

Council committee fails, says association

The Central Coast Council's Local Representation Committee has failed to achieve its aim of "ensuring all communities within the new LGA have a voice", according an article in the newsletter of the Wagstaffe to Killcare Community Association.

"The lines of communication that the residents of the Central Coast have always enjoyed through their representatives, the councillors, have been closed in all but name only and will remain that way until the elections, a long 12 months away," association

member Mr Ian Bull wrote.

"We had hoped that the recently announced Local Representation Committee, comprised of ex-councillors, would restore interaction with Council," Mr Bull said.

"Unfortunately our hopes have been dashed as it appears our 'representatives' have been corralled and refused vital lines of communication such as the phones and email addresses that had been previously provided to them as councillors.

"They are not permitted to speak to the media either individually or as a group as, in accepting appointment to the committee, they were required to sign over

those rights to the all-powerful administrator.

"We have been advised by Council that contact with a few committee members is possible via their personal phones and email addresses that can be found at www.wyong.nsw.gov.au (About Council).

"Council also advise you can reach the committee by emailing ask@centralcoast.nsw.gov.au or via: www.haveyoursaycentralcoast.com.au/.

"Regrettably these interpose a level of bureaucracy between you and your 'representatives'," Mr Bull said.

Newsletter, 7 Sep 2016
Ian Bull, WTKCA



From left: Mr Stephen Clarke, Gosford City Town Crier with Central Coast Council Administrator, Mr Ian Reynolds

Town crier wins national championships

Gosford City Town Crier Mr Stephen Clarke of Umina has just returned from the 25th National Town Crier Championships with three first place wins.

The championships were held in Redland Queensland and Mr Clarke represented the Central Coast Council.

Mr Clarke won first prize for the Best Dressed Crier, first prize for the Best Cry and first for Champion

of Champions.

The Best Cry prize was judged on vocal and word content only.

This is the third time Mr Clarke has attained the top prize of Champion of Champions and this year he competed against criers from Australia and New Zealand.

Mr Clarke has been the official Gosford and Central Coast Town Crier since 1990.

Email, 6 Sep 2016
Stephen Clarke, Umina

Not 23 Memorial Avenue

Central Coast Council has made an error that has resulted in a development proposal being confused with land that was part of the Council's "land sale strategy", according to planning consultant Mr Matthew Wales.

He said a proposal by Mr Bruce Kerr of Woy Woy was listed by council as at 23 Memorial Ave, Blackwall, where in fact it was located at 19, 21 and 21A Memorial Ave.

Land at 23 Memorial Ave had been listed by council as council-owned "operational land" which

was to be sold as surplus to requirements.

The error resulted in a page three article in the last issue of Peninsula News claiming "First proposal submitted for Council land sale site".

Mr Wales said the development application lodged by Mr Bruce Kerr did not relate to land previously owned by the Central Coast Council, as reported in the article.

He said Mr Kerr had owned the subject lands for some considerable number of years.

The lands to the east of the site, which do not form part of Mr Kerr's application were operational land

that was recently placed on the market by Central Coast Council as part of the former Gosford Council's land sale strategy.

According to Mr Wales, whose Wales and Associates consultancy prepared the Statement of Environmental Effects that accompanied Mr Kerr's application, Gosford Council had recorded part of Mr Kerr's land and the operational land as located at 23 Memorial Avenue.

The council subsequently confirmed that Mr Kerr's land had been incorrectly addressed and was, in fact, located at 19, 21 and 21A Memorial Avenue.

Mr Wales said the Council's

erroneous lot identification had caused Mr Kerr to be criticised for being part of the Central Coast Council's land sale strategy when, in fact, he had nothing to do with that strategy and was intending to develop land that had been in his possession for some time.

Ms Sue Chidgey from Save Central Coast Reserves has been lobbying since September last year for the Council to provide more information about the land sale strategy, including identification of the exact lots listed for potential reclassification and sale.

It was months before the former Gosford Council would even agree to identifying the located of

affected land on its website.

The exact ownership of some of the community allotments involved in the land sale strategy is still a subject of debate and disagreement between some community groups and council.

Central Coast Council was expected to consider a report from staff about the land sale strategy at its September 14 meeting but the issue was deferred to the September 28 meeting, which will be held at the Wyong chamber.

The Peninsula News is awaiting answers from council about the identification of the allotments.

Email, 13 Sep 2016
Matthew Wales, Wales and Associates

THIS ISSUE contains 61 articles - Read more news items for this issue at www.peninsulanews.info

NEWSPAPERS

central coast

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News

Peninsula News

Community Access

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

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

See www.peninsulanews.info for all editions published

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Contributions

Letters to the editor and other contributions are welcomed and should be addressed to: Peninsula News PO Box 1056, Gosford 2250. Contributions should be in Word format sent via email to: editorial@centralcoastnews.net, on disks or by handwritten letter if these facilities are not available to you. Contributions must include the date, your name, address and phone numbers. Name and Suburb will be published. Anonymous contributions will not be included. Submissions may be published in edited form.

All accepted contributions also appear on our website.

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Wet start to September

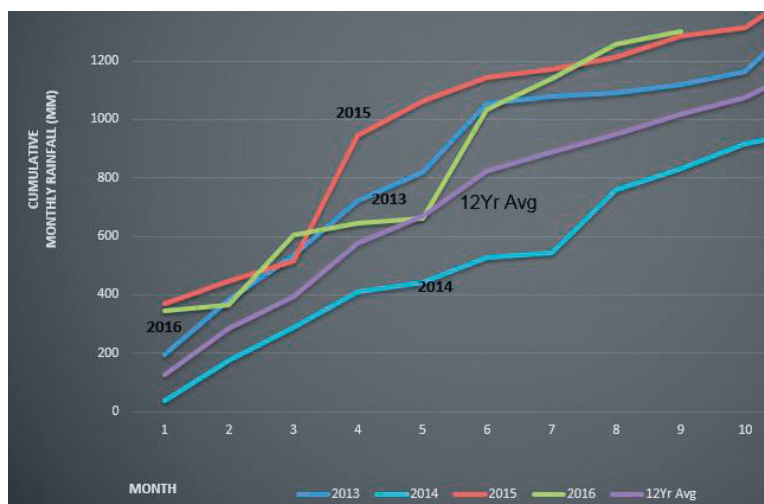
A total of 41.9mm of rain has fallen on the Peninsula in the first two weeks of September.

More than 30mm were recorded in just two days, September 2 and 3.

The month's rainfall to date is about 70 per cent of the September monthly average of 70mm.

The total for the year to date is now 1299mm, which is 20mm above the Peninsula's average annual rainfall of 1279mm.

Spreadsheet, 16 Sep 2016
Jim Morrison, Woy Woy



YOUR CHANCE TO WIN

The Peninsula News and the Central Coast Mariners would like to offer one lucky reader the chance to win a Navy Membership for their family for the 2016-17 Hyundai A-League Season.

The Navy Season Membership for a family is valued at up to \$480 and will give your family a chance to see 11 Central Coast Mariners A-League home games at the Central Coast Stadium.

Other benefits include exclusive opportunities to attend member-only events such as movie nights, training sessions and more.

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The General Admission seating allows you to invite

friends and other family members to the games so you can enjoy the experience together and membership is transferable (with conditions) so if there is a game you cannot attend, your pass can be used by two other adults and two children of the same ages.

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access card.

For your chance to win the Central Coast Mariners Family Season Pass, write your full name, address and a day time telephone number on the back of an envelope and mail it to, Peninsula News Central Coast Mariners Competition, PO Box 1056, Gosford, NSW, 2250.

Entries close 5:00pm on Thursday, September 29.

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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Redevelopment at country club is approved

Alterations and additions for the Everglades Country Club valued at \$2.5 million have been approved by Central Coast Council.

The consent incorporates the addition of a new cafe and lounge area including a new outdoor terrace.

The plans also include the reconfiguration of the existing function and dining area which will also have a new outdoor terrace added.

The club's plans also include a new basement and ground floor back of house storage areas, relocated receiving dock and bin store and other minor internal alterations to the existing club.

According to an assessment report from Central Coast Council: "The Everglades Country Club is constructed mostly on land owned by the club.

"Parking facilities and access provision is partly on land licensed from the council.

"The original licence allowed for construction and use of a car parking and access facilities."

According to the assessment report, part of the club building and proposed additions encroach onto



The existing entrance to the Everglades Country Club in Woy Woy

the licence area.

"A variation to the existing licence was requested by the applicant to enable the permitted use to include parking, access and also account for the building encroachment and proposed

alterations.

"The matter was reported to council on November 24, 2015.

"The report also sought council's consent to bring the licence in line with Council's Community Leasing guideline in regard to licence fees,"

the assessment report said.

On November 24, the former Gosford Council resolved to enter into a deed of variation with the club to allow the permitted use to include car parking, access and building structures encroaching

and proposed on the licence area.

"The licence does not allow consent for further building works or encroachments other than those detailed" in the assessment report.

The licence fee has been set at \$2000 per annum for the duration of the licence and the club has responsibility for the cost of maintenance of the area for the term of the Licence.

Under the licencing arrangement, the club is required to make parking and access available to the general public.

The development will also include: the internal expansion of the club's existing gaming area; internal fitout of foyer and sign-in area and addition of a concierge desk; internal reconfiguration of existing male and female locker rooms and amenities; addition of children's lounge area (internal) adjacent to the dining area; internal expansion of the existing bowls office to the eastern façade; and the removal of six existing car bays to accommodate the relocated loading dock and bin store.

The club will also extend its trading house to: Sunday, Monday and Tuesday 9am to 9:30pm;

Continued Page 4

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Redevelopment at country club is approved

From Page 3

Wednesday 9am to 10:30pm; Thursday 9am to Midnight (increased from 11pm); Friday 9am to Midnight (increased from 11:30pm); and Saturday 9am to Midnight

Under the Gosford planning scheme, the subject properties are zoned RE1 (Public Recreation) and RE2 (Private Recreation).

The principal development standards of Gosford LEP 2014 are not applicable to the subject sites, according to a statement of environmental effects submitted with the application.

"However, it is noted the proposal retains the single storey height of the existing club, and does not reduce the area of accessible public open space as all alterations

and additions are located largely within the footprint of the existing club building and bowling green areas, with the exception of the small extension that encompasses the existing loading dock and car parking areas."

The proposed development is located primarily with the Woy Woy 17, Scenic Buffers Character Statement and, according to the statement of environmental effects: "It is considered the proposal achieves the desired character of Woy Woy 17 (Scenic Buffers).

"It provides community and recreational services to the surrounding residential community; it provides a safe area for children to play when visiting the club; the glass screen around the area provides greater acoustic privacy

than the current open deck area; and the landscaping around the area provides greater visual privacy than the current open balustrade.

The proposal demonstrates a 22 car space increase further to that currently provided on site.

"Whilst there are 203 bays provided on site and within the adjacent road reserve, there is also a further 265+ informal parking bays located within 100m at the Rogers Park car parking area to the east.

"These areas of car parking (total of 468 bays) are subject to a lease agreement between the Council of the City of Gosford and the Everglades Country Club.

"Combined, these car parking areas generate 155 car spaces

exceeding that required."

The lease agreement grants the Everglades Country Club a non-exclusive licence to use the car parking facilities until 2030.

Additionally, the Everglades Country Club operates a Courtesy Bus Service, which runs from 4pm Monday to Saturday and from 2pm on Sundays.

This service would greatly reduce the actual car parking demand on-site.

There is also a high level of existing public transport options available within the immediate area.

In conclusion, the statement of environmental effects said: "The alterations and additions proposed by this application are a part of the ongoing refurbishment, expansion

and modernisation of the club facilities.

"Having reviewed Council's applicable planning controls, it is submitted that the proposal is generally consistent with the aims and objectives of the Gosford Local Environmental Plan 2014.

"In terms of the built and natural environment, no adverse impacts are likely to result in relation to the proposed development.

"The proposal is considered to have a positive impact on the amenity of the locality.

"The proposed alterations and additions to the Everglades Country Club are considered to warrant Council's support."

**Application tracker, 15 Sep 2016
DA approved 49854/2016,
Central Coast Council**



Central Coast Marine Discovery Centre

Invitation to a Marine Discovery Talk Researching our Marine & Coastal environments

Wed, 19 October, 2016
6:30-8:00pm, Terrigal

Dr. Troy Gaston, from the University of Newcastle, will provide an overview of some of the investigations currently being undertaken by researchers at the University. This will include an update on the REDMAP project.

Redmap stands for Range Extension Database and Mapping project. This project invites Australians to share sightings of marine species that are 'uncommon' to their local seas. Over time, Redmap will use this 'citizen science' data to map which Australian marine species may be extending their distribution range in response to changes in the marine environment, such as ocean warming.

Cost: \$10 per person (includes refreshments)
Bookings are essential. Please register at www.ccmdc.org.au or phone 4349 4756



This event is supported with funding from the NSW Government through its Environmental Trust



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What's on at the Marine Discovery Centre!

Bring the kids, grandkids, friends and neighbours to the Central Coast Marine Discovery Centre (CCMDC) these school holidays to explore and discover our amazing underwater world! Say hello to our seahorses! .. Or do one of our Junior Marine Scientist Quizzes The Marine Discovery Centre is a great way to keep the kids entertained these holidays!

Rock Pool Rambles: Become a marine biologist by discovering our local rocky shore animals. You'll be amazed at how special these creatures really are! Dates are available on our website. **BOOKINGS ESSENTIAL** – visit www.ccmdc.org.au — Cost: \$4 child / concession, \$6 adult, \$16 family (2A, 2C).

Lagoon Cafe - We will have a pop up cafe at the Marine Discovery Centre every day during the school holidays. Drop in for a coffee and great home made cakes, snacks and savoury treats provided by Sharon and her team. Open between 10am-3pm. (PS - you don't have to come in to the Marine Centre - you can enjoy a cuppa on the verandah next to the park).

Become a Citizen Scientist help monitor our rock platforms

The CCMDC is a hub for Citizen Science on the Central Coast - research and monitoring that relies on community volunteers to collect data. Volunteers are currently helping to monitor local waterways, underwater reefs and our rocky shores. If you would like to participate in our citizen science program - then please email citizenscience@ccmdc.org.au - indicating your interest.

We have scheduled a number of dates and times for monitoring our rocky shores for the remainder of the year (depends on low tides!) - so check out our website and register to participate. We will then contact you to arrange training and locations.



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Upcoming events

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Rockpool Ramble
9-10 am, Bateau Bay

Tue, 27 Sept
Rockpool Ramble
10-11 am, Bateau Bay

Wed, 28 Sept
Rockpool Ramble
11am-12 noon, Bateau Bay

Thu, 29 Sept
Rockpool Ramble
12-1pm, Bateau Bay

Fri, 30 Sept
Rockpool Ramble
12-a pm, Bateau Bay

Wed, 19 Oct
Marine Discovery Talk -
Researching our Marine &
Coastal Environments
6:30-8pm, Terrigal

For many events there is a small charge. These charges vary so please check the website for details.

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Council seeks to extend waste project approval

A proposal to extend for five years planning approval for an alternative waste technology project at Woy Woy tip will be submitted to the Minister for Planning, following last week's Central Coast Council meeting.

A report about the proposed extension was dealt with by Central Coast Council Administrator, Mr Ian Reynolds, in a confidential council session.

At the conclusion of the confidential session on September 14, Mr Reynolds resolved to request that, pursuant to clause 11A of Schedule 6A of the Environmental Planning and Assessment Act 1979, that the NSW Minister for Planning extend the date on which the Part 3A approval for the Alternative Waste Technology and Composting Facilities Project lapses from October 1, 2016 to October 1, 2021.

He also resolved to keep the report confidential "as this report includes advice that would be privileged from production in Court proceedings".

The Local Government Act requires the chief executive officer to identify those matters listed on the business paper which may be categorised as confidential.

Central Coast Council chief Mr Rob Noble, recommended that Report Number 5.2, Woy Woy



The Woy Woy tip

Alternative Waste Technology - Project Approval Extension, should be considered in confidential session.

The reason given for considering the report in closed session was: "The report contains advice that would be privileged from production in legal proceedings on the grounds of legal professional privilege: 2(g) information that would, if disclosed, prejudice the maintenance of law".

No other information was made available prior to the council meeting to explain the nature of the report.

Alternative Waste Technology Proposals have been debated by the former Gosford and Wyong Councils since at least 2004.

The challenge facing the new Central Coast Council is that the

Kincumber landfill has been closed for several years and continues to operate only as a transfer facility for sorting and transportation of waste to its final destination.

The Woy Woy landfill's life is limited to 2032 based on current usage.

It is, therefore, imperative that council finds ways to prolong its economic life.

In 2010, Gosford Council decided not to proceed with an alternate waste technology and composting facility at Woy Woy tip following Wyong's rejection of the proposal.

At the time, Wyong Council indicated that they were supportive of a regional approach to waste management but that financial analysis showed that involvement in the project would not have provided a sufficient economic

benefit.

Wyong's decision not to support the proposal resulted in it being abandoned by the former Gosford Council.

A gateway proposal was refused by NSW Planning in 2012, and was then withdrawn by Gosford Council, that would have established a resource recovery facility at the Bulls Hill Quarry site.

The proposal identified a high need for a long term site that could process solid waste, garden organics and construction and demolition waste.

The facility would have included a soil processing facility, community re-use facility and Alternate Waste Technology.

The Alternate Waste Technology proposed would have been used for processing 100,000 tonnes of municipal solid waste per year from Gosford and Wyong.

A composting facility would have been included to manage 60,000 tonnes per annum of source separated green waste and 15,000 tonnes per annum of biosolids.

The proposal would have rezoned land at Woy Woy Rd, Woy Woy Bay that was zoned 7A Conservation and Scenic Protection to 5A Special Uses.

According to the former Gosford Council's 2014 Gosford Waste Strategy, Alternate Waste Treatment is one way in which

organics from the waste stream can be beneficially re-used.

This is a technology solution that would require the new Central Coast Council to invest in the development of advanced waste technology (AWT) facilities that can recover organic resources from the mixed residual waste stream.

"Organics outputs from AWTs can be used to improve soil health in a range of applications, although the products are generally of lower quality than composts produced from source separated feedstock," the strategy document said.

"Energy can also be recovered at AWTs, including the potential to produce Refuse Derived Fuel from residual materials," the strategy document said.

"The opportunity to identify suitable sites for such a resource recovery facility is extremely limited."

Peninsula News has requested more information about the Alternative Waste Technology project from Central Coast Council.

Agenda item 1.5, 14 Sep 2016

Email, 15 Sep 2016

Ian Reynolds, Central Coast Council
Gosford Waste Strategy,
13 Mar 2014

Rob Wainberg, Hyder
Consulting Pty Ltd

NSW Planning and Environment
Proposal Details, 14 Sep 2016

PP_2012_Gosford_010_00
and attached documents

Reporter: Jackie Pearson

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**The market will operate each Sunday from
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Gosford City Farmers' Market
Gosford Racecourse,
4 Racecourse Rd, Gosford West



News

Population increase could be detrimental, says Chamber

A projected increase in the number of extra residents the region is expected to accommodate over the next 20 years could have a detrimental effect on the Peninsula if not accompanied with infrastructure, according to the Peninsula Chamber of Commerce.

NSW Department of Environment and Planning has released adjusted population projections for the Central Coast which increase the figures by 10,000 people.

"The spike in the population projections which predict a 75,500 increase in the number of people living on the Central Coast by 2036 has some significant implications especially for major growth centres such as the Peninsula," said Chamber president Mr Matthew Wales.

"At a time when the new Central

Coast Council is under some serious pressures to provide crucial infrastructure to residential areas like Umina and Woy Woy, this increase of some 10,000 people over the previous projections should start to ring some alarm bells at all levels of Government," Mr Wales said.

"The Woy Woy Peninsula has traditionally been expected to take the brunt of medium density housing but, it seems, without the corresponding allocation of funding for roads, drainage, footpaths and community facilities," he said.

"If these projections are correct, then the Council needs to strongly lobby both the State and Federal Governments for more grant monies to fund major projects such as the upgrading of some of busiest intersections including the Rawson Rd roundabout at Ocean Beach Rd, the McMasters Rd intersection on Blackwall Rd and completion of the Woy Woy Rd rail underpass which is still in a state

of limbo.

"In recent years, it has been plainly obvious that more and more people are preferring the attractive lifestyle of the Peninsula to Western Sydney and I don't blame them one little bit.

"But this needs to be managed in a sustainable way which the new Central Coast Council has clearly recognised.

"We should not underestimate the impact that the NorthConnex (tunnel under Pennant Hills Rd) will have on accessibility to the Central Coast and the ability for people to drive to the Peninsula from Western Sydney and the Sydney CBD without a single traffic light.

"The Chamber welcomes change and new business but it has to be underpinned by Government investment in roads and community infrastructure," Mr Wales said.

Media release, 13 Sep 2016
Matthew Wales, Peninsula Chamber of Commerce



Mackenzie Avenue, Woy Woy underwater

Working group raises flooding and hall management

Working groups comprising members of the Local Representation Committee of the Central Coast Council held their first meetings on August 17.

Working groups of the former councillors were formed to cover the community, the economy and the environment.

Records of the meetings were published as part of the Central Coast Council's September 14 meeting agenda.

The report covered a couple of local issues.

The Community Working Group was advised that questions it had

asked about Peninsula flooding would be addressed by council staff.

The group gave feedback on the council's proposed Uniform Development Application Process.

It stated: "As there are no councillors during the interim period then the number of submissions to trigger the referral to Council should be less.

"The number suggested is five submissions."

The Working Group suggested that the Community Licence arrangements for Wagstaffe Hall should be reviewed.

Agenda item 4.2, 14 Sep 2016
Ian Reynolds, Central Coast Council

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Ross Gittins – Sydney Morning Herald, April 2016

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Email to: senator.o'neill@aph.gov.au



Park to be renamed in honour of wartime airstrip

A park in Trafalgar Ave, Woy Woy, is to be renamed Runway Park in recognition of the wartime airstrip that ran the length of Trafalgar Ave, according to Member for Robertson Ms Lucy Wicks.

Ms Lucy Wicks told the House of Representatives: "Trafalgar Park is undergoing a transformation, that will reveal a snapshot of the Central Coast's history, and I'm pleased to announce the Federal Government's support for this initiative," Ms Wicks said.

"Funding from the Stronger Communities Program will help our community advocates and volunteers on the Peninsula uncover more of our rich history, led by the Umina Community Group," she said.

The Government has committed \$10,000 to assist with the park's refurbishment.

"This ensures all three levels of government are supporting the project, thanks to investments from the NSW Government and Central Coast Council," Ms Wicks said.

She described Trafalgar Park as a small pocket of land in Umina but the project aimed to rename the space Runway Park, and tell the story that links to the region's wartime history.

"Steve Spillard, a passionate local resident and historian, told me that during the Second World War, the RAAF constructed an airfield in Umina.

"The main runway ran along what we now know as Trafalgar Ave, stretching from McMasters Rd to Oxford St, with adjoining streets used as taxiways.

"The runway was a truly local project, with sandstone from nearby Mt Ettalong and gravel



The Trafalgar Park will be upgraded and renamed Runway Park



An Australian Lockheed Ventura submarine hunter at Trafalgar Ave undergoing repairs in 1943

from a quarry at Killcare.

"Residents described the gravel as a deep red, and the runway later earned its name as The Red Runway.

"Throughout the war, it's believed many British and American crews

utilised the airstrip.

"Umina locals have recalled that American bomber crew would land, and then settle in the surrounding areas, with one entire crew liking the area so much they stayed.

"The air strip declined in use

Photo S Spillard courtesy of J Looney during the 1940s as the area became predominantly residential.

"But that didn't stop an incident in 1950, when a pilot lost control of his Tiger Moth biplane in a gust of strong wind.

"Incredible newspaper clips

from that time show how lucky the 21 year old pilot was to stay alive, as the plane crash landed onto the roof of a home on Nelson Ave.

"He escaped with shock and slight concussion.

"Now, almost 70 years on, the runway, in a new way, is making a comeback, through this project to upgrade the park and recognise its place in local history.

"Mr Rod Unsworth, the vice president of the Umina Community Group, told me that excavation work has just begun.

"Community involvement includes the planting of shrubs and trees, and the plans are that park will be fitted with play equipment, seating and shade areas.

"There is even the occasional glimpse of that famous red gravel from Killcare Quarry as it's unearthed during construction," Ms Wicks said.

The design has been developed by a local landscape designer and volunteer, Mr David Duncan.

"It's hoped that when finished, Runway Park will be a delightful place to be enjoyed by local families, knowing with pride that the community made it happen," she said.

Ms Wicks recognised the work of Tony Winch, Rod Unsworth, Julie Aitchison, Darrell Pannowitz, Melissa Chandler, Mark Nitsos, Debbie Sunartha and other community members who have continued to work hard to see this project become a reality.

"And, of course, I commend the investment of the Federal, State and Local Governments in backing this project," Ms Wicks said.

Email, 15 Sep 2016

Tim Sowden, Office of Lucy Wicks

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Discount for travel mode change at Woy Woy

Catching a bus and train has become cheaper for customers passing through the Woy Woy interchange with the removal of the charge for customers changing modes when travelling on public transport.

The new \$2 transfer discount started on the morning of Monday, September 12.

It will be applied every time an adult Opal card customer changed between a bus or train at Woy Woy as part of the same journey.

Gold and Concession Opal card customers changing buses and trains at Woy Woy also receive a transfer discount when they change mode on a journey.

Member for Terrigal Mr Adam Crouch said adult customers travelling on buses to Woy Woy train station from Blackwall, Umina Beach or Ettalong Beach will now receive a \$2 transfer discount.

For example, customers travelling on a bus from Blackwall to Woy Woy station and then catching a train to Gosford and back again for 10 journeys a week would previously have paid \$43.84.

They will now pay \$36.80, a potential saving of \$337.92 annually.

Mr. Crouch said there are other customer benefits such as the 30 per cent off-peak train discount, all of which ensure Opal fares and discounts provide a strong incentive to customers.

"The changes to the Opal fare structure support the Government's vision for improving transport in the Central Coast for everyone," Mr Crouch said.

Mr Crouch said this is about making fares fairer for more customers and to make public transport more compelling.

Media release, 7 Sep 2016
Debra Wales, Office of
Adam Crouch



Marine Rescue with yacht in tow, September 4

Two calls for help

Marine Rescue Central Coast had two calls for help on the Peninsula on Father's Day, Sunday, September 4.

Skipper Mr Brian Warburton and his crew on marine rescue vessel Central Coast 21 were tasked at around 10am to assist a 5.5 metre runabout one nautical mile offshore between Second and

Third Points.

The vessel, with two men and a dog on board, reported a mechanical failure.

After the runabout was located, the two-hour tow back to Pretty Beach was completed safely.

Around 4:30pm following an urgent radio call, Central Coast 21 was tasked to assist an 11-metre

yacht with five people on board stranded on the bar at Little Box Head.

Rescue vessel skipper Mr Bren Weston and his crew towed the yacht to navigable water off Lobster Beach.

Media release, 5 Sep 2016
Ron Cole, Marine Rescue
NSW Central Coast

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News

Charged with impersonating police

Police have charged a man with impersonating a police officer.

The incident occurred about 4:50pm on August 14, when a man in a white Mitsubishi Magna was involved in a minor traffic incident with another vehicle, driven by an off-duty officer on Barrenjoey Rd, Ettalong Beach.

Police have been told the man

approached the off-duty officer and produced what appeared to be a police identification badge.

The off-duty officer challenged the man who returned to his vehicle and left.

Following an investigation, about 4:45pm on September 10, police attended an Ashfield address and arrested a 52-year-old man.

He was taken to Burwood

Police Station and charged with impersonating a police officer in circumstances of aggravation.

The man was granted conditional bail and will appear at Woy Woy Local Court on September 27.

Media release, 12 Sep 2016
NSW Police Media



Mr Richard Harper

Public speaking finals

Pretty Beach Public School students recently joined over 80 students from 11 public schools to compete in the in the four stages of the Zone Public Speaking Finals.

The standard of speeches was outstanding, according to Pretty Beach principal Ms Deborah Callendar.

"Eight representatives from Pretty Beach Public School

participated in the event," Ms Callendar said.

One Pretty Beach Public School student received a Highly Commended award in the stage one competition.

The Pretty Beach Public School debating team also recently travelled to Biddabah Public School to represent the school in the first round of the debating competition at Zone level.

The team was given the

affirmative side to debate the topic "All primary school students should learn how to play a musical instrument".

"It was a tough debate and although the students lost by one point, they displayed excellent behaviour at all times and were gracious in their defeat," Ms Callendar said.

Newsletter, 8 Sep 2016
Deborah Callendar, Pretty Beach Public School

Richard Harper dies

Former vice president of the Wagstaffe-Killcare Community Association, Mr Richard Harper, has died.

Mr Harper who served as the association's Vice President in 2008, 2009 and 2010.

"Richard was much more besides," said association president Ms Peta Colebatch.

"He served on Council committees, harried them successfully over many developments, and was a key Australia Day traffic marshal and supporter of Trash and Treasure and our other events," Ms Colebatch said.

"He lobbied successfully for the new boat ramp, ensured that the wharf timbers and piles were replaced quickly, and continued to attend and report to us on Council committee meetings into 2011 and 2012 when illness began eroding his strengths.

"Many may be unaware that he initiated the name change to the current Association so that the organisation better reflected the coverage of all the suburbs here.

"Richard was always courteous and helpful, and a pleasure to work with.

"He was a gentleman of the 'old school', and in any community organisation it is important that we have people such as Richard who give respect to others, give freely of their time and expertise, but who are prepared to work as a member of the team towards a common objective.

"He worked with Bill Gregor to install the notice-board, was prepared always to use his engineering skills in practical tasks, and loved working on projects.

"Richard Harper was a very attractive man who worked hard on behalf of our community, and his experience and expertise has been greatly missed.

"The last few years were not kind to him, sadly, but even though he was forced by circumstances to leave the area, he is not forgotten.

"We are grateful for the service that Richard provided to us all," Ms Colebatch said.

Newsletter, 7 Sep 2016
Peta Colebatch, WTKCA

Planting on South St sand dunes

Families on the Peninsula have been invited to assist plants on the sand dunes at the South St beach access, with planting almost 400 Umina.

The community tree planting will take place on Thursday, September 29, from 2pm.

Planting on the bush care and dune care sites is expected to enhance the beauty of the community for years to come.

Those attending are asked to bring water, a hat, sunscreen and gloves on the day.

Newsletter, 6 Sep 2016
Paul Farrugia, Umina Beach Public School

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Two businesses win regional recognition

The Peninsula Chamber of Commerce has congratulated two local business who have won regional recognition.

Home Instead Senior Care and Jasmine Greens cafe both won their categories at the Central Coast Business Excellence Awards held at Mingara Recreation Club on August 27.

Home Instead Senior Care won the Excellence in Business category and Jasmine Greens won the Excellence in Sustainability category.

"The Chamber is extremely

proud of both businesses who were up against some stiff competition in order to win through their categories," said Chamber president Mr Matthew Wales.

"This is the first time that the Peninsula has won two categories at a regional level so it is a credit to Ms Jasmine Hopwood and her team at Home Instead Senior Care and Ms Gabby Greyem and her team at Jasmine Greens.

"Both these businesses now move onto the NSW State Awards which will be held in Sydney on November 25," he said.

The Chamber offered its congratulations to other local businesses who were nominated including Mr Isaac Adele from Yes Optus Woy Woy in the Young Entrepreneur category; Mr Bill Jackson from Ettalong Beach Diggers in the Business Leader category; Peninsula Villages in the Employer of Choice category and Excellence in Business Ethics category; and True Blue Quality Meats in Excellence in Small Business.

"It is a credit to all our Peninsula businesses who entered local Chamber Awards and those who moved through to the Central Coast Business Excellence Awards," Mr Wales said.

Email, 13 Sep 2016
Matthew Wales, Peninsula Chamber of Commerce



An exhibitor's stall at a previous Pearl Beach Food and Wine Fair

Food and wine fair at Pearl Beach

The Pearl Beach annual Food and Wine Fair will be held on Saturday, September 24, at Pearl Beach Memorial Hall.

The community fundraiser will celebrate its ninth year with a generous selection of gourmet foods and boutique wines.

"We will be showcasing Hunter based boutique wineries and an eclectic selection of food producers, so this year promises to be the best ever," said Ms Lynne Lillico, communications officer for the Pearl Beach Progress Association.

Wollombi Wines, Catherine Vale Wines and the Old Inn Road Vineyard will be offering a variety

of wines to sample and purchase.

Favourite food producers will showcase a range of fresh gourmet products including Little Creek Cheeses; Crooked Creek's savoury and sweet biscuits and homemade Christmas puddings; and Laguna Olives.

Other food delights include: Wollombi Honey; Vegetali Specialised Foods with natural dips, spreads and sauces; Margin's Mushrooms; and Jennjams homemade jams, chutneys and pastes; Hunter Heritage Asian inspired dressings and relishes; and Eszter's hot chocolate.

Eva's; Laguna Lavender will also be offering an exotic range to tempt the senses.

Gourmet Dog Barkery will be offering oven baked treats for purchase made from Australian quality natural ingredients., preservative free and organic where possible.

Two gourmet hampers filled with food and wine will be raffled with proceeds going towards the Memorial Hall maintenance and upkeep.

The hall is located at 9 Diamond Road, Pearl Beach, and the event will run from 10am to 5pm.

Media Release, 8 Sep 2016
Lynne Lillico, Pearl Beach Progress Association

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News



The Frantastic Choir

Local choir raises money for children's choir

A local choir will hold a performance in December to raise money for the Moorambilla children's choir in north-west NSW.

The family-friendly performance by the Frantastic Choir will be held at the Peninsula Community Centre on Monday, December 5, from 2pm.

Inspired by the recent movie *Wide Open Sky*, proceeds from the performance will go to the Moorambilla Voices, which relies on public donations for its work.

The day will include the performance, a raffle and afternoon tea, with entry costing \$5.

The Frantastics meet every

Monday in the Walter Baker Hall, rehearsing for their performances which include harmonious choral renditions of well-known songs, solos, duos, a women's sextet, a choral melodrama and humorous skits, all of which make the choir's repertoire unique on the Coast.

Musical director Ms Fran Kendall is an experienced musician, director and performer.

Amidst much hilarity and fellowship, the choir's 60 members have vocal training and musical numbers are learned and rehearsed.

The lengthy repertoire comprises songs from the groups' childhood.

The choir is eager to play at any

venue that has a piano but they are also willing to provide a keyboard if necessary.

Media release, 8 Sep 2016
Fran Kendall, Woy Woy

Driver charged with firearms offences

A driver has been charged after police allegedly located a firearm, ammunition and drugs in a car at Woy Woy.

Police stopped a car on Dunalban Ave at about 12:30pm on Saturday, August 27, and identified the 23-year-old Umina driver as having a suspended licence.

Upon searching the car, police allegedly located a shortened .22 calibre rifle, a home-made silencer and ammunition.

They further allegedly located a substance believed to be crystal meth.

The 27-year-old female passenger was also arrested for separate warrant offences.

The male driver was charged with a number of offences including drive while suspended, possess an unregistered firearm, possess a prohibited weapon in a public place, and possess ammunition and a detention application.

He was refused bail and remanded in custody.

The female passenger was charged with six outstanding warrants and appeared in Wyong Local Court on August 27.

Media release, 29 Aug 2016
NSW Police media

Labor Senator Ms Deborah O'Neill said she would hold Federal Member for Robertson Ms Lucy Wicks to account for her election promises when parliament resumed on August 29.

"In the past three years Lucy Wicks has talked a lot but delivery was scarce," she said.

"There is still a trail of broken promises and missed opportunities since the Liberals came to power."

Senator O'Neill questioned where the money to improve the Peninsula's roads was.

"Will that be delivered before or after the next time Woy Woy residents find their driveways under water?" she asked.

Senator O'Neill said that, on

May 26, Ms Wicks promised \$2.75m of upgrades to Peninsula roads.

"I can promise that during this Parliament, I will be holding Ms Wicks to account for the promises she made during this election campaign and the last one too."

"I am determined to speak up loud and clear for the people of Robertson," Senator O'Neill concluded.

Senator O'Neill said the Central Coast would not cop the same string of broken promises, lame excuses and missed opportunities that the Abbott-Turnbull Government offered over the past three years.

Media release, 31 Aug 2016
Rhys Zorro, Office of
Deborah O'Neill

Bridge lessons

The Brisbane Water Bridge Club will be running bridge lessons for six consecutive weeks from September 27.

The classes will run from 9.30am to 11:30am and will be held at the Peninsula Community Centre, McMasters Rd, Woy Woy.

The cost of the classes will be

\$40 for the full six weeks.

The first lesson is free for people to try it out and decide whether they would like to continue.

For more details, contact Sylvia Foster on 4342 3849

Media release, 5 Sep 2016
Sylvia Foster, Brisbane
Water Bridge Club

More martial arts

Umina PCYC has expanded the range of martial arts and self-defence activities it has on offer.

Jishukan Ryu has started running at PCYC Umina on Wednesday nights from 7pm to 9pm.

Jishukan Ryu provides instruction in three complete self-defence martial arts including: Kempo karate, Jujitsu, and Jojitsu.

For more information, call 0421 611 449.

Newsletter, 25 Aug 2016
Martin Eddy, PCYC Umina Beach

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Exhibition returns to Pearl Beach

Showoffs art exhibition will return to Pearl Beach after a two year hiatus this October.

Showoffs will return for the long weekend daily from 10am to 5pm at the Pearl Beach Hall over October 1-3.

The exhibition will also have a special opening evening hosted by Dr Andrew Frost, on September 30, from 6pm.

Dr Frost is an art critic,

broadcaster and curator and has also presented programs on the ABC about contemporary art.

Showoffs was formed by Pearl Beach artists and friends Ms Pim Sarti and Ms Marijke Greenway, and this will be the pair's seventh Showoffs Exhibition.

The focus of 2016's Showoffs are the people, landscape and vegetation of Pearl Beach.

**Media release, 10 Sep 2016
Marijke Greenway, Pearl Beach**



From left: Marijke Greenway and Pim Sarti



Chris and Madeline Stratford in front of the new Stratford Music School

Music school moves

A Woy Woy music school has relocated to Blackwall Rd, after its previous premises were sold.

For many years, the Woy Woy School of Music has resided on the corner of Rawson Rd.

Music school owners Mr and Ms Chris and Madeline Stratford have found a building in Blackwall Rd, Woy Woy which they have refitted in just six weeks to house the new

school.

The new premises is more than twice the size of the previous location and paves the way for the schools continued growth.

"We wanted to create a place that was homely but also unique," Ms Stratford said.

"We've designed the new school to offer the highest standard of tuition while still being a comfortable place that students

of all ages will enjoy visiting," she added.

This school offers tuition in piano, vocals, guitar, bass, violin, drums, ukulele, theory, performance, song writing and ensembles.

**Media release, 22 Aug 2016
Madeline Stratford, Stratford Music**

Exhibition will link artists from across the Coast



Visitors enjoying art in the Wagstaffe Community Hall

An exhibition linking artists from around the Central Coast will take place at Wagstaffe Hall over the long weekend of October 1-3.

Organisers have expanded the reach of the annual Wagstaffe show by inviting artists from the Five Lands Arts Collective to create the exhibition, Art@Wagstaffe.

The collective is made up of artists practising on the Central Coast who first gathered together in 2006 to give a creative life to the annual Five Lands Walk.

Radio presenter Ms Linda Mottram will speak at an opening reception.

All are welcome to attend to enjoy a glass of wine and nibbles with the artists and hear Ms Mottram speak at 2pm on October

1.

Visitors will also have an opportunity to see how artworks are created thanks to demonstrations by artists Ms Margaret Fortey, Mr Paul Haggith, Mr Jon Ellis, and Mr Steven Fisher, who will be painting outdoors near the Wagstaffe Wharf over the weekend.

"All work will be for sale and funds raised will go to a future art fund managed by the Wagstaffe-

Killcare Community Association," art co-ordinator, Ms Jean Scott said.

"It's a case of art helping to perpetuate art," she added.

The Art@Wagstaffe exhibition will be open in Wagstaffe Hall from 9am until 4pm on each of the three days of the October long weekend.

**Media release, 12 Sep 2016
Jean Scott, Wagstaffe**

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Jazz delights in the arboretum

The Pearl Beach Progress Association and the Crommelin Native Arboretum will present an Afternoon of Jazz Delights with the Hetty Kate Quintet at the Pearl Beach Arboretum on Sunday, October 2.

Hetty's band includes John Harkins on piano, Sam Rollings playing guitar, Brendan Clarke on double bass and Andrew Dickeson on drums.

"Hetty Kate has a classic, clear sound reminiscent of the vocalists from the 1940s and 50s, and is often compared to a young Peggy Lee or Doris Day," according to Ms Lynne Lillico from the Pearl Beach Progress Association.

"Known for her pure tone, diction, faultless rhythm and swing, as well an effortless ease on stage, Hetty has fast become one of the busiest jazz vocalists in Australia."

The afternoon will start with The New Empire Ballroom Ragtime Dance Orchestra.

"The Orchestra is unique among young Australian orchestras, playing authentic 1920s and early 30s hot dance band arrangements



Ms Hetty Kate

from the jazz era."

Following will be the John Harkins Trio, world's leading jazz artists.

"John Harkins is one of the most sought-after jazz pianists in Australia, majoring in classical piano at the prestigious Manhattan

School of Music in New York City and working with many well-known American jazz musicians," said Ms Lillico.

Hetty Kate and her Quintet will perform a selection of songs from her most recent releases: In the Still of the Night, The Thrill is Gone, and Cry me a River.

"Enjoy re-imagined music from the songbooks of Peggy Lee, June Christy and Julie London (featured in her acclaimed CD for ABC Jazz, Dim All The Lights), alongside popular classics that you know and love, and curios from the swing era included on her newest swing album with the Dan McLean Hot Six, The Umbrella Man.

"Come early, bring a picnic, rug and chairs and enjoy a unique experience in the beautiful Pearl Beach Native Arboretum," Ms Lillico said.

Raffle tickets will be available with proceeds to the Pearl Beach Volunteer Rural Fire Brigade.

Tickets will cost \$40 for adults and \$25 for children under 15.

Tickets booked in groups of 10 or more tickets are \$36 each.

Bookings are essential and may be made on 4343 1455.

Media release, 13 Sep 2016
Lynne Lillico, Pearl Beach Progress Association



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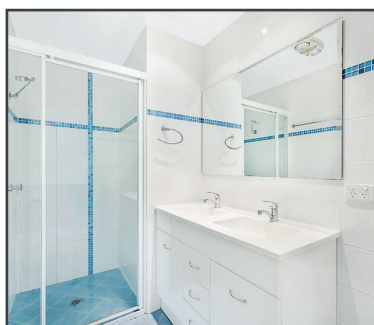
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News

Bushcare and dunecare groups active on the Peninsula

The Woy Woy Peninsula currently has seven active Bushcare groups and three active Dunecare groups, meeting at different times throughout the month to work on local projects.

The Bushcare Program is a partnership between the Central Coast Council and volunteers from the community to assist in restoring and regenerating areas of degraded bushland.

Bush regeneration involves the gradual removal of weeds to allow native plants to regenerate naturally.

Removing weeds once is not enough as they soon reappear in the cleared spaces so regular follow up work has to be completed by the local groups.

The changes that result from bush regeneration are best measured over months and years as success occurs when an ongoing commitment to removing weeds is made to a site over time.

Central Coast Council welcomes all new volunteers and also accepts expressions of interest from residents wishing to start a new Bushcare group in their local area.

Once registered as a Bushcare volunteer individuals also have access to educational workshops offered to volunteers throughout the year.

The Peninsula's supervised Bushcare groups are located at Blackwall Mountain, Patonga, Umina-Ettymalong Creek and South St, Umina.

The Blackwall Mountain group meets on the third Sunday of the month from 8:30am to 11:30am at the end of Mullbong Rd, Blackwall Mountain.

The supervised Patonga group meets on the first Monday of each month from 8:30am to 1:30pm opposite Eve Williams Oval.

The Umina-Ettymalong Creek supervised group runs on the third Sunday of the month from 8am to 11am, meeting at the end of Etta

Rd near Umina Oval.

The South Street Umina group meets on the fourth Thursday of the month from 2pm to 5pm at the end of South St, Umina at the beach access way.

The Everglades Wetlands Bushcare groups meets on the second and fourth Saturdays of the month and every Thursday but is supervised on the second Saturday only.

The meeting spot is the end of Boronia St in Woy Woy.

Summer meeting times are 8am to 11am and in winter the times are 9am to 12pm.

Burrawang Bushcare meets on the third Tuesday of each month from 8am to 11am (summer) and 9am to 12pm (winter).

The meeting place is the Burrawang Reserve, Woy Woy, in Hillview St near the corner of Nambucca Dr.

The Pearl Beach Bushcare group meets on the first Saturday of the month from 9am to 12pm in various locations.

The Peninsula has a supervised Dunecare group that meets on the first Saturday of the month at Ettalong on the corner of Barrenjoey Rd and The Esplanade.

Summer meeting times are from 8am to 11am and in winter the group meets from 9am to 12pm.

Pearl Beach also has a supervised Dunecare group that meets on the second Saturday of the month from 9am to 12pm and works on dunes at various sites around Pearl Beach.

The Umina Community Dunecare Group meets on the fourth Thursday of the month with supervision and has an unsupervised meeting on the fourth Saturday of the month from 9am to 12pm.

The meeting place is in front of the Umina Beach Surf Life Saving Club.

**Website, 1 Sep 2016
Central Coast Council
Bushcare Program**

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**Marie Lowndes
Charitable Foundation**

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

September 8

Your independent local newspaper

Ph: 4325 7369

Issue 141

Chris Hartcher found by ICAC to have acted with the intention of evading election funding laws

The former Member for Gosford and Terrigal, Mr Christopher Hartcher, has been found by the NSW Independent Commission Against Corruption (ICAC) to have acted with the intention of evading

Department of Finance Services building to go before JRPP

The Joint Regional Planning Panel (JRPP) will meet to consider a Government Property NSW application to build a second mixed-use commercial development on the former Gosford Public

Wildlife Protection Area still being sought after 20 year delay

In May 2016, Saratoga and District Sport and Recreation Association (SDSRA) issued a written request to Central Coast Council to consider, as a matter of urgency, the establishment of a Wildlife

Rola project soon to return to JRPP

The future of the heritage-listed Creighton's Building in Mann St Gosford will soon be back in the hands of the Joint Regional Planning Panel (JRPP).

Council's Group Leader of Customer and Community Relationships resigns

Central Coast Council's Group Leader of Customer and Community Relationships, Ms Judy Jaeger, is leaving Council after almost forty years of dedicated service in Local Government.

Save Central Coast Reserves members meet with Reynolds and Noble

Several members of Save Central Coast Reserves attended the Central Coast Council's community engagement session at Wyoming Shopping on Thursday, August 25.

Senator slams liberals over ICAC report

NSW Senator, Ms Deborah O'Neill, said the "Operation Spicer" report released by ICAC yesterday exposed a grim underbelly of arrogantly out of touch Liberal politicians.

Willoughby Rd petition presented to Federal Parliament

The petition to fix the dangerous stretch of Willoughby Rd at Wamberal was presented in Federal Parliament on September 1, by Member for Robertson, Ms Lucy Wicks.

Brisbane Water Legacy receives \$107,000 to purchase a new bus

Veterans and their families on the Central Coast will benefit from Australian Government grant funding for local projects, in a major announcement this Legacy Week.

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

September 13, 2016

Your independent community newspaper - Ph: 4325 7369

Issue 100

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

Webber and Spence found to have accepted prohibited donations

Former member for The Entrance, Mr Christopher Spence and member for Wyong, Mr Darren Webber, have been named in the NSW Independent Commission Against Corruption's (ICAC) Operation

Tall Timbers Hotel car park to remain

Ourimbah residents and the publican found reasons to celebrate when they learned that the NSW Government had reversed the decision to remove the Tall Timbers Hotel car park.

Construction certificates issued for Magnolia estate at Hamlyn Terrace

The 470 home Magnolia residential development at Hamlyn Terrace is taking shape with 20 construction certificates granted since the beginning of August.

Coal mine opponents accused of intentional scaremongering

Project manager for Wallarah 2, Mr Kenny Barry, has criticised opponents of the coal mine for "intentional scaremongering".

Charmhaven development rejected by JRPP

The Hunter Central Coast Joint Regional Planning Panel (JRPP) has refused the Development Application for seven, three storey residential flat buildings, containing 115 units and 138 parking spaces at 7 Stratford Ave, Charmhaven.

Over \$150,000 funding to preserve public reserves and community hubs

Parliamentary Secretary for the Central Coast, Mr Scot MacDonald MLC, announced on August 31 that the NSW Government will invest \$152,330 to preserve Wyong's important public reserves and community hubs.

Glengara Retirement Village to increase to 262 self-care dwellings

A construction certificate has been issued for the \$4.9 million development of 23 self-care dwellings at

Point Wolstoncroft Sport and Recreation Camp could be privatised

The Point Wolstoncroft Sport and Recreation Camp, near Gwandalan, is reportedly on a list of eight camps to be privatised by the NSW Government.

Coal Alliance warns about the health risks associated with coal dust

The Australian Coal Alliance has continued its campaign against the amended development application for the Wallarah 2 coal mine by drawing the community's attention to the health risks associated

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

Chamber is wrong on Umina car park

The Chamber of Commerce is completely wrong in opposing the development of the Umina car park.

The present car park is an under-utilisation of the property which, if properly handled, could bring in a good price for Central Coast ratepayers and improve the Umina centre at the same time.

The proceeds might even ease the headlong and unjustified rush to sell off park reserves that will be badly needed as the population grows.

Of course, the sale should be subject to covenants, to protect the public interest, and should be required to conform to the provisions of the Development Control Plan – something that Council has not always been particular about.

The main concern, naturally, is to preserve the 160 parking spaces, and the proposed provision that the free spaces could be eliminated after the development is complete is of some concern.

It is difficult to predict a date five years after 50 percent of the maximum allowed floor space has been used, so who is to say when this will happen or what the results will be.

However, it is easy to see a

Forum

developer, then, setting parking rates that will make the spaces unaffordable and, then claiming that he should be allowed to reduce the space, because they are not being fully utilised.

Past performance by Council doesn't inspire confidence that this kind of ploy won't be successful, so the wording of the covenant will need careful consideration.

The scheduling of the development, so that the parking spaces are preserved during construction, is something that any halfway-competent architect could easily cope with on a site this size, and this, of course, should be part of the conditions of sale.

In fact, any potential purchaser should be required to submit an outline scheme as part of the expression of interest: this will give some indication of the mix of uses likely to arise on the site.

It would be good to see a couple of residential towers on a site so well served by shops and transportation, and it is easy to envisage a podium of parking and commercial uses, with residential towers rising over a landscaped roof for the use of residents.

The Chamber's distress over

the status of the bordering lane is nothing more than a red herring.

The sale only has to be conditional on this access remaining open, and the problem is solved.

In fact, it could be made a condition that the lane be widened, to improve service access to the backs of the West Street properties.

Since it won't affect the allowable floor space on the site, such a condition would be of little concern to a buyer.

Similarly, the fear that a developer might go broke in the middle of the process is a non-problem, requiring only the posting of a performance bond for completion of the work.

The Chamber is clearly flailing around desperately for objections, if this is the best it can come up with.

It is laughable that the Chamber supports the ugly, out-of-character so-called "Tesrol development" in Ettalong and objects to an entirely suitable development in a commercial location at Umina.

One wonders what the voting for the Chamber membership was in arriving at this absurdly inconsistent position.

Email, 6 Sept 2016
Bruce Hyland, Woy Woy

Parking spaces needed in Woy Woy

Forum

It was with great interest I read your last front page and the stand being taken by Chamber of Commerce President, Mr Matthew Wales, to preserve the car parking spaces in Bullion St, Umina.

Surely if the shoppers go elsewhere, the amount of traffic would be reduced, but I digress.

A few years ago, the plans for the new Woy Woy Oval precinct were being discussed and were made available for public debate.

At the Planning Committee meeting held at the Woy Woy library, Mr Wales used his allocated 10 minutes to extol the social and economic benefits of including a coffee shop in the new forecourt, and the financial flow-on for the Woy Woy community: How a new coffee shop would act as a hub, and draw shoppers and tourists to our town.

In particular, he was dismissive

of any opposition to the loss of the existing 50-plus car parking spaces needed for the construction of the coffee shop and other grandiose landscaping.

Progress must prevail and the spaces must go.

His arguments were so compelling the panel recommended that it should be coffee shops one, parking spaces nil.

We are now able to judge the impact of this decision.

The White Elephant Coffee Shop will never open as it is not a viable economic enterprise and parking in Woy Woy is almost impossible to find for long periods during the day.

What a pity Mr Wales didn't champion the cause of our parking spaces as he is now doing for Umina.

Email, 14 Sep 2016
Laurie Powell, Woy Woy

Greedy over-development ends up costing more

Mr Matthew Wales from Peninsula Chamber of Commerce has made an unfair judgement about the way ahead for the people who live in the back lane and in the back yards of "normal houses" who do contribute to council coffers via rent to the owner.

Not all owners wish to play the high stake game of real estate price rises, by choice they buy what they can afford, factoring in the resources which come with the existing home on the block.

He might, however, be describing what is happening, in reality, that is the ripping out the

Forum

old worldly soul of the Woy Woy Peninsula, by redevelopment of many blocks into blocks of units or townhouses.

It's an issue of redevelopment not one of trying to squeeze more out of empty purses.

Are the societal benefits of comfortable old granny flats being ignored by Chamber?

Is he advocating squeezing the poor for more; as well as squeezing our environment by not recognizing that if over-development and greed persists it ends up costing more.

Email, 8 Sep 2016
Donna Powell, Umina

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No reason for heartless duck cull

Only a few males and a rare female have escaped the recent and intense nightly culls of ducks by the National Parks and Wildlife Service along the Woy Woy Blackwall foreshore.

The social impacts will be significant with many locals reliant on their wonderful company and most joyful interactions.

I can't fathom the environmental reasoning for such a heartless, drastic measure by the National Parks and Wildlife Service.

The ducks are not native but having been introduced here over 30 years ago, I feel they deserve local status.

They fertilise the reserves and feed a few fish.

They also bring a whole lot of joy to young and old residents and visitors alike.

Getting rid of established, non-native wildlife won't bring back native wildlife as the natural aquatic ecosystems have been largely modified and destroyed due to stormwater runoff.

Forum

Is the National Parks and Wildlife Service inferring that the ducks and mallards are the primary cause of the nutrient loading and fouling of Peninsula waterways as opposed to human induced storm/surface water runoff?

This extreme act of inhumanity can only be described as a misinformed and misguided distraction by our environmental watchdog as opposed to investing in a comprehensive stormwater management system for Brisbane Water.

A few residents pride themselves in their pet hate of ducks but they're probably keen to see no wildlife as they may mess their newly-manicured, chemical-ridden lawn.

The foreshore is considerably less welcoming and now has a soulless feel without their joyful presence

Most of us will miss them dearly.

Email, 15 Sep 2016
Wendy Gillespie, Woy Woy

Regional plan largely meaningless

Norman Harris's perception that planning "flexibility" is a significant cause of problems ("Flexibility in planning", 22/8/16) isn't much borne out by the facts.

Actually, our planning instruments are quite rigid, and the problem lies with the fact that they aren't very good.

This means mostly that potentially desirable developments are blocked by some petty detail, while bad developments can be shoe-horned into the regulatory envelope and don't require flexibility.

His concern about the "flexibility" element of the Draft Regional Plan is totally misplaced, because the Plan is largely meaningless.

A case of the mountain bringing

forth a mouse, and will have negligible impact on real decision-making.

Email, Aug 22, 2016
Bruce Hyland, Woy Woy

Peninsula News reduces waste and litter

I note with interest the publication of the 400th edition of the Peninsula News, August 22, and the editor's comments on Page 13.

It is a genuine "news" paper. I do not support home delivery of local newspapers, as it is not progressive.

In April 2016, I provided to Gosford Council comment on the waste and litter problem created by the management of the Express Advocate.

Distribution of the Express Advocate editions to every property regardless of demand, occupancy and weather conditions creates waste, litter, security and aesthetic issues.

What happens to wet copies? How many are recycled? How many add to contaminated waste? How many households require advertising interspersed with news items?

Is the Express Advocate more about news or advertising?

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

Mark Snell, Peninsula News editor, stated on page 13 of the 400th edition: "...with an emphasis on news rather than advertising" the Peninsula News provides more information relevant to the local area than the Express Advocate.

Walking around the Peninsula, I have personally observed 30 copies of Express Advocates in two properties on Ocean Beach Rd, an inordinate number of uncollected, damaged copies of the Express

Advocate destined, I believe, for the red garbage bin, then landfill.

The Peninsula News' efficient distribution system reduces waste and litter, improves streetscapes, adds to recycling and is available at locations small and large throughout the Peninsula.

An independent assessment of alternate distribution methods, I believe, would show a distinct waste and recycling benefit for the Peninsula News and residents.

The response from the Gosford Council staff regarding Express Advocate distribution was indifferent.

If the waste and litter issue is not within the narrow responsibility of the council, then I recommend that the public initiate enquiries to the editor of the Express Advocate for action.

Pass the buck: This is why waste and litter will continue to be a problem for all responsible residents and Mr Johnston of Clean4Shore.

Email, 25 Aug 2016
Norman Harris, Umina

Articles are enlightening

The information articles contained in your fortnightly journal are very welcoming and enlightening.

It is obvious you do in fact, as claimed, present a viable non-partisan news medium.

Political points of view are published without fear or favour irrespective of from whence they emanated, be they from Liberal, Labor or Green devotees; or, for that matter, from any other source.

This of course affords your readers the opportunity to examine and/or comment on different and diverse points of view.

Any of my articles you have seen fit to publish were generally slanted towards Liberal values

and dogma together with adverse findings re Labor.

I'll explain my reasoning behind this bias.

I believe that in the scheme of things an individual's very being is imbued with a desire for independence and the freedom to pursue their own personal goals and achievements.

Therefore it seems to me that enterprise and productivity have a greater chance of success when left to the individual who is governed by these innate desires.

Hence my reasoning for my proclivity for Liberal rule and, at the same time, adopting the right

degree of socialism.

On the other hand Labor is deeply steeped towards socialism without sufficient regard for the inherent and natural traits of the individual.

In a nutshell: Liberal philosophy-dogma tends to cater for the innate and natural talent of the individual and private enterprise; whereas Labor relies on governments interferences, influence, rules and regulations without sufficient belief in the aptitude of the individual.

It is worth remembering Labor has not, in the last 70 years or so, left an incoming government with a surplus; deficits have been more their legacy.

Letter, 23 Aug 2016
Collin Williams, Ettalong

Forum

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Ride bikes to Gosford for breakfast

Peninsula residents are being encouraged to get on their bikes and ride to Gosford for breakfast on Wednesday, September 21, to mark NSW Bike Week.

With the support of Transport for NSW, the Central Coast Local Health District will host a free Go Active 2 Work Breakfast in William St Mall, Gosford, from 6am to 9am.

Bike Week is a NSW Government initiative which aims to raise the profile of cycling as a healthy, easy, low cost and environmentally friendly transport option for short trips.

District health promotion officer Mr Nigel Tebb said cycling was faster than people thought.

"Certainly for trips of up to five kilometres, cycling can be quicker, easier and cheaper than driving.

"Why sit in traffic when you

could be riding?

"Why worry about having to find, and possibly pay, for a car park when you could enjoy the convenience of riding door to door and parking your bike for free?," Mr Tebb said.

Mr Tebb said an added bonus to cycling for transport was the physical activity.

"With many people being time poor and not getting enough physical activity, cycling offers people a time efficient way to fit some, or even all, of the activity they require for good health into their busy lives," he said.

Both beginners and experienced bike commuters are invited to roll up on the day for a free healthy breakfast and giveaways.

Media release, 14 Sep 2016
Casey Virgin, Central Coast
Local Health District



Betty Wain with extended family and friends

Congratulations from near and far

Peninsula Village resident Ms Betty Wain received congratulations from near and far on her 90th birthday recently.

With over 30 guests assembled at Pelican's Family Restaurant at the Woy Woy Hotel, Ms Wain had family members who travelled as far as Brisbane, Wagga Wagga,

Orange, Goulburn and Narromine to celebrate the special day with her.

Betty received a special surprise when both her brothers, Kevin and Don, turned up on the night to share their childhood memories.

Also present to celebrate with Betty were her four children; Maureen, Norman, Laurence

and Jeannette, along with her many grandchildren and great-grandchildren.

Ms Wain said she wished to thank the many who travelled to attend the function and Maureen and Ron Mullins for the organising the party.

Email, 6 Sep 2016
Matthew Mullins, Woy Woy

Village holds annual meeting

The Peninsula Village's annual general meeting will be held at 91 Pozieres Ave, Umina Beach, on Monday September 26.

The meeting will start at 10am.

All members of the community are welcomed and encouraged to attend.

Media release, 9 Sep 2016
Melanie Morrell, Peninsula Village



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Out&About



Headline acts planned for Woytopia

The Peninsula Environment Group is finalising its headline entertainment for the 2016 Woytopia Festival.

The Peninsula's sustainable living festival is back this year on Sunday, October 9, at Woy Woy South Public School.

The festival features a packed program of music, talks and children's entertainment, as well as a wide range of market stalls and delicious food options, according to Mr Mark Mann from the Peninsula Environment Group.

"Music includes soulful grooves from Dr Goodvibe, Tim Hall (formerly of The Whitlams and

Chakra Diva) and eclectic jazz from Sydney duo Triage.

"There are talks and workshops throughout the day on topics including keeping chickens and bees, permaculture, growing medicinal plants, and fermenting, and free native plant giveaways.

"Other attractions include Jake Cassar's bushtucker show and Walkabout Wildlife Park's reptile rampage show, plus kids' rides and activities.

Woytopia is organised by the Peninsula Environment Group and will run from 9am to 3pm.

Email, 15 Sep 2016
Mark Mann, Peninsula Environment Group

Umina Chiropractic Centre

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

HSC times - stressful times!

Another generation is getting ready to sit their HSC exams soon.

This can cause a lot of stress and anxiety among the adolescents and their families.

While it is an important exam in these young people's lives, we can do a lot to help them alleviate feelings of tension and stress.

At home, do not mention the exams all the time.

This allows your student to relax a little.

It has been shown over and over again that adequate sleep, regular exercise, good foods and relaxation all play a very important part in their health and wellbeing during stressful times.

This not only applies to adolescents sitting their HSC exams but to all of us!

Sleep plays an important role in memory, both before and after learning.

While we sleep, we consolidate what we have learnt.

A whole night's sleep is ideal for learning and memory.

So encourage your daughters and sons to put the books away and go to bed (There's a first for everything!).

It goes without saying that we are what we eat and some foods are better than others when it comes to

studying for exams.

Include oily fish such as sardines, mackerel or salmon and nuts which contain lots of essential fatty acids to make the brain function well.

Eat eggs, they are a great source of protein that keeps you fuller for longer.

Have them poached, scrambled, sunny-side up or boiled.

Keep them hard-boiled in the fridge as a handy snack.

Vegetables and fruits provide much needed minerals and vitamins to keep your student healthy and cover their extra needs.

Have vegetable sticks ready in the fridge and also some hummus, mashed avocado or nut butter.

Fruits contain sugar that can give you an energy boost when you are revising and studying.

Our top snack fruits are berries, apples and bananas.

Go low on the 'usual snacks' as they provide mostly sugar, fat and empty calories.

They don't help you study harder but they will make you feel lethargic, and potentially, put you at greater risk of catching a cold and other bugs.

Regular exercise will give your body and mind a chance to relax and let go of tensions.

When you are under a lot of stress, your body produces adrenaline – the fight or flight hormone.

When you exercise, your body will use up adrenaline and it will also release endorphins.

This will make you feel calm and relaxed.

So include at least ½ - 1 hour of exercise every study day.

It is also a good idea to get out of your chair every half an hour and stretch your body in all directions, do a few squats or lunges.

Lastly, find a way of relaxation that works for you!

Some might listen to music, some might cook, some might read.

Relaxation will help you sleep and - as mentioned before - consolidate what you have learned.

As you will probably sit much more than usual (possibly with a stretched neck looking into your books or screen), it is important to have regular chiropractic check-ups and adjustments to release locked vertebrae and tight neck muscles.

As we say 'Adjust your Spine, adjust your Life'.

Your chiropractor can also advise you what exercises are best for your body type.

Good luck and all the best to all HSC students and their families!



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Half Tide Rocks excursion

Stage One and Year 6 students from Pretty Beach Public School went on an excursion to Half Tide Rocks on September 7.

The excursion supported the students' science topics of "Up, down, all around" and "Local areas."

The students walked with their buddies on an adventurous path towards Half Tide Rocks.

Once there, students had the

opportunity to explore the natural surroundings of the local area and sketch landscapes and interesting objects.

After a fruit and recess break, students continued on back over the mountain to reach their last destination, Turo Park.

At Turo Park, students played a variety of games and activities.

**Newsletter, 8 Sep 2016
Deborah Callendar, Pretty Beach Public School**

James will play Friar Lawrence



James Charles as Friar Lawrence in Romeo and Juliet

Woy Woy actor James Charles will play the role of Friar Lawrence in the Sydney Shakespeare Company's production of Romeo and Juliet later this month.

The production will be housed in the intimate setting of the Pact Theatre in Erskinvale, with the season running from September 28 to October 9.

James studied as an actor and teacher in England, where his first acting experience was as Mercutio in a youth theatre production of Romeo and Juliet.

He later toured France in Hamlet as the Player King and Fortinbras, and repertory seasons took him to theatres across the UK.

Some of his favourite roles

have been Jimmy Porter in Look Back in Anger, Milo in Sleuth, Max in Rebecca and the narrator in Joseph and the Amazing Technicolour Dreamcoat.

His television appearances include roles on 'Allo 'Allo! and Ripping Yarns.

James first came to Australia in 1985 with a West End production of Run for Your Wife.

Over the last few years, he has appeared in several short films, and worked with living history troupe Convict Footprints, playing several roles in Convict Footprints: Rebellion! and Major Thomas Mitchell in Convict Footprints on the Old Great North Road.

**Email, 5 Sep 2016
Stephen Hopley, Sydney Shakespeare Company**

Online gallery launched

Dancers from the National Aboriginal Islander Skills Development Association Dance College, based at Gosford's Mt Penang Gardens, will perform in Killcare for the opening of an online gallery on Saturday, October 1.

Bouddi Gallery is launching its online gallery of contemporary aboriginal art on the afternoon.

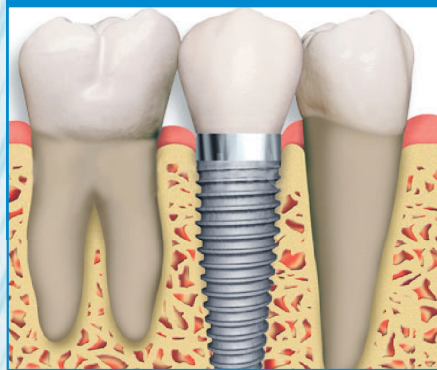
Aboriginal Art Centre manager Cecilia Alfonso is flying down from Yuendumu especially to give a short talk on the special projects that Warlukurlangu is involved with.

The celebrations will start at 5pm in Killcare Courtyard outside Bouddi Gallery.

**Newsletter, 7 Sep 2016
Jody Deamer, Bouddi Gallery**

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Education



Umina Beach Public School Kindergarten students patting a python at the Australian Reptile Park

Students visit reptile park

Ninety five kindergarten students from Umina Beach Public School visited the Bulgandry Aboriginal Site and the Australian Reptile Park on August 31.

The children saw feathery, furry, scaly and slimy animals during their Reptile Park visit and were able to pat a tawny frogmouth, a koala, some snakes, a lizard, frogs and a baby crocodile.

After the show, the children were able to explore the park in small groups and view the many fascinating animals.

Newsletter, 13 Sep 2016
Paul Farrugia, Umina Beach Public School

Speech pathologist talks at Ettalong

Staff at Ettalong Public School have been given a talk by Erina speech pathologist Ms Tracy Mee.

Ms Mee has been working with a number of Ettalong Public School students throughout the year.

"Tracy and a speech pathology intern have been very generous with their time in assisting some of our young students and for this we are grateful," said relieving

principal Ms Lynn Balfour.

Teachers have also been taking part in professional learning and planning days when they meet as a stage group to prepare quality lessons for term four.

"These days are extremely valuable and much appreciated by the staff," Ms Balfour said.

Newsletter, 13 Sep 2016
Lynn Balfour, Ettalong Public School

Dressed up for Book Week

Pretty Beach students dressed up in their favourite book character to celebrate Book Week on Tuesday, August 30.

From Harry Potter to Thing 1 and Thing 2, students didn't hold back when expressing their

creativity through their costumes.

School principal Ms Deborah Callendar said the students and parents deserved congratulations for their effort to help the school celebrate.

Newsletter, 8 Sep 2016
Deborah Callendar, Pretty Beach Public School

Aboriginal cultural excursions

Schools in the Brisbane Water Learning Community have undertaken some aboriginal cultural excursions in recent weeks.

Year 6 students from Umina Beach Public School attended an excursion at Ettalong Public School to learn traditional dances and

techniques to play the didgeridoo. They were joined by other Year 6 students from the local area.

The students engaged in activities that shared traditional customs, laws and stories from the local region.

Barrabarrang representatives passed on their knowledge to the

students.

Kindergarten students from local public schools visited Empire Bay Public School and were treated to traditional aboriginal stories from the region on Wednesday, September 7.

They were shown artefacts including boomerang, spears and emu callers.

Local aboriginal elders visited the school to teach the children about traditional dance.

Newsletter, 13 Sep 2016
Paul Farrugia, Umina Beach Public School

Fathers' Day at Woy Woy South

Woy Woy South Public School students and parents held their annual Fathers' Day Breakfast on September 2.

Despite bad weather, school staff and volunteers cooked a total of 372 eggs, 20kg of bacon and more than 100 sausages to cater for around 400 at the successful

event.

The setup commenced at 5am with visitors beginning to pour in at 7am and a full scale production which culminated in the drawing of Fathers' Day raffle prizes at 8:50am.

Newsletter, 6 Sep 2016
Kim Whealey, Woy Woy South Public School

Buddies visit preschool

Year 4 students from Pretty Beach Public School have been visiting the local preschool in small groups every Monday and Thursday during Term Three.

The students are learning to be supportive and caring buddies while getting to know the preschool students who will be starting at Pretty Beach Public School in 2017.

The students have been working with the preschool students in doing pre-writing and pre-reading activities.

Next term the Year 4 students will be involved in four one-hour training sessions called Better Buddies so they will be well equipped next year when their buddies start kindergarten.

Newsletter, 8 Sep 2016
Deborah Callendar, Pretty Beach Public School

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College brings home Buckley Shield

Brisbane Water Secondary College's Umina Campus has been crowned School Boy Rugby League under 14 state champions, taking home the Buckley Shield on September 14.

The boys played against Eagle Vale High School at the Tigers Campbelltown Sports Stadium home ground, coming out on top with a win 24 to 16.

The team were victorious over some 200 other schools who entered the competition statewide.

Brisbane Water Secondary College Umina is only the second Central Coast high school to win the championship since it began in 1974.

They also won the shield in 2011, came a close second 2010,

and have made several semi-final appearances since.

Coached by Patrick Crouch, Jessi O'Neill was named man of the match and team captain Jamie Capell, was honoured as player of the series.

Mr Crouch said a bus load of students from the school came along to cheer on the boys, showing school spirit and making it a memorable day.

"The school is incredibly proud. They're a good group of young men," Mr Crouch said.

He said the team is part of a targeted sports program for boys which focuses on Rugby League.

Students could only participate if they fulfilled academic, attendance and behavioural requirements.

Interview, 15 Sep 2016
Patrick Crouch, Brisbane Water Secondary College
Reporter: Jasmine Gearie



Brisbane Water Secondary College Umina U14 Buckley Shield Winners

Advertisement

MARINERS NEWS

SEPTEMBER SCHOOL HOLIDAY CLINICS

What are your kids up to these school holidays?

Get your kids active these school holidays with the Newcastle Permanent Central Coast Mariners School Holiday Clinics in September 2016!

Central Coast Mariners club legends Adam Kwasnik and Damien Brown with their teams of experienced coaches will lead clinics in Orange (Western NSW) and Tuggerah (Central Coast) throughout September 2016, with boys and girls aged 5 to 12 catered for.

Each participant will receive specialised coaching, as well as a Mariners training shirt to wear throughout their sessions, and take home to mark their involvement.

PLUS – Those taking part in the Tuggerah (Central Coast) clinic, will have the opportunity to be coached by Central Coast Mariners players and coaching staff, meet the team in a signing session and have a group photo with the squad!

Kids can opt to join in for one, two, or three days of football fun in a supportive environment which aims to not only enhance their football skills, but ensures they are remaining active throughout their school break.

This program is proudly sponsored by Newcastle Permanent – Official School Holiday Clinic Partner of the Central Coast Mariners.

Central Coast Mariners School Holiday Clinics – September 2016

Venue: Central Coast Mariners Centre of Excellence (1 Bryant Dr, Tuggerah)

Dates: Monday 26th September (Coaching by Mariners Players and a Tour of the Centre of Excellence), Tuesday 27th September (Coaching by Mariners Players, team photo and signing session) and/or Wednesday 28th September 2016 (Participants take part in the Mini World Cup, with coaching by Mariners players).

Time: 9:00am - 12:00pm

Cost: \$65 (1 Day), \$115 or (2 Days) \$140 (3 Days) - Mariners Members save 10%

Venue: Sir Jack Brabham Park, Orange

Dates: Thursday 29th & Friday 30th September 2016

(Participants take part in the Mini World Cup on Friday 30th September 2016)

Time: 9:00am to 12:00pm

Cost: \$65 (1 Day), \$115 (2 Days) - Mariners Members save 10%

Phone: (02) 4353 7200 for more Information

Boxing training for school students

Umina PCYC opens its doors to young students every Thursday and Friday morning, giving them the chance to train with the best for free.

Umina PCYC is the home gym for the NSW PCYC Boxing Academy, a team of elite junior and senior male and female boxers that are selected from across NSW clubs to represent PCYC.

They have athletes travelling from as far as Sydney all the way to the Central Coast just to catch a glimpse of what it is like to train with some of the best boxers in Australia.

But every Thursday and Friday morning, head trainer Mr Joel Keegan and current Ringside World Champion Ms Anja Stridesman focus their energy in training dedicated local high school students.

Club manager Mr Martin Eddy spends the morning driving the company bus to each student's house, picking them up for training.

They are then given the opportunity to train as if they

were members of the NSW PCYC Boxing Academy with Keegan and Stridesman.

Such training sessions would usually end up costing around \$56 a month but, thanks to the generosity of the PCYC, the sessions are all free.

There are showers in both female and male change rooms at the PCYC allowing participants to freshen up before school.

PCYC officers then cook a barbecue each week for the students, so they don't go to school on an empty stomach, and also provide fruits that can be taken for morning tea.

Students are then dropped off and signed in to school by club manager, Martin Eddy, leaving parents stress free.

This program may be further improved as the PCYC has been informed it may receive a grant to go towards it, perhaps to purchase a larger bus as more local teenagers are getting involved.

Submission, 7 Sep 2016
Reporter: Khymamoana Tevi-Fuimaono

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Details on page 2 - 4325 7369

Sport



Bunnies U12(4)s forward Brock Neighbour is armchaired by the Colts

Photo Andrew Stark



The Roosters hung on during the latter stages of the U10(2)s grand final



Woy Woy's Bailey Chislett on the fly during the U10(2)s decider



Woy Woy U11(2)s fullback Bradley Plummer is grabbed from behind by a Roo

Mixed results in junior rugby league grand finals

The Central Coast Junior Rugby League grand finals provided mixed results for local teams as fans from far and wide descended on Morrie Breen Oval and the Central Coast Stadium on the second weekend of September.

The Woy Woy Under 10(2)s tasted success in their decider against a plucky Gosford-Kariong team, surviving a late comeback to win 28-22.

Sean Bullen was outstanding for the Roosters at the back, while former Storm five eighth Bailey Chislett crossed for two tries against his old club.

A classic struggle ensued between Woy Woy and Wyong in the Under 11(2)s grand final.

Wyong had remained undefeated throughout the season and finished a staggering 14 competition points ahead of the fourth placed Roosters who had battled their way through the semi-finals to reach the decider.

The Roos showed their class early and bounded away to lead 12-0 midway through the opening half.

Woy Woy slowly worked their way back into the contest, however.

When centre Lachlan Kidd scored and then converted just before the break, parity was restored at 12 apiece.

The second half developed into a truly gripping affair as Wyong edged ahead only to be hauled in yet again.

It was 18 all at the siren and extra time was required in an

attempt to split the teams.

Supporters of both sides had their hearts in their mouths when firstly a charge from Roosters prop William Hodder came within a blade of grass of winning the day for his team, before a speedy Roo hared away at the other end of the field, darting into the corner to much green and gold jubilation, only to be called back by the officials for a forward pass.

Two periods of extra time elapsed and the sides just couldn't be separated: Woy Woy and Wyong crowned joint premiers for 2016.

Not so fortunate were the Woy Woy Under 12(3)s who had won back-to-back elimination semi-finals just to reach the big day. They fell 30-22 to minor premiers Budgewoi. The Under 11(4)s decider saw an in-form Kincumber team prove too strong for the Umina Bunnies; the Colts galloping to a 22-6 victory having led by 10 at the break.

Media release, 13 Sep 2016
Andrew Stark, Gosford
Kariong Storm RLFC

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Peninsula News

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Lifesaving Masters have successful year

The Ocean Beach Surf Lifesaving Club's Masters competitors have had a successful year of competition, coming in seventh at Branch; 17th at the State Titles; 15th at the Australian Titles; and 16th at the World Titles.

The club's masters competitors included Peter Quick, Marcus Kain, Warren Peters, Phillip Tubby, Allison Tucker, Jason Tucker, Lee-Anne Grosvenor, Richelle Ingram, Michael Dixon, Matthew Smithers, Kyle Williams, Andrew Fortis, Shane Oakes, Jason Tucker, James White, Darren Peters, Katie Dixon, Vicki Ross, Nicola Turner, Donna Hannell, Mark Lacey, Louise Lambeth, Mark Davis, Nij Fitzgibbon, Cassandra Wong, Darren Shaw, Grant Hamilton, Alan Moffitt and David Fitzgerald.

Over the season, the team competed at nine carnivals: Nutty Masters at Wamberal; Fingal Beach; Toowoong Bay; East Coast Masters at Collaroy; Branch at Avoca Beach; State at Ocean Beach/Umina; Queensland State Titles at North Burleigh Beach; Australian Titles at Maroochydore; and World Titles in at Noordwijk, Netherlands.

The Surf Lifesaving World Titles team consisted of seven competitors: Warren Peters; Phillip Tubby; Lee-Anne Grosvenor; Matthew Peters (Opens); Allison Tucker; Jason Tucker; and Richelle



Ingram.

Robyn and David Carr volunteered as officials with David Thompson as the International Lifesaving Sport Commissioner, Event Director for the 2016 Lifesaving World Championships.

Robyn received a bronze medal for her services to international lifesaving and David Thompson was also presented with his Knight in the Order of Lifesaving.

Travelling to Noordwijk for the world championships was not only

*Main - Phillip Tubby winning Flags Gold
Inset - Jason Tucker attaining a Silver medal in the 2km Beach Run*

Helping competitors from other countries who do not have the heritage and experience that Australians have, and the friendships forged with the international membership, were major factors in the team's decision to attend.

Six master competitors saw Ocean Beach bring home 13 medals placing this small team 16th in the World.

The team's 2016 World's

Masters Medal Tally included: Gold medals for relay team members Warren Peters, Darren Peters and Phillip Tubby; and Silver medals for relay team members Allison Tucker, Richelle Ingram and Lee-Anne Grosvenor.

Individual medallists included Allison Tucker who won Gold Sprint and, Gold Flags.

Phillip Tubby gained a Gold medal in the Flags and a Bronze for Sprint.

Darren Peters won a Gold

medal for Sprints.

LeeAnne Grosvenor achieved a Silver medal for Sprints and a Bronze in the 2km Beach Run.

Richelle Ingram attained two Bronze medals in Sprints and Flags.

Jason Tucker came home with a Silver medal for Sprints and another Silver for the 2km Beach Run.

"Ocean Beach is proud of their World's team," said Masters manager Louise Lambeth.

"They were ambassadors for our club, the Peninsula, the Central Coast, NSW and Australia," Ms Lambeth said.

"We may be a small surf club but we aim to make a difference," she said.

A trivia night was held to help support the club's World's Team.

"The Ocean Beach Masters team has had a successful year, and there is a reason.

"It's not about the training schedule, although there are lots of coaching opportunities.

"It's not about being the best of the best, the fittest or the fastest.

"It's about a little club with a big heart, about encouraging each other and having a go.

"If you would like to be a master competitor in the 2016-17 season, there is a whole lot of support and encouragement to help you along the way," Ms Lambeth said.

Media release, 13 Sep 2016
Louise Lambeth, Ocean Beach
Surf Life Saving Club

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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

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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 - Cooina
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
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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
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www.brightsky.com.au

Peninsula Village Wellness Centre
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4344 9199

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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
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stateoffice@rdansw.org.au

Schizophrenia and Bipolar Fellowship
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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
kyle.macgregor@hotmail.com

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

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

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

Service Groups

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

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

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

Peninsula boxer turns professional

Peninsula boxer Satali Tevi-fuimaono will make his professional debut on October 8 at St Claire Leisure Centre in Sydney.

The young sports star is only 19 years old but has already accomplished a lot.

He is not only a two-time Junior World Champion but a six-time Australian Champion.

In fact, Satali was considered by some to be Australia's best chance of winning a boxing medal at the summer Olympic Games in Rio in August.

Young Satali was robbed of his opportunity to a fair trial to participate at Rio due to a sliced toe caused by a "dodgy" floor set up at the Nationals in late 2015.

He received a letter from Boxing Australia chief executive, Mr Paul Grogan, who said: "After careful consideration of each weight category in respect of reasons for entry of boxers, it is of the view there is no exceptional circumstances or reason that justifies the inclusion in the box-offs of any boxers other than the Australian Champion and the runner up of each Olympic weight category".

However, for Satali and his supporters, what circumstance could be more exceptional than a fighter who required six stitches in his sliced toe due to no fault of his own?

Satali was injured in an event run by Boxing Australia yet the

organisation was not prepared to make an exception.

His dream to attend the Olympics was over but a new dream had begun.

While continuing to fit in work for his father as a bricklayer, Satali has not only been training nonstop but also training others, including the youth of the Peninsula.

Every Monday and Wednesday afternoon from 4 to 5pm, Satali gives his time to train and mentor young athletes at the Umina PCYC, hoping to teach them the basic skills of boxing and keep them off the streets.

Things seemed to finally be looking up for the young man as the PCYC's boxing manager, Mr Peter Kahn, had just signed Satali to a management agreement.

Then things began to turn south again.

Satali discovered he had a tear of the labrum and a shoulder impingement which prevented him from sparring and affected his training and preparation for the

professional debut.

As the weeks went by, and with constant exercise and stretching of the shoulder, he was able to recover and continue with his training.

Satali's opponent for his professional debut is Pramool Boonpok.

Boonpok is not only an experienced kickboxer but he has had over 25 boxing bouts as a professional.

Tevi-fuimaono has been an amateur boxer for years so matches consist of only three rounds each lasting for three minutes but, as a professional fighter, a bout could go for up to 10 rounds.

So will Central Coast golden boy be able to handle the heat?

We will soon find out at St Clair Leisure Centre in Sydney on October 8 when Satali will once again step into the ring.

Submission, 6 Sep 2016

Reporter: Khymamoana

Tevi-fuimaono

Photo: Jay Cronan



Killcare Surf Life Saving Club juniors

Surf club gears up for new season

With only two weeks to go, Killcare Surf Life Saving Club is gearing up for the start of the new season.

Patrols will start on Saturday, September 24.

Killcare will be hosting the Raising of the Flags for the Central Coast on Sunday, September 25.

The Killy Nippers season is also just around the corner.

Nippers will be starting at

9:30am every Sunday beginning Sunday, October 16, through to December 11 to break for Christmas.

The season will then continue on from January 22 to March 19.

The club will also be hosting a youth development program, youth leadership program and an under-15's gap year program.

Media release, 9 Sep 2016
Killcare Surf Life Saving Club

The Peninsula Diary of Events

For events in post code areas 2256 and 2257

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

Sunday, Sep 25

Bays community breakfast, The Bays Community Hall from 8:30am to 10:30am

Monday, Sep 26

Peninsula Village Annual General Meeting, 91 Pozieries Ave from 10am

Wednesday, Sep 28

Peninsula Link Day, Peninsula Community Centre, 93 McMasters Rd, Woy Woy, 10am to 2pm

Friday, Sep 30

Troy Kemp is playing at Ettalong Diggers from 8pm

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

Sunday, Oct 2

Jazz at the Pearl Beach Arboretum, featuring the Hetty Kate Quintet, from 2pm

Saturday, Oct 8

Jimmy Barnes official book signing, Book Bazaar Umina, 327 West St, 10am

Peninsula Pacific Island Group Jumble Sale, Mingaletta Hall, Umina, selling bric-a-brac, cakes, sausage sizzle, Hula performance, 8am to 2pm

Sunday, Oct 9

Woytopia Festival, Woy Woy South Public School, 9am to 3pm

Sunday, Oct 16

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

Wednesday, Oct 19

Bays General Meeting, The Bays Community Hall from 7:30pm

Saturday, Oct 22

Central Coast Council Garage Sale Trail

Wednesday, Oct 26

Peninsula Paradise, documentary premiere, Cinema Paradiso, showing for two weeks following Premiere with proceeds to Mary Mac's Place

Saturday, Oct 29

Open Day to celebrate 40 years of public education, Umina Campus, Brisbane Water Secondary College, 10am to 2pm followed by Gala Dinner at Everglades Country Club

Tuesday, Nov 1

Melbourne Cup Luncheon at Pearl Beach Memorial Hall

Peninsula directory of services, contacts and support groups

Ambulance,

Police, Fire 000

Emergency

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

Aboriginal & Torres Strait

Islander Organisations

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

Accommodation

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

Animal Rescue

Wildlife Arc 4325 0666
Wires 1300 094 737

Community Centres

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

Counselling

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

Family and Relationships

Centacare Gosford 4324 6403
Central Coast Family Support
Service 4340 1099

Horizons (For men with children) 4351 5008

Uniting Care Burnside
Gosford 1800 067 967

Health

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

Legal & Financial Help

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

Libraries

Gosford district:
Umina Beach 4304 7333
Woy Woy 4304 7555

Problems,

Habits & Addiction

Alcoholics Anonymous 4323 3890
Narcotics Anonymous 4325 0524

Transport

Taxi 131 008
Busways 4368 2277
City Rail 131 500

Welfare Services

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

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

Classifieds

Prices for classified advertisements in these pages come in three categories

Not For Profit Organisations

Not for profit organisations' events advertisements are subsidised.

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

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

Private advertisements

Private advertisements only cost \$33.

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

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

Business rates

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

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

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

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

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

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

Online classified advertising rates Online only

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

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

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

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

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

Combined online and print advertising

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

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

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

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

See page 2 for contact details.

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

GosfordClassifieds.com.au
for online Central Coast
classified advertisements

ANTENNAS

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

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

BATHROOM

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

BOOKKEEPING

GOSFORD BOOKKEEPING
Registered BAS Agent
Member of Institute of Certified Bookkeepers
Accredited and experienced with various accounting packages
Contact Ken
www.gosfordbookkeeping.com.au
0417 657 414

BOREWATER

Bores and Spears

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

Bore Water Pumps

Spear pump installations, repairs & maintenance for all types of pumps
est 1978

John Woolley
4342 2024

BUILDER

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

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

AJ Donnellan Carpenter & Joiner

For all your carpentry needs
Specialising in Joinery

30 Years Experience

Call Anthony

0419 611 637
Lic#R92786

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

CLEANING

Weston & Wilson Cleaning Services

Domestic, end of lease, holiday & vacate cleans.

Regular or one off.

Fully insured, WWC & Police check avail.
From \$35 hour.

Maryanne
0403 505 812

Carpet cleaning, window pressure cleaning, house washing, stone floor cleaning, sealing and grout colouring, floor sanding, vinyl floor stripping and cleaning, move out cleans and general cleaning.
For all your cleaning needs, commercial and residential:
Ph: 0421 493 447

DANCE

CENTRAL COAST
BUSH DANCE & MUSIC ASSOCIATION
Experience Folk Music at its best at
East Gosford
Progress Hall @ 7.30pm
Henry Parry Drive
OCT 8
Spring Ball with Snake Gully
Admission \$15 incl. supper
www.ccbdma.org for more information
Enq: **4344 6484**

DOORS&WINDOWS



Security : Entrance : Interior :

Bifold : Wardrobe Doors :

Aluminium Glass Sliding Doors and

Windows : Blinds : Awnings :

Alluminium Quickslat Screening :

Dog And Cat Doors : Fly Screens :

Locks : Wheels And Tracks

ALL MAINTENANCE AND REPAIRS

Unit 1/14 Alma Avenue Woy Woy

4339 2424

0402 186 546

POLICE MASTERS LIC 409982903

SECURITY LIC 2E409965334

CARPENTRY JOINER LIC 256823C

ELECTRICIANS

BKW

Electrical Services

Lic No:248126C

Lights - Fans -

Power - Reno's

Switchboards -

Security lights

No job too small

Call Ben on

0404 093 299

YOUR LOCAL ELECTRICIAN

Same day service Guaranteed

Lighting, Power Points,

Phone & Data,

Fault Finding,

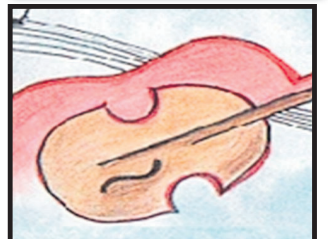
No job too small.

Seniors Discount.

Lic number 265652C

4308 6771

ENTERTAINMENT



The Troubadour
FOLK AND ACOUSTIC MUSIC CLUB

SATURDAY OCTOBER 8 AT 7PM
JEZ LOWE
CWA HALL WOY WOY
TICKETS \$12

www.troubadour.org.au

4342 6716

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

4324 2801

FENCING

BLUEPRINT FENCING

All types of fencing, gates and retaining walls
Call Luke
Free quotes

0401 347 247

FOR SALE

Daihatsu Terios All Wheel Drive

Excellent Condition

220,000km - 5 speed, 2+ months rego, 5 speed manual, towbar, electric mirrors, MP3 sound system

\$2750 ono

0410 522 070

2001 Hyundai Accent GL

3 door sedan, 5 speed manual
11 months rego

Only 125,000 ks, log books, full service history

Air conditioned, power steering
Very clean, economical, reliable,

small car. Only \$2,750

Ph: 0410 522 070

To advertise here call

NEWSPAPERS
central coast

4325 7369

Classifieds

KITCHENS

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

LAWNMOWING

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

MOBILE MECHANIC

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

PAINTER

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

PAINTING

MASTER PAINTER
QUALITY TRADESMAN
INTERIOR/EXTERIOR ALL ASPECTS
OF PAINTING AND DECORATING
DULUX LEADING THE INDUSTRY
I DO IT ALL
Mention this ad get 10% or 20%
pensioner/senior or concession card.
Local fully qualified licences tradesman
with all the experience and skills
10 million insurance cover NRMA - Acra tex render texture
applicator - waterproofer - plasterer interior/exterior

ABN64765219671
CONTACT JONATHAN
0466 966 547
qualitytradesman@hotmail.com
Dulux
Worth doing, worth Dulux.

PHOTOGRAPHY

CENTRAL COAST EVENT
PHOTOGRAPHER
corporate - website - events
a one stop solution for all your
photographic needs
VALPIX
www.valpix.com
0418 600 436

PLUMBING

Umina Beach
Plumbing
All aspects of
plumbing:
Drainage and
Gasfitting, Domestic
and Maintenance
Works
Installation of
Hot Water tanks
4344 3611
0402 682 812

YOUR LOCAL PLUMBER

Same day service
Guaranteed
Blocked drains, Leaking
taps and toilets, Hot
water and all aspects
Of plumbing drainage and
gas fitting.
Lic number 265652C

4346 4057

PUBLIC NOTICES

You're invited to attend a
Strata Laws Review with
L J Hooker Woy Woy
and the Office
Fair Trading at Gosford
RSL on 6th October of
2016 at 5.30pm

LJ Hooker
Elizabeth Donovan
WOY WOY
02 4341 2001

PUBLIC NOTICE

Car Boot Sale

Woy Woy Peninsula Lions Club
Sept 25
9am to 1pm
Great variety of stalls ~ BBQ, Tea
& Coffee. Vendors Welcome ~
\$15 per car
Now at Dunbar Road Car Park
NB stall sites not open until
6.30am Cnr. Ocean Beach
Road Woy Woy
Always Last Sunday
(Except December)
Enq: 0478 959 895



The Peninsula
Villages Annual
General Meeting
will be held at
91 Pozieres Avenue,
Umina Beach on
Monday 26th September
2016 at 10:00am
All members of the community
are welcome to attend.

REMOVALS

KEVIN'S REMOVALS & DELIVERIES

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

02 4342 1479
0411 049 559



To advertise
here call
us on
4325 7369

The Shame File

Central Coast Newspapers has a very liberal credit
policy for advertisers and realises that from time to
time, people, businesses and organisations get into
financial difficulty and may need assistance and time
to get things back on track.
However, some people, businesses and organisations
take advantage of this generosity they use advertising
but simply don't pay their account after several
months and need to be taken to court to do so.
From time to time, as necessary, we will name
these people, businesses or organisations as a
warning to our readers so that they will be
wary when dealing with them.

- **Affordable Roof Solutions** - Brad Sedgewick Ettalong
- **Sharon Martin** - Devine Image
- **Depp Studios** - Formerly of Umina
- **Stan Prytz** of ASCO Bre Concreting
- **Andrew and Peter Compton**
- **Bruce Gilliard Roofing** of Empire Bay
- **Jamie McNeilly** formerly of Jamie's Lawn Mowing, Woy Woy
- **William McCorriston** of Complete Bathroom Renovations
- **First Premier Electrical Service** of Umina Beach
- **High Thai-d Restaurant** of Umina Beach
- **Mal's Seafood & Charcoal Chicken** of Ettalong Beach
- **Simon Jones** - All external cleaning and sealing services
- **Erroll Baker**, former barber, Ettalong
- **Tony Fitzpatrick**, Trading as Futuretek Roof Constructions
- **Tye King** - Formerly The Fish Trap Ettalong Beach
- **Jessica Davis of Erina** - Trading as A1 cleaning services
- **Simon and Samantha Hague**, Trading as By the Bay Takeaway Empire Bay
- **Rick Supplice** of Ettalong Beach, Trading as Rick's Flyscreens
- **Mountain Mutts** - Monique Leon, Ettalong Beach
- **Skippers Take away Seafood** Marilyn Clarke, Umina
- **RJ's Diner** - Woy Woy
- **Thomas James Clinton**, Trading as TMA Products & AthroBalm & Effective Business Solutions of Ettalong
- **Greenultimate Solar** PTY LTD
- **Menhir Tapas & Bar** PTY LTD

REMOVALS

COAST AND COUNTRY
REMOVALISTS
DAILY CENTRAL
COAST - SYDNEY-
NEWCASTLE
Home Office, Deceased
estates, General Freight,
Great Rates
0475 263 142

ROOFING

Metal roofing
All aspects
Gutters, Downpipes
Skylights
Custom flashings
Grove Installations
P/L
0431 136 092
0404 340 570
Lic 282094c

ALL ROOF TILES

Repair and restoration
Pressure Cleaning
Gutter Cleaning
Whirlybird install
Call Shane
0413 036 291
Lic 102482c

TILING



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

TUITION - DANCE

Gosford Scottish Country Dancers

hold an intermediate class
on Wednesdays from 7 to
10 pm at Wyoming - It's an
excellent form of exercise
which brings men, women
and young people together
socially, learning new and
old dances in a very friendly
relaxed atmosphere
No experience or partner
necessary
All ages welcome
Cost \$7.00 per week -
Contact Janice on
4388 2253

TUITION - MUSIC

Learn to play
harmonica at your
own pace at my
place or
Skype at yours
www.harmonicatom.com.au
phone 02 4324 2801
email tom@tomflood.com.au
\$40 hr or \$25 1/2 hr
Skypeharp: pay by PayPal
SPRINGFIELD, NSW

WANTED TO BUY



CASH PAID
for good quality
Swords, Knives and
War memorabilia.
For large collections
home visit available
Shop 12 - Ebbtide Mall
155 The Entrance Rd
The Entrance
4333 8555



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Sport



Woy Woy are the 2016 Premier 2 winners of the Central Coast Rugby Union Competition

Lions' season best in many years

The 2016 Rugby Union Season has proven to be the most successful for the Woy Woy Lions for many years.

All senior grades made the semi-finals, reserve grade won their first premiership since 2000 and the irrepressible Under 17s defeated Ourimbah for yet another premiership.

The reserve grade side, coached by John Stokie, saved their very best performance for the grand final beating the strong Avoca XV by 20 points to 12.

Strong running centre Blake Arahill played superbly and was judged best on ground but it was a superb display by the forward pack which was the decisive factor.

The club's presentation night was held at Ettalong Diggers and

award winners featured a blend of young players who are expected to feature strongly in the next few seasons.

Prior to the Lions' awards, flanker Lapana Vitale had been judged Central Coast Under 20 player of the year.

In his first season in First Grade, his consistent work rate in attack and defence plus his running with the ball was outstanding.

Fellow back-rower Chris Paseka, who has been a tremendous boost to the team since his arrival in 2014, was judged Best and Fairest in First grade as well as Players' Player.

Best back in First Grade was centre Wade Hannell, in his second year in the top side but still only 20.

Reserve grade Number 8,

Luke Meaney, another newcomer, earned the Best and Fairest award and also was leading try scorer in the club.

Luke scored both Lions' tries in the grand final.

Best reserve grade back was fullback Ben Skinner. Zac Stride, still eligible for U/19s, made the run onside in First Grade against strong opposition and was judged Rookie of The Year.

First Grade coach's award went to 22 year old fullback Alex Moore, clubman of the year went to First Grade manager Neil Ross and the coveted Col Gooley Award went to the wonderful back-rower, Feleti Atiola, who also coached the Under10s.

Email, 15 Sep 2016
Peter Fenton, Woy Woy Rugby Union

Woy Woy takes rugby union championship

Woy Woy became the Premier 2 champions of the Central Coast Rugby Union Competition after defeating Avoca Beach 20 points to 12, at Woy Woy Oval on September 10.

The Premier 2 Grand Final was an intense affair from start to finish.

Woy Woy got away to the better start and led early when they scored a converted try.

These were the only points of the first half, and Woy Woy went to the halftime break leading by that 7 points to nil.

Avoca Beach quickly responded at the start of the second half with a try to reduce the lead to 7-5, and the match was firing.

Avoca Beach kept their

momentum through the second half, leading by 12 points to 10.

It seemed that they had come from behind and were going on to victory, but Woy Woy had other ideas and two tries to them in the latter period of the match saw them gain the Premiership by 20 points to 12.

Woy Woy had several good performers but their standouts were centre Blake Arahil and number eight Luke Meaney, who crossed for two tries.

Best for Avoca Beach were halfback Justin Staben and number eight Tim Warwick.

This win sees Woy Woy secure their first Premier 2 Premiership since 2000.

Media release, 11 Sep 2016
Larry Thomson, Central Coast Rugby Union

Rugby Sevens Olympian visits school

Umina Beach Public School has had a visit by member of the Australian men's Rugby 7's Olympic team, Jesse Parahi.

Jesse visited the school to talk to the students in Years 3 to 6 about his experiences at the 2016 Rio Olympic Games.

Parahi was then reunited with young student Luke who had given

Jesse his lucky Hulk toy to take with him to the Rio Games.

He carried the toy with him at all times and had sent photos back to Luke during his time in Rio.

During his recent visit, Jesse finally returned the toy to Luke and thanked the student for his support.

Newsletter, 6 Sep 2016
Paul Farrugia, Umina Beach Public School

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

19 MON	0340 0.18 1000 1.80 1605 0.27 2218 1.71	20 TUE	0425 0.25 1048 1.80 1702 0.31 2312 1.59	21 WED	0514 0.35 1140 1.78 1803 0.38
22 THU	0010 1.45 0606 0.46 1236 1.72 1912 0.44	23 FRI	0115 1.33 0705 0.56 1339 1.66 2027 0.48	24 SAT	0232 1.26 0813 0.63 1448 1.63 2142 0.48
25 SUN	0351 1.26 0926 0.65 1559 1.62 2248 0.46	26 MON	0458 1.32 1034 0.62 1700 1.64 2342 0.42	27 TUE	0551 1.39 1134 0.57 1754 1.66
28 WED	0027 0.38 0636 1.46 1225 0.52 1840 1.67	29 THU	0104 0.36 0716 1.52 1309 0.47 1921 1.66	30 FRI	0138 0.35 0753 1.57 1349 0.45 1959 1.64
1 SAT	0209 0.36 0827 1.60 1427 0.44 2034 1.60	2 SUN	0339 0.38 1000 1.63 1603 0.44 2209 1.56	3 MON	0408 0.41 1032 1.64 1640 0.45 2244 1.50

APPROX. TIME LAG AFTER FORT DENISON

Ettalong 40 min, Rip Bridge 2hrs - Wisemans Ferry 2 hrs 30 min, Koolewong 2 hrs 10 min

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Paralympian looks set for medal

Peninsula teacher Liesl Tesch and sailing partner Daniel Fitzgibbon looked set to take out the gold medal in the two-person Keelboard SKUD18 sailing at the Rio 2016 Paralympics at the conclusion of day four of the Regatta.

The Rio 2016 Paralympic Sailing Competition has taken place at the Marina da Glória, Rio de Janeiro, Brazil and has featured 80 athletes from 23 nations across three events from September 12 to 17.

At the time of going to press, six out of the 11 races to be held at the regatta had been completed and Tesch and Fitzgibbon were at the top of their class with a net six points, following by Great Britain on 14 and Canada in third place with 24 points.

Champions Tesch and Fitzgibbon took the lead from day one, taking a bullet and a second place to sit top of the leaderboard on three points.

Race one was a statement of intent from the Paralympic champions as they led at every mark.

They narrowly missed out on a perfect day due to a determined Canadian team, of John McRoberts and Jackie Gay, who kept the Australians at bay in race two to take the win by just four seconds.

Despite the good start, the first



Dan Fitzgibbon and Liesl Tesch are aiming for another gold in the Rio Paralympics

thing Fitzgibbon talked about was the opening day weather, "First day and we couldn't do much better with the weather, it was

really warm, good winds and finally got everything out of the way and were racing."

At the conclusion of day one,

Liesl Tesch said: "I think we tactically threw the [2016] world championships so that we wouldn't feel the pressure, so we were comfy as ever coming in here."

"The most exciting thing is having to tell Dan where the boats are when we are in certain positions and turning around and saying 'They're just under the Sugarloaf' or 'they're just under Christ' that's quite exciting," she said.

The Polish team took their first world title in the lead up to Rio 2016 with a very consistent scoreline in Medemblik, the Netherlands.

With two third place finishes it looks like more of the same, but with Fitzgibbon and Tesch coming out of the blocks hard early on, the Polish team will need to take some bullets to keep up their hunt for Paralympic gold.

The second day of competition saw the frontrunners battling their competitors in a lighter south easterly breeze, ranging from 4-9 knots, with temperatures soaring up to 37 degrees.

Tasting success at the London 2012 Paralympic Games obviously left Fitzgibbon and Tesch hungry for more as they again left the Marina da Gloria top of the leaderboard at the end of race day two. Fitzgibbon has previously summed up his partnership with Tesch saying that he was 'the still water to her rapids', and in true form he calmly and quietly described the day, "The key ingredient to being

successful was just keeping it together, keeping your head on and just keeping on sailing."

"That's all we could do and just try and do as well as we could," he said.

Three races and scoring a 1, 2, 1 took its toll on the duo.

"The conditions were opposite from yesterday."

"A real test of endurance, crazy."

"But in sailing we get everything and that's why we love it."

With Fitzgibbon and Tesch top on six points, leading the chase behind the flying Aussies was Great Britain's Alexandra Rickham and Niki Birrell who started the day well, but ran in to trouble with their boat when their gib sheet fell off in race three.

The momentum they gained was from a bullet and second place which did eventually help move them up the leaderboard as everyone else around them also fell foul in the final race of the day.

Fitzgibbon and Tesch, day by day, continued to eek out more of a lead on their rivals and continued to be in the lead at the conclusion of day four in the competition.

With one day of sailing to go, it was strongly anticipated Tesch would return to the Coast with her second Paralympic sailing gold medal.

Website, 15 Sep 2016

Emma Hickman, Para World Sailing

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