killcare Community Association have called on locals to make submissions to the Australian Competition and

Consumer Commission for more clarity about NBN speed.

The WTKCA said they had received a number of comments about the current internet service available under the NBN.

Most of these concerns relate to advertised speeds from providers.

While retail Internet Service Providers may advertise speeds up to 25, 50 or 100Mbps, many offer no guarantee of these speeds when pressed for details.

The Australian Competition and Consumer Commission is currently conducting a Consumer Consultation on Broadband Speed Claims.

Submissions close on August 25.

The Commission wants more accessible information for

consumers about broadband speeds in order to improve competition and consumer outcomes in the retail broadband market, according to Chairman Mr Rod Sims.

"Consumers are entitled to expect clear and accurate information about broadband services," he said.

"At the moment, it is difficult for consumers to access accurate information as broadband advertising is not focusing upon speed and performance.

"Consumers are being

presented with little information or vague claims like 'boost' and 'fast', or just pictures in advertising of athletes or animals.

"Consumers need accurate information about broadband speed and performance so that they can understand if what they are being offered will actually meet their needs," Mr Sims said.

Mr Sims said he believed that improved consumer information will minimise the potential for consumers to be misled, reduce consumer search costs, and assist consumers to make informed purchasing and switching decisions.

Newsletter, 6 Aug 2016
Peta Colebach, Wagstaffe to Killcare Community Association
Media release, 26 Jul 2016
Australian Competition and Consumer Commission

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Peninsula News 400

Community Access

Peninsula News after 17 years and 400 editions

This issue is the 400th edition of Peninsula News.

Peninsula News started in April 1999 as a monthly 12-page tabloid paper.

A year and a half later, it became a fortnightly publication and has continued to be so since.

In a feature article at the time "Peninsula News – 18 months on", we described "how the newspaper came about, its purpose and how we believe the community can best make use of it".

The article described "the role of Peninsula News", which we have reproduced in this edition.

Now, 16 years later, Peninsula News continues to operate according to the same principles.

The formal aims of the paper include providing a viable news medium exclusively for the Peninsula, developing a sense of community on the Peninsula and providing a forum for personal expression.

It also provide a voluntary community activity and offers training opportunities for youth and the unemployed.

Peninsula News was founded with the belief that the people of the Peninsula considered themselves a community, that this was important to our identity and way of life, and that this meant we were interested in being involved



in our community and having a say in the Peninsula's future.

Having a local news service was essential to this.

Residents needed to know what is happening on and around the Peninsula. They needed to know the activities and interests of others on the Peninsula.

They needed information that would enable them to take action or to help influence the decisions that governments were making that would determine the Peninsula's future.

Peninsula News has been conscious of its role in the democratic process – not in the sense of being a political player but

in providing information that would allow residents to be well-informed in making submissions and voting on local affairs.

We believe that residents have a right to know the details of the way our social and physical infrastructure and services are provided, and that as a community we have a right to have a say, if not determine, the structure and style in which it is provided..

Peninsula News has seldom written editorials, and takes the view that readers do not need to be told what to think by the editor.

However, this does not mean that we do not have views about events affecting the Peninsula.

For example, we are concerned about the increasing regionalisation which removes the opportunity for local residents to shape and determine the nature of our community.

We believe that the Peninsula could be better served by having a council of its own, a size which has been shown to be viable in the past.

As well as being responsive to the Peninsula's needs, such a council may be able to operate just as effectively, financially and socially, as regional governments. It is also likely to be more democratic.

We do not believe a council

which has a corporate model of management serves the democratic process.

The manager of a council should see himself as a servant of the community, not a corporate chief executive officer extracting the most profit from its customers for the benefit of its shareholder (apparently the State Government).

In a democracy, we are voters, ratepayers and citizens – not customers. In a democracy, the community is self-governing. In a democracy, our elected representatives call the shots.

Whether it was Gosford Council or the new Central Coast Council, it is concerning that our local government has failed these tests and shows no willingness to change.

As we read, in this 400th edition, about the local commemoration of the Battle of Long Tan and the student visits to the Western Front of the First World War, we are reminded, as our politicians will tell us, that these wars were in the interests of protecting "freedom and democracy".

We believe our community could easily lose these.

Peninsula News will continue to take its part in providing the information which allows the community to have the necessary vigilance.

Mark Snell, 19 Aug 2016

The role of Peninsula News – 16 years ago

The idea of starting a newspaper just for the Peninsula arose from early meetings of the Peninsula Community Forum.

The community forum was formed of representatives of all significant organisations active on the Peninsula to discuss issues facing the community.

During discussions, it soon became apparent that many individuals and groups were active but were unaware of each other. They also had difficulty letting the community know about their activities.

One participant noted that he was new to the area but, where he came from, the role was served by the local paper.

It became evident that the existing suburban papers were regional, rather than local, in nature and did not provide the possibility of a comprehensive local coverage.

In addition to communication needs within the community, a number of important developments were planned for the Peninsula by Gosford Council as well as the private sector. These represented investments of many millions of dollars and had long-term implications for our lifestyle on the Peninsula.

A major deficiency in our social infrastructure was identified and the forum encouraged Mark Snell to pursue his idea of establishing a community-based newspaper.

He believed that a newspaper was needed that was a rich information source and provided the community with the opportunity to discuss topical issues. He felt the area was already well served with advertising media and material with an emphasis on entertainment.

It was with this background that a newspaper association was formed with an aim to provide a newspaper that was conscious of its community development role.

Unique features

The vision for the composition of Peninsula News was unique in a number of respects.

With an emphasis on news rather than advertising, it would reverse the normal advertising ratio of 75%.

Budgets were prepared that showed production of a newspaper with a 25% advertising ratio was possible.

The quarter-fold (half-tabloid) presentation, the five-column format, the smaller than usual headline type size all differentiate Peninsula News from other newspapers.

Unlike the suburban papers, this paper would rely on council stories as its major news source, rather than the police and courts.

It was felt that news of plans being made for our future as revealed at Council meetings reinforced the social health of our community and engendered a positive attitude towards our

community and our collective future.

This was in contrast to continuing stories that highlight the occurrence of crime, the more negative elements of our community and a spectator mentality rather than encouraging participation in controlling our own destiny.

Community ownership

This sense of community ownership and involvement was to be embodied in the operation of the newspaper itself.

It would be owned by a community-based incorporated non-profit association, with membership open to all residents of the Peninsula.

The association would license the sales and marketing elements of the newspaper to a commercial operator, while retaining control of policy of the paper and supplying the newspaper's editor.

The structure ensures that the newspaper is responsive to community needs and more answerable to the community for its operation.

Under the licence, the operator must supply news coverage of Gosford Council meetings with the remainder of the paper being filled with community contribution.

The paper actively encourages all groups and individuals on the Peninsula to contribute their news, opinions and items of interest for publication.

It also encourages voluntary

involvement in all aspects of its production.

The paper continues to attract volunteers with a range of experience: School students seeking work experience, journalism graduates wanting to break into the industry have all worked with Peninsula News.

Even the editing and proof-reading of the newspaper are undertaken on a voluntary basis.

But volunteers have not been limited to literary fields. Work undertaken by community members has ranged from typing to computer configuration and programming.

Editorial policy

The newspaper's editorial policy reflects a desire to reinforce the Peninsula's sense of community.

To qualify for publication, articles must have specific relevance to the Peninsula. For example, they must be about activities or events happening on the Peninsula or be organised by or involving Peninsula people.

The newspaper is not regional or national in nature, so regional or national issues will not be canvassed except as they affect the Peninsula.

Regional sports will only be covered from the perspective of Peninsula clubs. Regional plans will only be aired in the context of their ramifications for the Peninsula.

Peninsula News aims to mention as many members of the

Peninsula community as possible.

Readability and composition

To ensure that the newspaper serves its purpose, it must be readable and represent the interests and activities of the community in its content.

Contributions to the paper are edited to consistent standards of readability. Guidelines are available for intending contributors.

All items will be dated and most will be attributed a source or author.

The future

Peninsula News is not home-delivered, yet it is keenly sought after for its news content as much as for its advertisements.

As we go beyond our first 18 months of existence, there is increasing pressure for the paper to be home delivered and be published more frequently.

The existence of Peninsula News has had a positive effect on the nature of our community over the last 18 months.

Among the benefits, people tell us they are more aware of Council activities and decisions.

They say they feel less isolated in their efforts to improve our quality of life.

The newspaper's existence offers our community the opportunity to become more informed about issues affecting our future. It provides the opportunity to recognise our differences, value our diversity and to build on our common aspirations.

Mark Snell, 18 Aug 2000

Health

Peninsula may benefit from domestic violence clinic

Women of the Peninsula facing domestic violence could receive a new all purpose domestic violence support clinic thanks to a new proposal by SOS Women's Services.

SOS Women's Services has released a proposal to establish Domestic Violence Clinics, a first in Australia, at every women's health centre in NSW.

The clinics would operate every Monday at 17 health centres across NSW, including the Peninsula Women's Health Centre, providing a one-stop-shop for women wanting help to leave abusive relationships or stay safely in their homes.

Women who attend the clinics will receive one-on-one appointments with a Staying Home

Leaving Violence caseworker, a financial counsellor and have a health check up with a GP or nurse, all on the one day.

"While advice is available through various hotlines and government agencies, we don't believe this model exists anywhere else," said SOS Women's Services, Ms Roxanne McMurray.

"It would also prevent women from having to keep repeating their stories which is something the Government supports," she added.

Reports show that 50 to 60 per cent of women never report domestic violence to police, but it's something they may reveal privately during a visit to a GP or counsellor.

"That's what these clinics are aiming to do: identify and help the large numbers of women who don't

need crisis assistance and don't want or need to go to refuges," Ms McMurray said.

"It's an innovative, achievable proposal which could be up and running almost immediately with the Government's support.

"Women's health centres are a major untapped resource and many women using them have experienced domestic violence.

"The greatest cost to women's health in NSW is domestic violence, estimated at \$4.5 billion a year.

"A relatively small investment each year will help prevent family homelessness and keep vulnerable women out of the hospital system," she concluded.

**Media release, Aug 14, 2016
Roxanne McMurray, SOS
Women's Services
Reporter: Dillon Luke**

Health centre acts against sexual assault

The Central Coast Community Women's Health Centre will hold an information stall at Deepwater Plaza, Woy Woy, for the annual Day of Action Against Sexual Assault.

The stall will be held on Thursday, August 25 from 9:30am to 12:30pm.

"We are encouraging all members of the public to come along and visit and grab an information pack for themselves or a friend," said Ms Kate Bradfield, co-ordinator of the Peninsula Women's Health Centre which is part of the Central Coast network.

"We will have a range of information on support services for victims and survivors of sexual assault as well as information for people who want to support a friend or loved one," Ms Bradfield said.

"Each year we acknowledge

The Day Of Action Against Sexual Assault with some sort of event and this year we are holding shopping centre stalls," Ms Bradfield said.

The Day of Action Against Sexual Assault is held on the last Thursday in August each year.

The aims of the day are to: celebrate women's survival of sexual assault; inform sexual assault survivors of their options and let them know they are not alone; acknowledge the efforts and successes of women who work with those survivors; draw attention to the continuing need for public education and support services.

For more local information contact The Central Coast Community Women's Health Centre on 02 43242533.

**Email, 10 Aug 2016
Katherine Bradfield, Peninsula
Women's Health Centre**

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NEWSPAPERS
Central Coast

Workshops to help fathers build relationships

A series of three workshops will be run during September to help local fathers gain the skills necessary to build closer relationships with their children.

The Being a Dad program will run from 6:30pm to 9:30pm on Thursday evenings commencing September 8, at the Peninsula Community Centre, Woy Woy.

This program will be run by relationship service Interrelate.

The workshops aim to teach participants how to better connect with their children through recognising the importance of fathering, understanding

themselves as a dad, setting goals for spending quality time with their children and improving communication skills.

Participants will work with the relationship professionals at Interrelate to gain a more holistic understanding of the important role a father plays in a child's life.

Coast Community Connections organiser Ms Di Spragg said that the success of the previous workshops had meant that the program could be offered to more fathers wanting to work on their parenting skills.

"The workshop series we ran earlier this year for our Being a

Dad program was such a success that we have decided to launch another series, at an evening time, for fathers in the local community.

"The workshops are a valuable source of information for fathers from all walks of life and provide a platform to gain more understanding of their children at different ages, how to connect with them and learning positive ways to relate to their children, amongst other vital topics," Ms Spragg said.

Registration to the workshop is essential and the cost is \$20 or \$15 for a concession for all three sessions.

**Media Release, Aug 12, 2016
Katey Small, Brilliant Logic**

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Health

Walk to be held on Suicide Prevention Day

An Out of the Shadows walk will be held at Umina Beach as part of Lifeline's annual walk to mark World Suicide Prevention Day on September 10.

The walk will start at 9am on Saturday, September 10 from Umina Beach Surf Club and will be a short walk with a brief reflection on the water's edge along the beach.

"The aim of the walk is to also get the community talking about suicide, learning about suicide prevention and talking to each other to save lives, said psychologist Dr Joe Tighe from Coast Community Connections,

"Everyone has a role to play in preventing suicide.

"We need to take care of our own health and have the courage to check in on our family members and friends who may be struggling with life's challenges," he said.

Interested locals can turn up on the day or pre-register for the walk.

Suicide is the leading cause of death for Australians aged between 15 and 44 and men are four times more likely to die by suicide than women.

Suicide prevention work is grossly underfunded, yet more people die from suicide than road or traffic related accidents, he said.

The event aims to raise awareness, remember those lost to suicide and unite in a commitment to prevent further deaths by suicide.

"Times are changing and more and more people are talking openly about suicide, about their losses and their own struggles with life," Dr Tighe said.

"More and more people are getting help when they need it, which is encouraging," he said.

"This event builds on the changing attitudes in the community and gives another opportunity for people to connect with each other.

"We hope our walk, held on World Suicide Prevention Day, reinforces hope, recovery, reflection and prevention.

"Awareness campaigns like Lifeline's Out of the Shadows is so important because we believe it will help to raise awareness of suicide prevention and encourage help-seeking," Dr Tighe said.

"Last year people from all walks of life attended for their own personal reasons, and we hope to see them again this year in addition to many new faces," he said.

Coast Community Connections has organised bacon and egg rolls and refreshments to be available after the walk and has received support from the Rotary Club of Woy Woy, Umina Beach Surf Club and the Umina Beach Cafe.

If you are thinking about suicide or concerned about someone else, call Lifeline on 131114 or for emergencies call 000.

Media release, 18 Aug 2016
Katey Small, Brilliant Logic

Women's morning coffee

The Peninsula Women's Health Centre will be hosting a women's health week coffee morning as part of Women's Health Week this September 5 to 9.

Women all of all ages and cultural backgrounds are welcome to come along and meet other

women.

Women's health will be discussed and every woman attending will receive a free women's health show bag.

The coffee morning will be held on September 7, from 10am to 12pm.

Media Release, 11 Aug, 2016
Katherine Bradfield, Woy Woy

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Elandra Women and Children's Program Toukley - 4396 4263



If anyone is in immediate danger call 000

Coast Shelter's Domestic Violence Prevention Programs are supported by the Marie Lowndes Charitable Foundation
*ANROS Horizons 1 (2015)

NEWSPAPERS Central Coast

Other Regional News - In brief

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

Given the advent of 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 and

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

COAST Community News

August 11, 2016

Your independent local newspaper

Ph: 4325 7369

Issue 139

Documents obtained under Freedom of Information reveal damning evidence of neglect

Documents obtained by the Mountain Districts Association from the NSW Office of Water, show the landfill at Mangrove Mountain has flouted legal requirements necessary to protect

Gosford Waterfront Alliance to challenge JRPP decision in Land and Environment Court

Gosford Waterfront Alliance Inc has announced it will commence proceedings in the NSW Land and Environment Court to challenge the development consent to build an Australian Taxation Office (ATO)

Pop up eateries made unviable due to additional council requirements

Plans to build 'pop up' eateries on the waterfront near Brian McGowan Bridge have had a setback, according to the man behind the concept, Mr Tim Gunasinghe, from Commercial

Mariners Plaza development stalled pending decision on incorporation of performing arts centre

Fifteen months into a two-year development consent, the Mariners Plaza development, on the corner of Mann St and Donnison St, Gosford, appears to be at a standstill.

Committee working party membership announced

Information about the Central Coast Council's Local Representation Committee has been made available on the council's website.

Saratoga development attracts over 70 submissions

An application for the staged development of two residential flat buildings on the corner of Mimosa Ave and Village Rd in Saratoga has attracted over 70 submissions to council and over 400 signatures

Management of hall seized by Council

Management of the Point Clare Community Hall has been awarded to Wyoming Community Centre following an expression of interest process by Central Coast Council.

Administrator to decide on his own attendance at conference

The chief executive officer and the administrator of the Central Coast Council will both attend the Local Government NSW annual conference in Wollongong from October 16 to 18.

5,000 signature petition to fix The Dip at Wamberal

Member for Robertson, Ms Lucy Wicks, has vowed to take up the cause to fix the notorious strip of Wamberal's Willoughby Rd called The Dip.

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.

Wyong Regional CHRONICLE

August 16, 2016

Your independent community newspaper - Ph: 4325 7369

Issue 98

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

Wallarah 2 seen as a threat on many levels

Member for Wyong and NSW Shadow Minister for the Central Coast, Mr David Harris, will speak at a Water Not Coal meeting to be held at the Blue Haven Community Centre on August 18, following his

First stage of Magenta Shared Pathway completed

The first stage in the long awaited missing link of the Coast's shared pathway network has now opened and local cyclists are ready to give it a workout.

Approval sought to use Mackenzie Reserve for five events a year

Budgewoi Holiday Park has applied to Central Coast Council to use Mackenzie Reserve for up to five events per year for the next five years.

Warnervale M1 service centre closed for repairs

The Caltex M1 Southbound service centre near Warnervale will be closed for up to 72 hours from August 16, to enable road repairs to be completed.

Major expansion proposed for RSL Lifecare Village at Canton Beach

A \$1.6 million development application is currently on exhibition to convert 28 existing serviced apartments at Lakefront Retirement Village into 15 independent living units.

Berkeley Vale service station seeks approval to alter intersection

An amended application for a \$2.5 million, 24-hour service station and Oporto on Tumby Creek Rd at Berkeley Vale is currently on exhibition.

Proposed Buddhist Temple only attracts 12 submissions

The closing date for public submissions on the proposed Buddhist Temple at Warren Rd, Warnervale, has passed, and 12 submissions have been lodged with Central Coast Council

Minister too busy to meet angry Kangy Angy residents

Contrary to what was reported in Issue 97 of Wyong Regional Chronicle, the NSW Minister for Transport, Mr Andrew Constance, has not agreed to meet with Kangy Angy residents affected

Temporary foster carers sought

Barnardos Australia Hunter Central Coast Unit is currently looking for temporary foster carers for children aged 5 and under, in the former Wyong Shire.

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

Forum

Flexibility in planning

Regarding comments on regulations for granny flats (PN, May 2, page 16), the focus of council planning is "flexibility".

I would add the word "flexible" to granny flat regulations to provide a more accurate description.

The Draft Central Coast Regional Plan refers to a "flexible regulatory environment".

Is there a flexible limit or is flexibility tested with every development, extended farther?

Sea level rise planning levels were discussed by councillors in

Forum

March 2015.

Options were given a "flexibility" of low, medium or high.

Was the accepted "medium" option more about flexibility than science?

The focus is on "flexibility".

This "flexibility" was shown with the Matra Resort at Ettalong and the need to comply with characteristics of Ettalong and its architecture?

What are the differences between the Mantra and the

Senior Citizens' Centre? What are the regulations?

Regulations are, at best, non-binding with compliance decided by the authorising officers, as shown in every Gosford Council meeting agenda.

It is certain that the process will be responsible for increased flooding of the Peninsula also adding to infrastructure problems in the years ahead, including fire.

Expect this malaise to continue indefinitely, with "balanced" decisions.

Letter, 6 May 2016
Norman Harris, Umina

Same old story

Yes, we have the same old story about petrol pricing (PN399, August 8, "Let's do something about petrol pricing").

It appears that the price of crude oil never seems to meet the Consumer Price Index in the actual price of the barrel.

Why can't the Peninsula have cheaper petrol prices, the same as our Newcastle and Sydney counterparts who pay less by the litre?

There is a Facebook page ("Fair

Forum

Fuel Prices for the Peninsula") naming the service stations that have higher petrol prices and those service stations that charge less.

The independent service stations are the cheapest in price per litre and that's why motorists choose to budget so that they can go places with their families and friends and travel to work each day without being hit in the hip pocket.

Letter, 12 Aug 2016
Linda Grindley, Woy Woy

Hotel proposal is over-development

In defending his plans to re-develop the Patonga Hotel, Mr Andrew Smith said there will be an additional 70 seats upstairs and more seating in the beer garden.

However in his submission to the council, it clearly states that the upstairs wedding reception area above the shop will have the capacity for 150 guests.

This increase of at least 150 new patrons to the hotel, probably explains why the estimate for the work on the Patonga Hotel is

Forum

\$2,223,050.

To accommodate the wedding reception centre the height of the new roof will exceed the current maximum height allowable by council.

The proposed plan does not aim to meet existing regulations.

It aims to set new ones that will result in the over-development of the Patonga Hotel.

Email, 5 May 2016
Jenny Uzelac, Epping

Eye-catching and informative

Edition 392 of the Peninsula News included several articles retaining to The Bays Community Group, which is much appreciated.

The Peninsula News continues to keep the broader public aware of what is happening on the Coast, particularly on the Peninsula.

Forum

The support of The Bays Group means so much to us and is regarded by our residents as a most worthwhile publication.

The article and photos of the contributing artists to The Bays Groups next Wine, Cheese and Art

Exhibition was both eye catching and informative.

Please thank your journalists for their creative work and understanding of the needs of residents being kept informed of events and functions in their local area.

Letter, 25 May 2016
Bob Puffett, The Bays

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Elect news editors, academics and armchair critics

The calibre of politicians is not very inspiring today.

They seem to believe in very little and are only concerned about getting taxpayers' money spent in their electorate.

Look at the leaders: One knows how to make money, the other how to run a union, particularly the union bosses.

Neither is inspiring.

I reckon a new approach is needed.

Forum

Candidates should be selected from news editors, who seem to know what to do, or from moderate, intelligent academics and professors, plus solid armchair critics who know all the right moves and answers.

These people would be the solution to good government.

Email, 14 May 2016
Keith Whitfield, Woy Woy



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Woy Woy oval white elephant

What has happened to the Woy Woy Oval cafe-coffee shop?

When the wonderful advantages of the new Woy Woy Oval precinct were being espoused, they included the fantastic cultural and financial benefits which would flow from the new cafe situated in the forecourt.

You will recall that this now extravagantly landscaped area used to be 50-plus much-needed car parking spaces.

The loss of this facility, we were told, would be vastly exceeded by the economic benefits which would flow from this new enterprise.

Well, the oval has been operating for six months and to-date there is no sign of the cafe opening.

If, as we were told, this business opportunity is such a goldmine for a hard-working entrepreneur, where is he or she?

Could it be that far from being an economical proposition, it is in fact a white elephant, and Council

Forum

LETTERS TO THE EDITOR

should be sent to:

Peninsula News

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

See Page 2 for
contribution conditions

was conned into its construction?

Several million dollars have been wasted and parking is now almost impossible to find on some days of the week.

Some of this inappropriately-used funding should have been spent on the construction of a scoreboard and other missing facilities.

Email, 17 Aug 2016
Fred Charles, Woy Woy

Fill the hole in the Australian Budget

Forum

It is simply a matter of management competence.

To achieve Budget revenue repair before any consideration of further cuts, the Australian Parliament should take the following actions: Criminalise the use of off-shore tax escapes.

Multinationals pay 30 per cent tax on all profits made from business conducted in Australia.

The revenue from this has been estimated by Rozvany, a "leading corporate tax authority" at \$50 billion per year.

Oxfam, using a fraction of the data, has already identified revenue repair to the tune of \$6 billion per year.

Like Pauline Hanson I believe the figure is more likely to be "100s of billions".

Require Australian companies which pay little to no tax to pay a three per cent fee to operate in Australia.

This will produce, according to the ATO, an estimated revenue of \$12 billion per year, with many more billions if increased to four per cent or five per cent.

Superannuation for all people with an annual taxable income of over 150 per cent of the average

(around about \$130,000) replace the concessional 15 per cent tax rate with marginal tax rates at an estimated revenue increase of \$29 billion per year or a minimum of \$12 billion per year

Negative gearing for all people with annual taxable income of over 150 per cent of the average, remove access to negative gearing at an estimated revenue increase of \$5 billion per year.

Capital gains tax for all people with an annual taxable income of over 150 per cent of the average, remove the 50 per cent tax exemption on capital gains at an estimated revenue increase of a minimum of \$6 billion per year.

Remove all subsidies to fossil fuel companies at an estimated revenue increase of \$5.5 billion per year.

Together, these six areas provide revenue increases of approximately \$107 billion, twice the size of the Budget deficit without raising tax rates.

All cross-benchers should support this strategy but it is especially so with One Nation because it has a series of policies which lend themselves to this strategy.

Email, 16 Aug 2016
Dr Vanlyn Davy, Pearl Beach

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Health



The children's services team at Coast Community Connections

Child care service to extend hours

Occasional child care service at the Woy Woy Community Centre will extend its hours from August 29, opening from 8:30am and 4.30pm.

The decision to extend the hours was a result of community and parent feedback and the increasing demand for more flexible child care services for children aged up to five.

Coast Community Connections acting chief executive officer Ms Di Spragg said: "As our children's services enrolments have grown, so too has the demand for our occasional care facility.

"It provides flexibility for families returning to work, juggling other children or needing the time to complete chores and errands without the little ones around," Ms Spragg said.

"Our service is licensed to cater for up to 23 children and offers both casual and permanent enrolments for local families," she said.

Coast Community Connections also runs two vacation care and three before and after school care programs as well as weekly playgroup and Kindy Gym groups, hosted through the Peninsula Community Centre.

"Our children's services programs provide children with supervised care by experienced and trained staff who are committed to providing high quality activities as well as giving children a holistic experience," Ms Spragg said.

"With limited child care options available for parents, we are pleased to be able to offer different levels of care for local families, as well as programs for children and babies," she said.

The Coast Community Connections Occasional Care facility is located at the back of the Peninsula Community Centre at 93 McMasters Rd, Woy Woy, with access to it past the Peninsula Theatre.

For more information or to enrol phone 4343 1001 or visit coastcommunityconnections.com.au.

Media release, 18 Aug 2016
Katey Small, Brilliant Logic

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Make your hearing health a priority this Hearing Awareness Week

One in six Australians is struggling with their hearing and the problem increases dramatically over the age of 65 years. Despite the challenges created by bad hearing, over two thirds choose to do nothing about their hearing problems.

This year, Hearing Awareness Week (21 – 27 August) aims to eliminate the stigma around hearing loss and encourage those affected to reach out for help.

Even the slightest hearing loss can affect a person's quality of life, with simple activities such as ordering lunch at a restaurant or attending a birthday party causing frustration. This doesn't have to be the case – hearing aid technology has improved significantly over the past couple of years.

"The key to overcoming this frustration is correct diagnosis and fitting of appropriate hearing solutions that address each individual's lifestyle needs," says local audiometrist, Louise Brown. Louise has been in private practice for 5 years and offers complete hearing services for all ages at her Umina Beach clinic.



"I have been a hearing aid wearer for 15 years, which means that I understand the difficulties associated with hearing loss. It also allows me to trial all the new hearing aid technology. Technology has drastically improved over the past few years. Currently, I'm wearing Signia primax devices and these devices offer the best performance in background noise that I have ever tried.

"I encourage anyone who feels that they may be experiencing hearing loss to get their hearing tested this Hearing Awareness Week. We can improve

your quality of life with a solution tailored to your condition and needs. We also ensure our hearing solutions are competitively priced which gives everyone the opportunity to enjoy the best hearing possible."

Treating your hearing loss doesn't have to be as expensive as you might think. Call Louise at Penninsula Hearing on 02 4342 9736 to find out how you can save thousands on the latest hearing aid technology.

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Penninsula Hearing

"We are hear for you"

Free hearing checks offered at Umina and Woy Woy

Free hearing checks will be offered at Woy Woy and Umina as part of Hearing Awareness Week.

They will be held in a bus at Umina Markets on August 21 and at a clinic in Woy Woy by two hearing businesses with outlets on the Peninsula: Australian Hearing and National Hearing Care.

Australian Hearing will offer the checks in a bus fitted out to offer free hearing checks and to encourage locals to prioritise their hearing health as part of the annual Big Aussie Hearing Check on August 21.

Last year, Australian Hearing carried out 5000 hearing checks over the course of the week and this year the plan is to make it even bigger and better.

Manager at Australian Hearing at Woy Woy, Mr Matthew Reid, said that the Big Aussie Hearing Check aimed to urge every Australian to get their hearing checked.

"Hearing is vital to everyday living, yet most Australians still wait on average eight years before taking action on their hearing loss.

"A hearing check is a quick and easy way to measure the sounds you can and can't hear.

"Our team will also be on hand to guide you through what next steps you may have to take in regard to your hearing," Mr Reid added.

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

However, according to Mr Reid not everyone who is experiencing problems hearing needs a hearing aid.

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

National Hearing Care managing director Mr Michael Smith, said: "The age old theory of use it or lose it applies to hearing as well,"

"An increasing number of studies show that individuals with hearing loss who identify and treat the issue early are more likely to adapt quickly to the increased

sound they will hear with a hearing aid.

"The longer hearing loss is left untreated the harder it can be to retrain the brain to recognise sounds that become available with a hearing device," he said.

According to Mr Smith, people with untreated hearing loss can face serious consequences ranging from disadvantages at work, relationship problems and social isolation.

Reduced hearing has also been linked to depression, stress, withdrawal from social situations and even dementia.

"Despite the fact that hearing loss is a serious health issue, most Australians wait an average of seven years to act on their hearing loss, but a hearing check takes only 15 minutes and could make significant difference," he said.

Hearing checks are available free of charge at National Hearing Care Woy Woy.

Media release, 10 Aug 2016

Rae de Rooy, Australian Hearing \

Media release, 18 Aug 2016

Fiona McGill, Professional

Public Relations



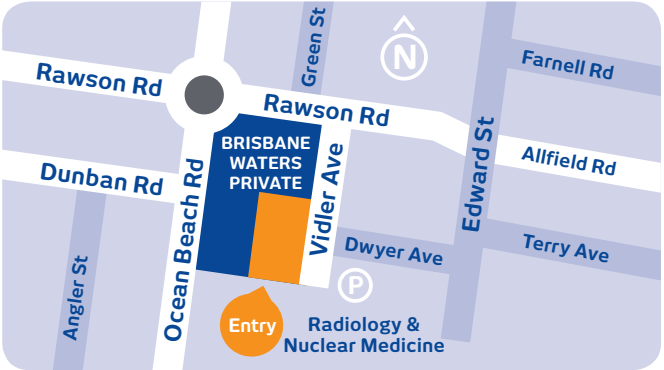
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MOVE INTO SPRING

Australia's top selling medications are statins, proton pump inhibitors, and diabetes and blood pressure lowering medications.

Many of the conditions that those medications are prescribed for can be helped by increasing physical activity and improving the diet.

The health benefits of physical activity are continuous, beginning with any increment in activity above zero.

This means that if you currently don't exercise at all, start moving.

You don't have to train for a marathon to reap the benefits, just get out of your chair and move your body in any form whenever you can.

The Australian Government Department of Health states that there is no definitive optimal amount of physical activity.

Activity at the lower end of scale (i.e. 150 minutes of moderate and 75 minutes of vigorous activity per week), provides considerable

health benefits, including reduced risk of cardiovascular diseases, type 2 diabetes, psychosocial and musculoskeletal problems.

Activity at the upper end of the scale (i.e. 300 minutes of moderate and 150 minutes of vigorous activity per week), is required for the prevention of unhealthy weight gain and some cancers.

Be active on most, preferably all, days every week.

Every step and every minute of activity counts!

We eat a few times every day and experts estimate that we make up to 200 decisions each and every day in regards to food – When do we eat? What do we eat? Where do we eat? Who do we eat with? What do we do when we are eating (looking into a screen anyone?).

Here are a few simple things you can do to improve your digestion and enjoyment of food:

Eat with someone at a table whenever possible;

Turn all screens off; make eating time technology free – you might be surprised what the kids have to tell you;

Take a couple of deep breaths before you start eating as this will help with your digestion. The custom of saying grace and similar traditions encourages exactly this; and,

Cook at home whenever you can, as this makes it more likely to be healthy with less salt, less unhealthy fats, and less sugar plus more vegetables.

All of these measures will help you live healthier and happier, and might even reduce the total number of scripts for the top ten medications.

They currently add up to over 50 million per year in Australia alone.

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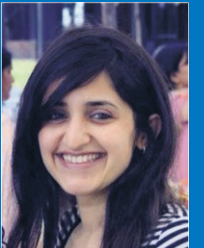
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Education



Knockout teams eliminated

Both of the Pretty Beach Public School PSSA Touch Football Knockout teams were eliminated from the competition by Empire Bay. In the girl's game, it was an extremely close encounter. After trading attacking moves

all game the score came down to a 2-0 loss. Coach Mr Andy Podmore said it was still an incredible showing from the girls, many of whom had never played touch football before the competition. The boy's team also had a

naillbiter of a game. The score line was 3-2 at half time but some sleek manoeuvres by the Empire Bay boys saw Pretty Beach go down 7-4. Newsletter, 11 Aug 2016 Andy Podmore, Pretty Beach Public School

Families wanted for Rotary exchange

The Rotary Club of Umina is encouraging Peninsula residents with high school aged children interested in studying abroad to attend the Rotary Youth Exchange information night on February 17, at Phillip House, Kariong. Each year thousands of young people worldwide are given an opportunity to experience the cultures and accomplishments of people in other countries through the exchange program for up to

one year. Those interested in doing an exchange will need to come to terms with both adapting to new surroundings, way of life and home, as well as extended periods of separation from family members and loved ones. To live away from home for the 50 weeks during the exchange is a demanding yet rewarding experience. It is not always smooth sailing and requires a great strength of character, tolerance and an understanding of the acceptance

of personal responsibility. The exchange provides a unique opportunity for young Australians to experience at first hand the many cultures of a different country, a new way of life and in some instances another language. Often, the friendships they make will be life long and important in achieving the aims of the exchange, the building of goodwill and understanding between countries. Newsletter, 15 Aug 2016 Rod Radford, Umina Rotary

Athletics carnival held

The annual Woy Woy South Athletics Carnival was held August 11. Principal Ms Kim Whealey said It was great to see the community work together to provide rich opportunities and experiences for the students. The cake stall, barbeque and coffee cart was a success.

Ms Whealey said she appreciated how much effort staff put into the day and also wished to thank all the parents and carers who came to support on the day. The winning house for athletics 2016 was Cook. Newsletter, 16 Aug 2016 Kim Whealey, Woy Woy South Public School



Debating team is undefeated

The Pretty Beach Public School debating team remain undefeated in the Premier's Debating Challenge. After successfully beating Umina Public School, Pretty Beach's debating team were able

to retain their undefeated title at the current level of the Challenge. Their win against Umina sees them move onto the next level. Newsletter, 11 Aug 2016 Deborah Callender, Pretty Beach Public School

Touch of magic

Umina Beach Public School's Kindergarten class brought a touch of magic to the school on August 4. Students in Kindergarten and their teachers dressed up for Fairy Tale Day as part of their English

unit. Part of the day's festivities was a costume parade through the hall and a special fairy bread lunch. Newsletter, 16 Aug 2016 Paul Farrugia, Umina Beach Public School



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Bush classroom may re-open at Pretty Beach

Pretty Beach Public School could have a bush classroom, thank to the efforts of the school's P and C Association, the Killcare Wagstaffe Trust and the Wagstaffe-Killcare Community Association.

The open air classroom would be an area with basic seating, situated among the trees on the slope in the school grounds.

An open air classroom at the school was abandoned some years ago due to Department of Education safety concerns about falling branches.

As a first step, an arboriculturist has been engaged to prepare a report that will meet the department's requirements.

Local resident Ms Kate Consterdine has assisted the process with her extensive knowledge of both the bush environment and the past operation of the bush classroom.

Once the initial report is received a quote will be obtained from an arborist on the cost of carrying out any required work.

Newsletter, 4 Aug 2016
Peta Colebatch, WTKCA



A picture from the Pretty Beach School opening picnic from 1927

Primary school holds classes for mums and dads

St John the Baptist Catholic Primary School in Woy Woy will hold special classes for mums, dads and carers as part of National Literacy and Numeracy Week.

Special Mums in Maths and Lads in Literacy classes will be held in the week from August 29 to September 2.

The classes aim to help mothers and female carers brush up on their arithmetic skills and fathers and male carers improve their reading and comprehension skills.

Both classes also have the added benefit of helping parents

and carers engage with the content their child is learning.

Mums in Maths will be held at 9am on August 29.

Lads in Literacy will be held at 8:40am on September 2 and coincides with the Fathers' Day Breakfast and Mass.

Both classes represent the opportunity for parents and carers to witness and experience their child's learning environment as well as a refresh on basic numeracy and literacy skills.

Newsletter, 10 Aug 2016
Nicole Cumming, St John the Baptist Catholic Primary School

Ninety years at Pretty Beach

Pretty Beach Public School will celebrate its 90th year of operation in 2017.

Founded after the lobbying of local parents, the school was opened in 1927.

An application for the establishment of a public school at Pretty Beach Extension (or Hardy's Bay), together with a strongly worded letter from the Wagstaffe and Pretty Beach Progress Association outlining the reasons for the proposal, was made in January 1925.

The application was signed by 25 parents on behalf of 52 children aged between three and 13 years of age.

The letter stated that children from Pretty Beach, Hardy's Bay and Killcare were picked up by launch which left Wagstaffe Point at 8am daily and reached Woy Woy at 9:10am if on schedule.

From this point a half-mile walk was required to reach the school.

The return journey was made by motor bus from Woy Woy to Ettalong Jetty.

The children needed to be at the Jetty by 4pm in order to catch the afternoon launch service.

School hours were thus cut by at least 50 minutes per day, and the parents complained that their children were disadvantaged by this.

In winter, trips were made in bitterly cold conditions on open expanses of water, and the exposure of the children to accidents along this waterway route was a source of great concern to parents.

The Department finally recognised the need for a school and a large site of nearly twelve acres was purchased at Pretty Beach for the sum of six hundred

and fourteen pounds in the latter half of 1925.

The school opened in January 1927 with the appointment of Mr Charles Allen.

There is little likelihood that on that day Mr Allen foresaw that he would spend the next 22 years at Pretty Beach School, and that even then, that termination would only be caused by his death, at the age of 63.

As part of the school's 90th birthday celebrations the P&C is organising a number of commemorative activities to be held throughout 2017.

The first activity is a school cookbook fundraiser that incorporates student, staff and parents/carers favourite recipes, desserts and lunchbox fillers.

Newsletter, 11 Aug 2016
Deborah Callender, Pretty Beach Public School



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Education



Umina placed sixth in netball

The Umina Beach netball team competed in round two of the NSW School's Cup in Maitland on August 9.

Their first game was against Coal Point which they unfortunately lost, going down 18-11.

The team's next game was

against The Junction and in a tight game the girls also went down with the finals score being, 14-9.

The girl's third game was against Singleton Heights.

The girls turned their luck around coming out on top with a 29-4 result.

Umina's last game was played against King Street and they went down 16-11.

The results placed Umina sixth in their division.

Newsletter, 16 Aug 2016
Paul Farrugia, Umina Beach Public School

Little aths talk given to students

A representative of Woy Woy Peninsula Little Athletics recently visited students at Woy Woy South Public School.

Mr Darren Wensor, from Little Aths, visited the school to talk about athletics and the upcoming Olympic Games.

Students were told they would

soon be able to sign up for the 2016-17 Woy Woy Peninsula Little Athletics season.

Little Aths will be registering members in the hall at Woy Woy South Public School from 3pm on Friday, September 16.

Newsletter, 26 Jul 2016
Kim Whealey, Woy Woy South Public School

Celebrations in full swing

Education Week celebrations were in full swing at Woy Woy South Public School from Tuesday, August 2 to Friday August 5.

The school celebrated the opening of the 2016 Olympics with their own version of the opening ceremony on August 2.

Stage 2 and 3 students competed in their annual Athletics Carnival at McEvoy oval on August 3.

Kindergarten students travelled to the Brisbane Water Secondary College Umina Campus farm to meet the animals and the students who look after them on Thursday, August 4.

A K-2 athletics carnival was held on Friday, August 5, in the school grounds.

Newsletter, 2 Aug 2016
Kim Whealey, Woy Woy South Public School

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Wagstaffe to host gig tour

The Wagstaffe Hall will play host to performers Lucky Starr and Craig Morrison on September 10, from 5:30pm.

The gig tour entitled Son Of A Gun, an intimate evening with Lucky Starr and Craig Morrison, was organised by the Wharf at Wagstaffe as the first gig of the spring and of their summer line up.

Morrison, a country rock musician, is visiting from Nashville where he received huge accolades for his number one chart hit Phone Call.

Starr and Morrison are father and son hence the name of their tour.

Bookings are essential.

Email, 17 Aug 2016
Robbie Payne, Wharf at Wagstaffe

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Umina school raises \$2000 for Stewart House

Umina Beach Public School has raised over \$2000 for Stewart House, the Department of Education's main charity, in 2016.

Stage 2 and 3 cake stalls, family donation envelopes, handball sales and the Year 3 girls selling loom bands etc, all helped to raise these much appreciated funds.

Stewart House at Curl Curl Beach, offers children a free 12-day stay and are provided with dental, optical, hearing and medical screening and treatment.

They participate in educational programs and excursions designed to develop their social and emotional skills, build self-esteem and improve their overall well-being.

This experience provides children with a much needed break from their current circumstances which inspires them to see beyond the present and to have a real hope and positive aspiration for

their future.

Children in the care of Stewart House attend a school onsite for eight days of their 12 day stay where the Department of Education provides infrastructure and staffing support for this school.

All other costs associated with the children's stay are met from charitable donations, such as those contributed by the students and families of Umina Beach Public School.

The Stage 2 and 3 cake stalls, family donation envelopes, handballs and the Year 3 girls selling loom bands etc., all helped to raise these much appreciated funds.

Newsletter, 9 Aug 2016
Lyn Davis, Umina Public School



Liesl Tesch speaks to Ettalong students

Students from Ettalong Public School were treated to an inspirational talk from Olympic gold medalist and Peninsula resident Liesl Tesch.

Tesch talked to students about the bike accident that left her a

paraplegic and how she vowed that her disability would not stop her from living her life to the fullest.

This year, at the Rio Olympic Games, Tesch will represent Australia for the seventh time.

Tesch first represented the country in wheelchair basketball in

1992 but made the switch to sailing in 2011, and won a gold medal for it in 2012's London Paralympic Games.

Newsletter, 9 Aug 2016
Lynn Balfour, Ettalong Public School

Prizes for Fathers' Day

Woy Woy South Public School's Fathers' Day Raffle will feature several prizes.

First prize in the raffle will be a barbecue spit roaster valued at \$350.

Second prize is an Ice Watch valued at \$200.

Third prize is four vouchers from Everglades Country Club valued at \$25 each.

There will also be additional minor prizes.

Newsletter, 16 Aug 2016
Kim Whealey, Woy Woy South Public School

Pencils planted in garden

Woy Woy South Public School has a new garden area.

Located between 5S and the Reading Recovery Room, the new space is an area where nothing has grown for the past 20 years.

The school purchased some aluminium pencils with WWSPS and the school values written on them and then planted them in the "garden".

The school aims to actually get some greenery in the garden to go along with their new pencils.

Newsletter, 16 Aug 2016
Kim Whealey, Woy Woy South Public School

20th Annual Gathering of The Clans

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Out&About

Professor appointed curator at State Library

Pearl Beach resident Professor Emeritus Jill Roe has been appointed an Emeritus Curator of the State Library of NSW.

The award of Emeritus Curator is an honorary appointment conferred on a former member of staff at the State Library or an external person who has made eminent and sustained contributions to the development, preservation or interpretation of the collections of the State Library.

Professor Roe is best known for her biography of Miles Franklin, an Australian writer and founder of the Miles Franklin Prize for Australian literature.

She has also published a companion volume of the letters of Miles Franklin, based on the 116 volumes of Franklin's papers, which comprise one of the State Library's most significant literary treasures.

Her work made the essence of the Franklin papers available to scholars and the wider public. Her biography of Franklin won the Queensland Premier's Book Prize, the South Australian Premier's Non-Fiction Prize and the Margarey Medal for Biography in 2010.

While much of Professor Roe's research was carried out in the Mitchell Library, a great deal of the writing was undertaken in the pre-war fibro cottage at Pearl Beach that she acquired with a legacy from her father in 1975. The cottage was extended and modernised in 2003 and since then has been her permanent home.

Professor Roe was a founding member of staff at Macquarie University, where she taught British, Australian, and social policy history to two generations of students and supervised numerous research theses.

She also served on many committees within the discipline and more widely.

Professor Roe was Visiting Professor of Australian Studies at



Professor Emeritus Jill Roe (seated) with Dr Alex Byrne, CEO NSW State Library and Ms Beverley Kingston

Harvard University 1994-95, and later head of modern history at Macquarie, a position she held until retirement in 2002.

In 1997, she was awarded a personal chair in modern history, and after her retirement served as Director of the Macquarie PEN Anthology of Australian Literature Centre.

Appointed a member of the

Editorial Board of the Australian Dictionary of Biography in 1985, Professor Roe served two terms as its chair, from 1996 to 2006.

In this role, Prof Roe vigorously advocated the online development of the Dictionary, and a supplementary volume for individuals missed in the original publications.

Professor Roe has contributed many entries to the Dictionary, drawing much of her source material from the State Library's collection.

Media release, 15 Aug 2016
Lynne Lillico, Pearl Beach Progress Association

New movement retreat at Wagstaffe

A movement practice, known as nia, that blends different movement forms like dance, martial arts and yoga in musical class will be held in Wagstaffe in September.

Nia brown belt teachers Ms Anita Pulie and Ms Julie Bartley are preparing for their Nia Dance Retreat at the Wagstaffe Community Hall, from September 23-25.

The Nia Retreats are held over a whole weekend and participants enjoy nia classes, workshops, time

to connect with nature, enjoy great food, music and company, as well as taking time out to relax and unwind.

The retreat is open to anybody and no previous nia experience is required.

Ms Pulie and Ms Bartley said locals were welcome to join in alongside participants coming from Sydney and as far as Melbourne.

Participants can attend the whole weekend, or just partake in one class, or half a day session.

Media Release, 11 Aug 2016
Anita Pulie, Wagstaffe



Jenny and Scott Thomson will perform at the Troubadour

Thomsons' show at Troubadour

The Thomsons will present their Geographica show at the Troubadour, Woy Woy, from 7pm on August 27.

Based on their new CD Chameleon, the show features original stories and songs from every part of the globe, music the Thomsons claim will "delight, amuse and bewilder."

Their music is often drawn from firsthand experience, treading in the footsteps of those who came before with insatiable curiosity.

This is a full multimedia show,

with a video presentation providing an unforgettable night of creative acoustic music.

The Thomsons (Scott and Jenny Thomson) have played most of the East Coast Folk Festivals and are regulars at vineyards, restaurants and independent venues with the emphasis on a fine acoustic sound and a good listening audience.

Known for their work with their former band Beeswing, they have supported acts such as Sting, America, Chicago, and Elton John.

Media release, 15 Aug 2016
Michael Fine, the Troubadour

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FILLING FAST

Floriade, War Memorial, Parliament House, National Museum of Australia, Cruise on Lake Burly Griffin and Tulip Top Gardens.

\$877
pp twin share

Tessellar Tulips

10 Day | Dep 1 Oct

Healsville Sanctuary, Tesselaars Tulip Festival National Rhododendron Garden, Eureka Skydeck and more...

\$2,291
pp twin share

Tours include hotel accommodation, dinner, bed, hot brekky and entries

Live Shows 'A' Reserve seats

Includes: coach & entry. All 1pm matinees. Pick-ups Doyalson to Woy Woy. *Concession prices.

Singing in the Rain 7 Sep | \$120 pp*
Aladdin 12 Oct | \$120 pp*

My Fair Lady 1 Nov | \$130 pp*
Dream Lover 8 Nov | \$115 pp*

Day Trips Gift certificates available

Pick-ups Doyalson to Woy Woy. Trips subject to minimum passenger bookings.

Springtime in Hunter Valley \$60 pp
Departs 1 Sep
Better Homes & Gardens LIVE \$56 pp
Departs 17 Sep

Maitland Gaol \$79 pp
Departs 19 Sep
NSW Mounted Police \$66 pp
Departs 4 Oct

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

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www.roadrunnertours.com.au



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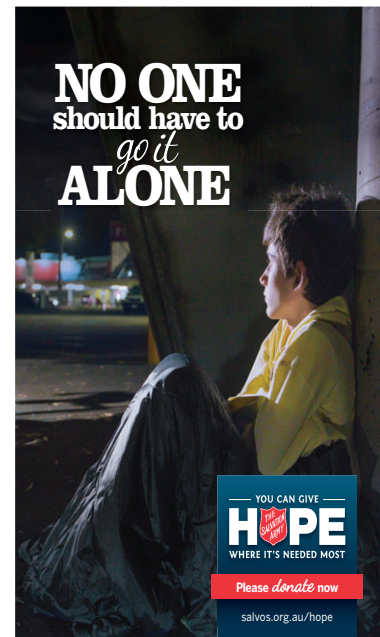
Open 7 Days, BYO

Lunch - 11.30am to 3.00pm

Dinner - 5.00pm to 10.00pm

www.kbthai.com.au - 4341 0441 - 4343 1392
Opposite Catholic Church at Woy Woy

NO ONE should have to go it ALONE



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HOPE
WHERE IT'S NEEDED MOST
Please donate now
salvos.org.au/hope

Arts alive in Umina

Jimmy Barnes to sign books in Umina

Australian rock musician Jimmy Barnes will come to Umina in October to sign copies of his new autobiography, **Working Class Boy**.

The signing will be in store at the Book Bazaar on West St, Umina, from 10am to 12pm on October 8.

The store will also be bringing other authors to the Coast over the next two months.

It will be sponsoring a talk by award-winning crime fiction author, Ms Candice Fox, on August 27 to be held at Erina Library.

Ms Fox will be speaking about her new book, *Never, Never*, a collaboration with Mr James Patterson.

Tickets will be free but places are limited so bookings should be made through Book Bazaar.

An author talk by Melina Marchetta at Kincumber Library on September 15 will also be sponsored by the business.

Ms Marchetta will be discussing



her first adult novel, *Tell the Truth, Shame the Devil*.

She is known for her teen fiction and fantasy novels.

The event will take place from 6pm to 7pm and bookings are essential through Central Coast Council.

Email, 18 Aug 2016
Mandi Beaton-McIntosh,
Book Bazaar Umina

The inaugural Umina Arts Alive show was held at the Umina CWA on August 12.

Nine local artists, exhibited and all of them were on hand to talk about their work, all of which was for sale.

Arts Alive acted more like an open house for the artists and their work than a formal exhibition, with 50 people attending opening night to enjoy wine, nibbles and art.

According to Umina resident, Mr David Keig, it wasn't just the art community dropping in to enjoy the exhibition with people popping in and out of the CWA to check out the art on August 14 as well.

"It seems that anywhere on the Central Coast you just need to scratch the surface and you'll find so much going on and, in particular, a thriving arts community and a great many people interested in the arts," Mr Keig said.

Arts Alive convenor, Ms Sheelagh Noonan, described the exhibition as a "bit of magic".

"Enjoyable, relaxed, interesting, high quality and a diverse' that's the feedback we had from attendees and the artists," Ms Noonan said.

"The atmosphere was warm and open, and the venue worked really well; visible from the road, easy parking, good light and great location, close to the shops and the beach.

"Everyone helped each other out, so it felt easy.

"It was a truly co-operative venture, and we all want to keep



Arts Alive brought 50 people together with local artists and their work that flavour for the future," she added.

Planning for the next Arts Alive Exhibition is underway for October 1-2 in the same venue.

Arts Alive wants to hear from more artists interested in exhibiting.

"Some of us will exhibit again in October, varying the content, but we've got new people interested and we also want to hear from

other artists out there working in sculpture, textiles, photography, ceramics and print-making, as well as painting and drawing.

"We want a rich mix of good quality art in many media," Ms Noonan concluded.

Email, 16 Aug 2016
David Keig, Umina
Email, 17 Aug 2016
Sheelagh Noonan, Arts Alive

GOOD AFTERNOON ETTALONG PRESENTS
A FATHERS DAY SPECIAL EVENT...

"SON OF A GUN"
Featuring talented father and son team
LUCKY STARR & CRAIG MORRISON

hosted by Anthea J and Shane Edwards

**Sunday
4th September**

Ettalong Diggers is thrilled to have this super talented genetic team perform with the Good Morning Ettalong Band!

\$20 Members Doors Open
\$25 Guests 2pm

Col Elliott
Col's Final (Fair Dinkum) FAREWELL TOUR
Thanks Australia!
Sat 17 Sept
Doors open 7.30pm
Tix: \$35 Members/\$40 Guests

SET SAIL WITH ETTALONG DIGGERS

Commences 30/8/16

WIN THE **ULTIMATE BOAT PACKAGE**
Enter by swiping your membership card everyday between 2-4pm & 7-9pm or purchase any XXXX product.
See Club Staff for full details.

LTPS / 16 / 06544

ATM & COURTESY BUS SERVICE

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

HOTEL GOSFORD

BLUES AND ROOTS

FIRST SATURDAY OF THE MONTH

RESIDENT BAND

BLUESANGELS

This month's special guest artist

Phil and Trudy Edgeley

Women of Blues, Jazz & Roots

SEP 3rd - 7pm till 11pm

www.hotelgosford.com.au
Cnr Mann & Erina St Gosford
4324 1634

FREE
ENTRY

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
publicity@artcentralcoast.asn.au
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
www.cottagecrafts.net.au

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
madogis@hotmail.com

Point Clare Art & Craft

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

Hospital Art Australia Inc.

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

Bushwalking

National Parks Association Central Coast

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

Community Centres

Peninsula Community Centre

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

Ettalong 50+ Leisure & Learning Centre

Mon - Fri - Cards, Computer
Lessons, Dancing, Indoor
Bowls, Fitness, Handicrafts,
Leatherwork, Line Dancing,
Painting, Scrabble, Table
Tennis, Tai Chi, Yoga, Darts
4341 3222

Community Groups

ABC "The Friends" Support group for Public Broadcaster.

Aims: Safeguard ABC's
independence, adequate
funding, high standards.
Meetings through the year +
social afternoons
Well-known guest speakers
www.fabcns.org.au
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
50pssg@gmail.com

Mingaletta Aboriginal Torres Strait Islander

Provides members and other
groups a meeting place and
referral hub for education,
health, well-being and cultural
programs.

Mon-Fri 9am - 4pm
6 Sydney Ave Umina
4342 7515
admin@mingaletta.com.au

Peninsula School for Seniors

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

Peninsula Village Playgroup

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

Probus Club of Woy Woy

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

Seniors Computer Club Central Coast

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

The Krait Club

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

Umina Beach Men's Shed

Men share a variety of tools,
pursue interests and hobbies,
spend time with other men and
learn new skills
Darrell 4342 9606

Volunteering Central Coast

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

Wagstaffe to Killcare Community

Protect and preserve the
environment & residential
nature of the Bouddi Peninsula
and to strengthen community
bonds

2nd Mon, 7.30pm Wagstaffe
Hall 4360 2945
info@wagstaffetokillcare.org.au

Health Groups

Al-Anon

If someone's drinking is
causing you problems...

Al-Anon can help
4344 6939

1300 252 666

Meetings Sat 2pm
Woy Woy Hospital

Ocean Beach Road

Arthritis NSW

Woy Woy support group
Woy Woy Bowling Club
North Burge Road Woy Woy
3rd Tues 10.30am
1800 011 041

Better Hearing Australia - Central Coast

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

BlueWave Living

Woy Woy Community Aged
Care facility providing residential
aged care to the frail aged.
Permanent and respite care
accommodation available.
Information 2nd and
4th Tues - 11am
4344 2599
reception@bluewavelliving.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.
2nd Tue - 1.30pm
1800 644 189

Gambling Solutions

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

GROW Support Groups

Small friendly groups formed to learn
how to overcome anxiety, depression
and loneliness and to improve mental
health and well-being. Anonymous,
free and open to all. Bring a support
person if you like. Weekly meetings at
Woy Woy, Bateau Bay and Wyong
1800 558 268
www.grow.org.au

Meals on Wheels

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

Mary Mac's Place

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

Overeaters Anonymous (OA)

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

ParaQuad

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

Peninsula Village Wellness Centre

Offering holistic and
complementary therapies
including aromatherapy,
massage and music therapy
4344 9199

Peninsula Village Meals

Delivered daily to your door
Nutritious, great for the elderly
4344 9199

Peninsula Village Carer's Support Group

For carers of loved ones with
dementia - 1st Wed - 10 to
11.30am
Paula 4344 9199

Prostate Cancer Support Group (Gosford)

Last Fri, Terrigal Uniting Church,
380 Terrigal Drive, Terrigal
9.30am to 12 noon 4367 9600
www.pcfa.org.au

Riding for the Disabled

Horse Riding as a therapy
for those with intellectual or
physical disabilities.

Volunteers required. No
previous exp. necessary -
School hours only. Mon to Sat
4340 0388
stateoffice@rdansw.org.au

Schizophrenia and Bipolar Fellowship

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

Woy Woy Public Hospital Alliance

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

Woy Woy Stroke Recovery Club

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

Music

Brisbane Water Brass

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

Gosford Musical Society Minstrels

Entertain at various
venues on the Coast
seeking new members
Thur Night Laycock St
North Gosford 4341 4210

Soundwaves

Men's a-capella 4 part harmony
chorus - all ages 7pm Mon.
Central Coast Leagues Club
John 0413 276 698
jthomson51@gmail.com

Troubadour Central Coast Folk, Traditional & Acoustic

Music and Spoken Word
Concerts, Ukulele
meets, and Sessions
4th Sat 7pm CWA Hall
Woy Woy 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 Mon
0410 309 494

Woy Woy Branch

Everglades Country Club
7.30pm 2nd Mon
0412 517 520
belindaneal@bigpond.com
Peninsula Day Branch
1pm 2nd Mon
CWA Hall Woy Woy
4341 9946

Central Coast Greens

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

Politics in the Pub Central Coast

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

Service Groups

Lions Club of Woy Woy

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

Northern Settlement Services - Volunteers

Volunteers needed for friendly
visits to the elderly in nursing
homes.
People with a second language
encouraged.
Training support provided
4334 3877
cvscoc@nsservices.com.au

Rotary Clubs

International service club
improves lives of communities
in Aust. & o/seas. Fun-filled
activities, fellowship and
friendship.

Rotary Club of Kariong

Phillip House, 21 Old Mount
Penang Rd, Fri 7.15am 4340
4529

kersuebay@philliphouse.com.au

Rotary Club of Umina Beach

Wednesdays 6.30pm
Everglades Country Club
0409 245 861
curleys@ozemail.com.au
0409 245 861

Rotary Club of Woy Woy

Tues 6pm Everglades
Country Club.
Don Tee 0428 438 535

Special Interest

Brisbane Water Caravan Club

located on the Central Coast
and looking for new members
www.bwcaravanclub.wix.com/bwcc
4344 4363

Biz Plus Networking Association

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

Bridge

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

Cash Housie

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

Central Coast Family History Society Inc.

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

Central Coast Tenants' Advice and Advocacy Service

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

Central Coast Lapidary Club, Minerals & Gems

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

Central Coast Rescue Unit

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

Central Coast Soaring Club Inc

Gliding Club, Learn to fly,
Instruction FREE to members
Come and have an Air
Experience Flight
All Welcome

14 and up for Training
Flying at Bloodtree Road
Mangrove Mountain Thur, Sat,
Sun (weather permitting)
0412 164 082
0414 635 047
www.ccssoaring.com.au

Peninsula Environment Group

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

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
www.woywoyjudoclub.com

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
with pension & welfare issues.
Mon & Wed 9am-1pm 4344
4760 Cnr Broken Bay Rd &
Beach St Ettalong.
centralcoastveterans@bigpond.com.

Woy Woy Ettalong Hardy's Bay RSL

Provide help with pensions and
welfare etc.
Shop 5/382 Oceanview Rd
Ettalong. Tues & Thurs 9am to
1pm 4341 2594

Women's Groups

BPW Central Coast

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

Country Women's Association Woy Woy

Opposite Fisherman's Wharf
Craft & Friendship
1st and 2nd Wed 10am
Meetings 4th Wed 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
www.cccwhc.com.au

WOWGIRLS Wave of Wisdom

WOWGIRLS Wave of Wisdom
connects women and local
businesses around a common
theme of wellbeing to share
wisdom and explore life's
potential.

Regular PowWows, WOW
Wisdom gatherings, WOW days
and WOW courses.

www.wowgirls.com.au
info@wowgirls.com.au

NEWSPAPERS

Central Coast

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

Ken Young receives life membership

Woy Woy Men's Bowling Club has honoured Mr Ken Young with life membership at its annual general meeting on Sunday, July 24.

Mr Young has been a member of the club for over 20 years and has acted as senior vice president for the past 15 years.

He has won all major competitions within the club and

has coached new members with advice on how to improve their game.

Mr Young has also devoted time to district pennants as both a player and a selector.

Originally from Lithgow, Mr Young moved to the Central Coast with his family in the 1990s.

Email, 3 Aug 2016
John Orme, Woy Woy Men's Bowling Club



The Wallaby jersey signed by Eric Tweedale was auctioned

Ninth annual charity day at men's bowling club

Umina Beach Men's Bowling Club held their ninth annual charity day in honour of the late Ron Pursehouse on June 23.

More than 100 bowlers attended the event including representatives from Zone 15 and other clubs on the Central Coast.

Also in attendance was Rugby Union Wallaby legend from the late 1940s, Eric Tweedale, who signed a Wallaby Jersey which had also been signed by Viv Pauli and later auctioned by the club.

All money raised on the day, including green fees, raffle prizes and other auctioned items added up to \$7000 and went directly to

patient care at Gosford and Wyong Hospitals.

Central Coast Local Health District fundraising and donation manager Ms Jan Richens praised the efforts of the club.

She thanked the club for raising

awareness and talking about prostate cancer, which if detected early can make a significant difference to the patient's outcome.

Media release, 22 Jul 2016
Ian Jarratt, Umina Beach Men's Bowling Club



Woy Woy Men's Bowling Club life members Mr John Donahue, Mr Ken Young, Mr Jim Cassidy and Mr Stan Moran

The Peninsula Diary of Events

For events in post code areas 2256 and 2257

Monday, Aug 22

Australian Hearing Tests at Umina Library from 10am

Friday, Aug 26

Woy Woy Little Theatre presents Wait Until Dark, Peninsula Theatre, 8pm and Sat, August 27; or 2pm matinees August 27 and 28

Umina Beach Public School Art Show, opening night 7pm, and continuing until Aug 28, 10am to 3pm, showcasing students and local artisans

Saturday, Aug 27

Troubadour Folk Club presents the Thomsons, CWA Hall, Woy Woy from 7pm

Sunday, Aug 28

Registration day at Killcare SLSC from 10am to noon

Safer Driver Course, Peninsula Community Centre from 10am to 3pm

The Bays Community Breakfast, The Bays Community Hall, 8:30am to 10:30am

Saturday, Sep 3

Dancepants Dancing Disco,

The Bays Community Hall, 19 Woy Woy Bay Rd, Woy Woy Bay, Pre-school to 10 years, 2pm to 4pm

Sunday, Sep 4

Son of a Gun Fathers' Day Special featuring father-son team Lucky Grills and Graig Morrison, from 2pm

Thursday, Sep 8

Being A Dad workshop at Peninsula Community Centre from 6:30pm to 9:30pm with subsequent workshops on September 15 and 22

Sunday, Sep 11

Registration day at Killcare SLSC from 10am to noon

Wednesday, Sep 14

Junior Book Club, Book Bazaar Umina, 327 West Street, 4pm

Thursday, Sep 15

Melina Marchetta Author Talk sponsored by Book Bazaar Umina, Kincumber Library, 6pm

Saturday, Sep 17

Col Elliott farewell tour,

Ettalong Diggers memorial Club from 7:30pm

Johnny Devilseed and Old Man Rubes at Club Umina from 7pm

Sunday, Sep 18

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

Friday, Sep 23

Nia (dance and movement) Spring Retreat, Wagstaffe Community Hall and surrounds until Sep 25

Saturday, Sep 24

Food & Wine Fare at the Pearl Beach Memorial Hall from 10am to 5pm

The Bays Bushcare Group, meeting point at the very western end of Taylor St, from 9am, also Oct 22 and Nov 26

Saturday, Oct 1

Showoffs Art Exhibition at Pearl Beach Memorial Hall from 10am to 4pm, runs until Monday Oct 3

Arts Alive's Exhibition will be showing at Umina Beach CWA Hall, til Oct 2

Peninsula directory of services, contacts and support groups

Ambulance, Police, Fire 000

Emergency

Ambulance, Police, Fire 000
Police Assistance Line 131 444
Crime Stoppers 1800 333 000
Woy Woy Police Station 4379 7399
Energy Australia 13 13 88
Gas Emergency 131 909
Gosford City Council 4325 8222
Marine Rescue NSW - Central Coast 4325 7929
SES - Storm and Flood Emergency 132 500

Aboriginal & Torres Strait

Islander Organisations

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

Accommodation

Dept. of Housing Gosford 4323 5211
Cassie4Youth 4322 3197
Coast Shelter 4325 3540
Pacific Link Com Housing 4324 7617
Rumbalara Youth Refuge 4325 7555
Samaritans Youth Services 4351 1922
Youth Angle • Woy Woy 4341 8830
Woy Woy Youth Cottage 4341 9027

Animal Rescue

Wildlife Arc 4325 0666
Wires 1300 094 737

Community Centres

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

Counselling

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

Family and Relationships

Centacare Gosford 4324 6403
Central Coast Family Support Service 4340 1099

Horizons (For men with children) 4351 5008

Uniting Care Burnside
Gosford 1800 067 967

Health

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

Legal & Financial Help

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

Libraries

Gosford district:
Umina Beach 4304 7333
Woy Woy 4304 7555

Problems,

Habits & Addiction

Alcoholics Anonymous 4323 3890
Narcotics Anonymous 4325 0524

Transport

Taxi 131 008
Busways 4368 2277
City Rail 131 500

Welfare Services

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

If you've got something happening on the Peninsula over the next few weeks, let us know about it and we'll list it here for you, for free. Contact details are on page 2. See the Coast Community News for events in post code areas 2250, 2251 & 2260 and the Wyong Regional Chronicle for events in post code areas 2258, 2259, 2261, 2262 & 2263

Classifieds

Prices for classified advertisements in these pages come in three categories

Not For Profit Organisations

Not for profit organisations' events advertisements are subsidised.

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

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

Private advertisements

Private advertisements only cost \$33.

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

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

Business rates

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

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

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

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

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

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

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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.

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Warnervale 1800 244 456
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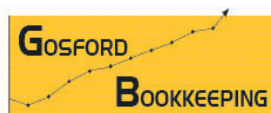
Hawkins C.V. Service

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and installations
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Enq: 4344 6484

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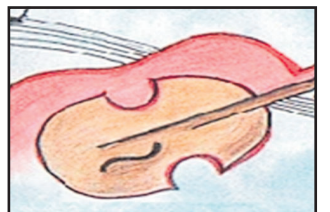
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Classifieds

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\$15 per car
Now at Dunbar Road Car Park
NB stall sites not open until
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**Woy Woy Rugby
Club AGM 2016**
To be held at WWRRC
clubhouse Woy Woy Oval on
**Sunday 18
September**
at 11am
Any nominations for
positions to be mailed to PO
Box 31 Woy Woy 2256 or
emailed to woywoyrugby@
outlook.com no later than
Monday 12th September 2016

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CONTACT: Betty 0450 143 200
Wendy 0425 393 246
Glynis 4341 9480 / 0419 432 660
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CHRISTMAS CHILD
www.operationchristmaschild.org.au


Funeral notice
A service for
Elizabeth Mary Jones
Late of Umina Beach NSW
24/8/1922 – 16/8/2016
Will be held at the Hillside
chapel at Palmdale
lawn cemetery
57 Palmdale Rd,
Palmdale NSW
Service will be held 11.30am
on Tuesday 23rd August 2016
All friends, family and
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Cancer Council of NSW.

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Central Coast Newspapers has a very liberal credit
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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
- Brad Sedgewick Ettalong | cleaning and sealing
services |
| • Sharon Martin - Devine
Image | • Erroll Baker , former barber,
Ettalong |
| • Depp Studios - Formerly of
Umina | • Tony Fitzpatrick , Trading
as Futuretek Roof
Constructions |
| • Stan Prytz of ASCO Bre
Concreting | • Tye King - Formerly The
Fish Trap Ettalong Beach |
| • Andrew and Peter
Compton | • Jessica Davis of Erina
- Trading as A1 cleaning
services |
| • Bruce Gilliard Roofing of
Empire Bay | • Simon and Samantha
Hague , Trading as By the
Bay Takeaway Empire Bay |
| • Jamie McNeilly formerly
of Jamie's Lawn Mowing,
Woy Woy | • Rick Supplice of Ettalong
Beach, Trading as Rick's
Flyscreens |
| • William McCorriston
of Complete Bathroom
Renovations | • Mountain Mutts - Monique
Leon, Ettalong Beach |
| • First Premier Electrical
Service of Umina Beach | • Skipper's Take away
Seafood Marilyn Clarke,
Umina |
| • High Thai-d Restaurant of
Umina Beach | • RJ's Diner - Woy Woy |
| • Mal's Seafood & Charcoal
Chicken of Ettalong Beach | • Simon Jones - All external |
| • Simon Jones - All external | |

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Sport

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NEWSPAPERS
Central Coast

Send us a photo and information
Details on page 2 - 4325 7369

Life membership of bowling club

Mrs Patricia Toohey has been awarded life membership at the Woy Woy Women's Bowling Club's annual meeting on August 11.

Ms Toohey joined Woy Woy Women's Bowling Club in 1995 when she transferred from Bass Hill Bowling Club.

Over the years, Ms Toohey has been an active member of the club, serving time in numerous positions including president, chairman of match and selection.

She has also been responsible for steering the social committee to create arrangements and catering for many special carnival days over many years.

Ms Toohey has been a good bowler winning many championships and representing Woy Woy Women's Bowling Club in Pennants and other inter-club competitions.

Media Release, 12 Aug 2016
Gaye Scarfe, Woy Woy



Surf club chosen for Raising of the Flags

Killcare Surf Life Saving Club has been chosen to host the annual Surf Life Saving Central Coast Raising of the Flags ceremony on Saturday, September 24.

The Raising of the Flags officially opens the patrol season, with the day featuring Rookies from all Central Coast clubs, from the Lakes to Umina and is well attended by local dignitaries and

is strongly supported by all media.

The ceremony will kick off at 10am, followed by a sausage sizzle for the Rookies and a morning tea for the VIPs.

The countdown is on for the start of another season and there's lots happening behind the scenes to make 2016-17 the biggest and best at Killcare.

The club's annual meeting was

held on July 2.

Outgoing committee members, Michaela Hofer, Matt Hayter and Vic Wilmot, were thanked for their service.

New members, Ms Emily Buckley and Ms Jennifer Webb were welcomed as co-Junior Club Captains.

Therese Buckley was also welcomed to the committee and brings a wealth of professional experience to the vital finance role.

Dennis Howard is taking on occupational health and safety tasks and Kynan Hughes will

tackle member services roles.

The club also welcomed back Mal Cooper and Yvonne Hayter to the committee.

Club stalwart, John Bourne, was named the club's newest patron.

There were a number of

positions left vacant, including club vice president and social vice president, gear steward, mobile captain, chief instructor, IRB

captain and board and ski captain.

Some of these positions required particular qualifications and experience while some just required enthusiasm and commitment.

Other ways to get involved included merchandise sales, volunteers for the Art Show Fundraiser, door knocking to fundraise for the club, and

volunteers for social events.

Registration days for the new season are coming up on Sunday, August 28, at 10am to 12pm and Sunday, September 11, from 10am to 12pm.

Media release, 22 Jul 2016
Pete Bagnall, Killcare
Surf Life Saving Club

NEWSPAPERS
Central Coast

Central Coast Council to hold its first public meeting

Dobell Spend-O-Meter

Wyong rates to increase by 6.9 per cent

Dobell reclaimed by Labor

Wallerah 2 coal mine decision now only a few weeks away

Sale of Kiar Ridge land in the end of the first regional

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



Brodyn Mills attempts to escape the clutches of Ryan Donnelly



Darcy Etrich collars Grant Nelson during the second half



Woy Woy's Scott Gowans in the thick of the action



Woy Woy's Shane Lewis hits it up



Fullback Grant Nelson slices through for the Tigers

Photos: Andrew Stark

Third loss in a row for Woy Woy

Central Coast premiers The Entrance Tigers consigned the injury-ravaged Woy Woy to their third defeat in as many weeks, scoring a 26-8 victory in a scrappy round 17 rugby league game at Bateau Bay on August 14.

Two tries in five minutes, scored by rookie left winger Ryan Donnelly, saw the visitors' lead 8-6 midway through the opening half however the Tigers were gifted a four pointer shortly thereafter.

A Woy Woy dropped ball landed right in the lap of an appreciative Nathan Cooper and the Tigers centre strolled over to score the

simplest of tries.

The premiers struck again in the shadows of half time when Logan Granger linked with Tim Nawaqatabu; the giant prop crashing over from close range to extend the Tigers advantage to 10 at the break.

A lamentable second half saw both sides stumble and bumble their way toward an appropriately wailing fulltime siren.

The Entrance and Woy Woy currently sit second and third on the First Grade competition ladder with just a single round remaining to be completed.

There is every likelihood that the

two teams will resume hostilities in the Qualifying Semi Final to be played at Sohler Park on August 28.

The Elimination Semi Final, to be played at Erina Oval on the preceding day, is shaping as a clash between neighbours, Erina and Kincumber, although Northern Lakes still maintain hopes of leapfrogging the Colts during the final round.

Minor premiers Wyong remain red hot favourites to claim this year's title having dominated throughout the season.

Media release, Aug 15, 2016
Andrew Stark, Central Coast Rugby League

Smoking Dragon

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Sport



Photos: Noel Fisher



Preparing for 50th anniversary in 2018

The Umina Blue Swimmers have begun early preparations for their 50th anniversary celebrations.

The Blue Swimmers are a men's winter swimming club that competes at Pearl Beach rock pool.

Formed in 1968 as part of the surf club movement to give active competition during the winter months, the club has been kept alive by the devotion of its members to preserve and continue the traditions of the club's founding members.

Members meet from the first Sunday in May until the last Sunday in August, with a club championship held on the first Sunday of September.

Sunday morning races are held in handicapped heats with distances of 30 and 60 metres with finals held between heat winners.

Five teams of four man relays also compete at the conclusion of the finals.

Currently, the club has 60 members consisting of 11 juniors, 41 seniors and eight active life members.

According to club president Mr Neal Denham, the Blue Swimmers have lasted close to 50 years because of the camaraderie and community spirit the club fosters amongst its members.

"After every swim the club comes together to eat homemade soup and toast (no canned soup allowed) and presents the 30 and

60 metre finals winners.

"Winners are also presented with an engraved glass mug," Mr Denham said.

Both the soup and the presentation have been core aspects of the Blue Swimmers Club since its founding days and have become traditions that are adhered to throughout the club's season.

It is the sense of mateship and mentoring of junior members that Mr Denham identifies as the source of the club's longevity.

"I think that the friendship that members enjoy both in and out of the pool has kept the Club going.

"While it is competitive in the pool, it is not all about winning that makes the difference from other clubs.

"I feel the club has lasted so long because it has focused on mentoring and encouraging juniors to join and it also allows the junior members' time to spend with other men and learn what life is about without being too serious.

"Most of our senior members these days have come through the club as juniors themselves and are now bringing their sons along," Mr Denham said.

According to Mr Denham, the Blue Swimmers also help junior members mature into considerate and sociable adults with the ability to conduct themselves with integrity and respect.

"The social aspect within the club I feel is important to both

senior and junior members.

"For the juniors it teaches them the correct types of behavior that is acceptable when mixing with adults.

"Over the years I have seen many you boys come over to join us with one form of attitude and after a while that changes for the better," he said.

In their close to 50 years, the Blue Swimmers have also made considerable contributions to communities around the Peninsula through donations of funds, volunteer work and doing their best to meet requests made of them.

The club has supported many groups including: Umina Surf Life Saving Club, Ocean Beach Surf Life Saving Club, Peninsula Women's Refuge, Mary Mac's Place, Care Flight Helicopter Service, Coast Shelter and Camp Breakaway.

The club has already commenced with planning their 50th birthday celebration for 2018 with the club hoping to secure the Ocean Beach Surf Club as their venue.

"The aim will be to contact as many as possible past members and sponsors as well as the present participating members to join us on the day to celebrate this outstanding achievement for a small club," Mr Denham said.

Interview, 14 Aug 2016
Neal Denham, Umina Blue Swimmers
Reporter: Dilon Luke

Tide Chart

FORT DENISON

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

Times and Heights(m) of high and low waters

Time - Height(m)

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

22 MON	0453 0.24 1112 1.67 1710 0.42 2322 1.68	23 TUE	0539 0.31 1203 1.67 1810 0.47	24 WED	0016 1.54 0630 0.40 1259 1.65 1917 0.53
25 THU	0119 1.40 0725 0.49 1401 1.64 2033 0.55	26 FRI	0233 1.30 0828 0.55 1509 1.65 2154 0.53	27 SAT	0353 1.27 0935 0.58 1616 1.68 2305 0.47
28 SUN	0504 1.30 1041 0.56 1718 1.73	29 MON	0003 0.40 0604 1.35 1141 0.53 1813 1.78	30 TUE	0052 0.35 0655 1.41 1233 0.49 1900 1.80
31 WED	0133 0.31 0739 1.47 1320 0.45 1944 1.81	1 THU	0211 0.29 0819 1.51 1403 0.44 2023 1.78	2 FRI	0245 0.30 0857 1.53 1444 0.45 2100 1.73
3 SAT	0318 0.33 0933 1.54 1522 0.47 2135 1.66	4 SUN	0349 0.37 1008 1.55 1601 0.50 2210 1.58	5 MON	0420 0.42 1043 1.54 1642 0.55 2246 1.49

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

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