

Administrator to review Council defibrillator refusal

Central Coast Council administrator Mr Ian Reynolds has called for a review of Council's decision to refuse approval for a publicly-accessible defibrillator to be installed at Pearl Beach along with rescue tubes and resuscitation diagrams.

The Pearl Beach Progress Association announced a campaign to raise funds to purchase a defibrillator for the beach in December 2015.

The goal was to have a defibrillator and rescue tubes and resuscitation diagrams on the beachfront and at the rock pool.

The response to the campaign was so positive that the association was able to purchase four defibrillators.

The Pearl Beach Safety Advisory Group, a working group of Pearl Beach residents with professional backgrounds in health and safety, was formed.

The Progress Association also received support from the Member for Robertson, Ms Lucy Wicks, who organised a grant of \$8250 under the Stronger Communities Program for a cabinet to house the defibrillator.

Upon application, the Council declined to allow the devices to be made available to the public at the Pearl Beach beachfront or rock pool.

A statement from Central Coast Council on Wednesday, October 12, said that Mr Reynolds had received a letter from the association and had already asked Council staff to review the decision.

That review is currently underway, according to the statement.

"Council staff are more than happy to meet with the association to find the best possible solution for the community."

The statement said Council's reasons for declining to approve the defibrillator had been outlined in previous correspondence to the progress association.

Those reasons included "concerns about damage, vandalism, and equipment being used by untrained people."

"The reserve they are talking about putting the equipment in received damage from storms previously and is exposed to impacts of environment," the statement said.



From left: Mr David Kenny from the Pearl Beach Safety Advisory Group holds a rescue tube and Mr Ross Christie, President of the Pearl Beach Progress Association, holds a defibrillator

Photo: Patrick Everett

However, Pearl Beach resident Mr Dave Kennedy, a Safety Advisory Group member and professional firefighter for Fire Rescue NSW, said the concerns were unwarranted.

He said: "I have undertaken over 100 rescues in the past 14 years as a professional council lifeguard."

"As an example, saving a five-year-old girl was made possible with a rescue tube, and we need equipment on our beach to save lives."

Since moving to Pearl Beach about a year ago, Mr Kennedy, who is a qualified CPR trainer, offered to train community members as a way of supporting the association's beach safety initiatives.

Mr Kennedy said he had no concerns about the defibrillators being used by untrained individuals.

"It is quite the opposite. They are designed for use by members of the public," he said.

According to Mr Kennedy, Mosman Council had four defibrillators located at Balmoral Beach.

"They are public access devices that have been used twice and both people were brought back to

life as a result."

The positive result was achieved because members of the public were able to use the defibrillators on the cardiac arrest victims within the first five minutes of the attack.

They still dialled 000 but did not have to wait the 10 or more minutes for the paramedics to arrive.

"It is common knowledge that a person's survival chances are reduced by 10 per cent for every minute lost before resuscitation begins," Mr Kennedy said.

"If we can get that defibrillator on them during the first five minutes their chances of survival shoot through the roof," he said.

The Pearl Beach Progress Association has organised for their defibrillators to be monitored by an alarm company, in an attempt to appease Council's concerns.

Anyone needing to use the device will have to call the alarm company first to receive a security code.

"The user will need to call 000 then press the button on the device and basically they will get someone talking to them who gives them the code."

"You will start seeing defibrillators in train stations, shopping centres and other public

places.

"That is already happening in Europe," he said.

In an open letter to Mr Reynolds, Pearl Beach Progress Association president Mr Ross Christie said the Council had placed impediments in the way of improving safety at Pearl Beach.

"I note that the Central Coast Council has: failed to respond to the report of the Coroner on the drowning of Chayce Kelly; refused permission for the Pearl Beach Progress Association, at its expense, to establish a defibrillator unit on the foreshore; failed to reply to a June 20 letter appealing against the decision of Council not to allow the Pearl beach Progress Association, again at its expense, to place rescue tubes and resuscitation charts on the beach and near the rockpool; and not responded to repeated requests to meet with you to discuss this matter," Mr Christie said.

"I trust that my file which evidences unreasonable impediments to improving beach safety at Pearl Beach never has to be tendered to the Coroner as evidence at some time in the future," he said.

Mr Christie said Council's

decision did not take cognisance of the current state of defibrillator technology.

"They are specifically designed for public access and to be used by untrained people," he said.

"The embedded system avoids misuse and danger to operators and defibrillators are being rolled out in public reserves around Australia."

Mr Christie said the drowning of five-year-old Chayce Kelly at Pearl Beach in 2014 had "triggered a whole lot of beach safety issues including rescue tubes and angel rings or life buoys as they used to be called."

"I have offered to meet with council and bring a new-generation defibrillator with me so they could see it has been designed for public access," he said.

"We have already had training for about 50-60 people in the village but you turn it on and a TV screen comes on and tells you what to do."

There is already a defibrillator located at the Pearl Beach shop but public access is limited to the shop's opening hours.

"I think they've got some misplaced concept of liability but there is no case law about anybody ever getting into trouble by attempting to save a life."

Mr Christie said the progress association wanted the equipment in place before the beginning of the 2016-17 beach season.

"It is a very popular spot and very heavily populated."

"I would have thought that on a sunny day 400 to 500 people would be on Pearl Beach."

Mr Christie said former Gosford councillor Mr Bob Ward had agreed to make representations to Mr Reynolds.

"There is no doubt we are on the right side of history."

"It is just a question of people waking up to themselves."

"We raised \$26,000, and I would say \$15,000 came from medicos and doctors who were very supportive of the appeal."

Email, 11 Oct 2016

Lynne Lillico, Pearl Beach Progress Association Interview, 12 Oct 2016

Ross Christie, Pearl Beach Progress Association Interview, 12 Oct 2016

David Kennedy, Pearl Beach Safety Advisory Group

Media statement, 12 Oct 2016

Ian Reynolds, Central Coast Council Reporter: Jackie Pearson

THIS ISSUE contains 58 articles - Read more news items for this issue at www.peninsulanews.info

NEWSPAPERS

central coast

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



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

Editor: Mark Snell

Commercial Operator:

Cec Bucello for Central Coast Newspapers

Journalists: Jackie Pearson, Dillon Luke

Assistant Journalists: Jasmine Gearie

Graphic Design: Justin Stanley **Sales:** Val Bridge

Photo Journalist: Noel Fisher

Declaration of interests

Honorary editor: Mark Snell

Owner and managing director, Open Windows Consulting Pty Ltd

Vice-President, Australian Conservation Foundation Central Coast branch

NEXT EDITION: PENINSULA NEWS 405

Deadline: October 27 **Publication date:** October 31

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

Contributions

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

All accepted contributions also appear on our website.

Legal responsibility for editing, printing and publishing of editorial content in Peninsula News is taken by Mark Snell of Woy Woy, for Woy Woy Community Media Association Inc

Central Coast Newspapers is the commercial operator of Peninsula News

ISSN 1839-9029 - Print Post Approved - 100002922

FairFax Media Print Newcastle

Slow start for October rain

Just one 10th of the average monthly rainfall has fallen on the Peninsula in the first two weeks of October, according to figures supplied by Mr Jim Morrison of Woy Woy.

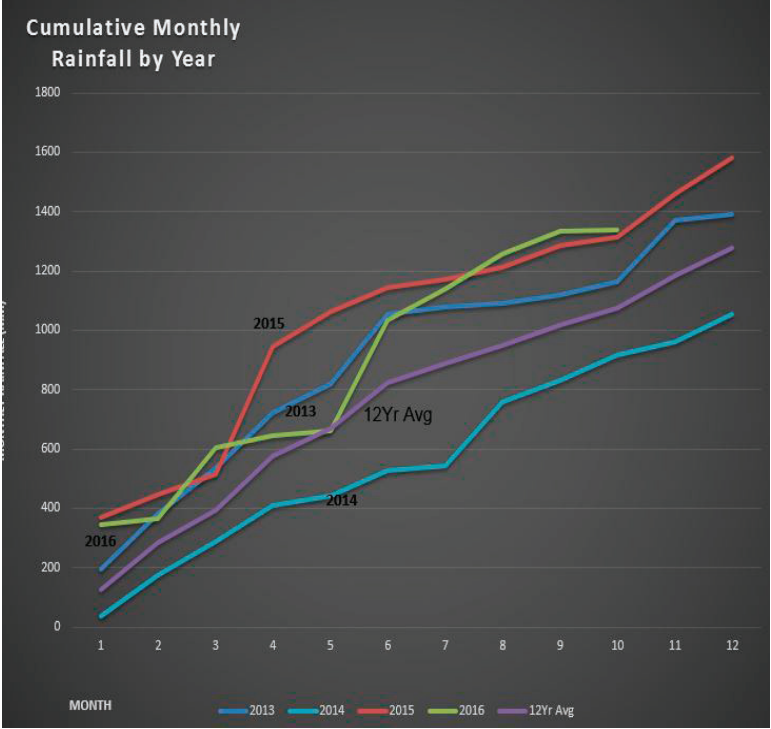
A total of 5.8mm was recorded to 9am on October 14.

The October average is 57mm.

The total for the year to date now stands at 1338.4mm, which is 4.6 per cent above the average annual rainfall of 1279mm.

It is also 24.4 per cent above the average cumulative figure at the end of October of 1076mm.

Spreadsheet, 14 Oct 2016
Jim Morrison, Woy Woy



YOUR CHANCE TO WIN

Peninsula News and the Salt House Theatre Company are pleased to offer three double passes to Salt House Media's production of *Pride and Prejudice*.

Voted the most romantic novel ever written, *Pride and Prejudice* is coming to life on stage at The Art House, Wyong from November 5.

You're invited to join the Bennet's in their Longbourn home, dance with Charles Bingley at Netherfield, dine with Mr Collins and Lady Catherine, and fall in love with Elizabeth and Darcy. This nineteenth century romantic comedy, revolves around two people who were born to be in love, and care not about business, pleasure, or each other.

It is frustrating enough when one person refuses to fall in love, but when both refuse, we cannot rest until they kiss.

Elizabeth Bennet is one of the most charming and loved heroines in all literature, while Mr Darcy has become a model for romantic and desirable heroes ever since he was penned.

The story also has some of Jane Austen's best comic creations in the awkward Mr Collins, lively Mrs Bennet, flirtatious Lydia, and the maleficent Lady Catherine De Bourgh.

Many productions offer laughter and tears, this one delivers.

For your chance to win a double pass write your full name, address and a daytime phone number on the back of an envelope and mail it to Peninsula News *Pride and Prejudice* Competition, PO Box, 1056, Gosford, NSW, 2250 and entries close 5pm on October 27.

The winners of the Quick Mark competition were J Evans of Woy Woy, P McCarthy of Kincumber and A Yates of Woy Woy.

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

Get the most out of your advertising dollar

NEWSPAPERS

central coast

#thisisthelife

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

www.centralcoastnews.net

facebook

Office: 120c Erina Street, Gosford - **Phone:** 4325 7369 - **Mail:** PO Box 1056, Gosford 2250

E-mail: editorial@centralcoastnews.net - **Website:** www.centralcoastnews.net

www.peninsulanews.info

VISA

Proposal to increase Palm Beach ferry price



From left: Jayden Gordon holidaying at Pearl Beach was taught about a rescue tube by Mr Dave Kennedy

Photo: Patrick Everett

Fares for the Palm Beach Ferry Service would increase under recommendations from the NSW Independent Pricing and Regulatory Tribunal but Central Coast Ferries ticket prices would not change.

The Tribunal has recommended that Palm Beach Ferry Services increase by 30 cents to \$11.60 for the Ettalong service.

Central Coast Ferries would not change from the current \$7.80 maximum fare.

Tribunal chairman Dr Peter Boxall said that the draft fare recommendations were based on estimates of each ferry operator's efficient fare and aims to balance the impacts on ferry operators and

their customers.

"For Central Coast Ferries, our draft recommendation is for maximum fares to remain unchanged in 2017, as these are still higher than actual fares in the market," Dr Boxall said.

The Draft Report invited public comment on the draft fare recommendations for 2017 until November 8.

"All stakeholder comments will be taken into consideration before making final recommendations to Transport for NSW in December."

The Draft Report is available on the Tribunal's website ipart.nsw.gov.au.

Media release, 11 Oct 2016
Julie Sheather, NSW IPART

Wicks urges Council to reconsider defibrillator decision

The Member for Robertson, Ms Lucy Wicks, has urged Central Coast Council to reconsider its decision not to grant permission for Pearl Beach Progress Association to locate defibrillators on its beachfront and near the local rock pool.

"Since being made aware of the issue the Progress Association has been having with Central Coast Council, I have escalated the matter urgently in meetings with both the Central Coast Council CEO and the office of the Minister

for Regional Development, Senator Fiona Nash," Ms Wicks said.

"The Turnbull Government is pleased to be backing the Pearl Beach Progress Association with funding of more than \$8000 under Round Two of the Stronger Communities Program to install a defibrillator as part of the Pearl Beach Safety Project," she said.

"I've been working with community groups across the Central Coast to encourage the roll out of defibrillators, including a major petition with sporting clubs to see more of these potentially life-saving pieces of equipment in

easily accessed locations.

"The Pearl Beach Progress Association received the funding following careful consideration from an independent community panel that approves projects for submission to the Department of Infrastructure and Regional Development.

"I have represented the views and concerns of the Progress Association, and will continue to do so until the defibrillator is in place.

"I urge the Council to reconsider its stance."

Email, 13 Oct 2016

Tim Sowden, office of Lucy Wicks

Clarkes Pharmacy

Specials End 23-10-2016

Amcal



NATURE'S OWN Selected Range^^

SAVE UP TO
\$16.95[†]
FROM
\$18.50

40%
OFF[†]



BIO ORGANICS Selected Range^^

SAVE UP TO
\$32[†]
FROM
\$17.50



PAIN AWAY Arthritis Spray
100mL or Cream 70g save \$10.46[†]

NEW PACKAGING
MADE IN
AUSTRALIA

ELMORE OIL 125mL now \$10.99
save \$9.00[†] 250mL now \$15.99
save \$14[†] Heat Cream 100g now
\$8.49 save \$7.50[†] Cream 100g
now \$8.49 save \$7.50[†] or Spray
170g now \$14.99 save \$13[†]

SAVE UP TO
\$14[†]
FROM
\$8.49



BLACKMORES
Selected Range^^

SAVE UP TO
\$16.99[†]
FROM
\$16

SAVE UP TO
\$12.45[†]
FROM
\$12.50



RESCUE REMEDY
Selected Range^^

SAVE \$13.95[†]
NOW
\$19



REMIFEMIN Menopause
Symptoms Relief 100 Tablets^^

SAVE \$13.45[†]
NOW
\$19.50



CRAMPEZE Forte 60 Capsules^^
Also available 120 Capsules^^
now \$20.50 save \$14.45[†]

45%
OFF[†]

BUY IN STORE OR
ONLINE amcal.com.au Click + Collect
NOW AVAILABLE

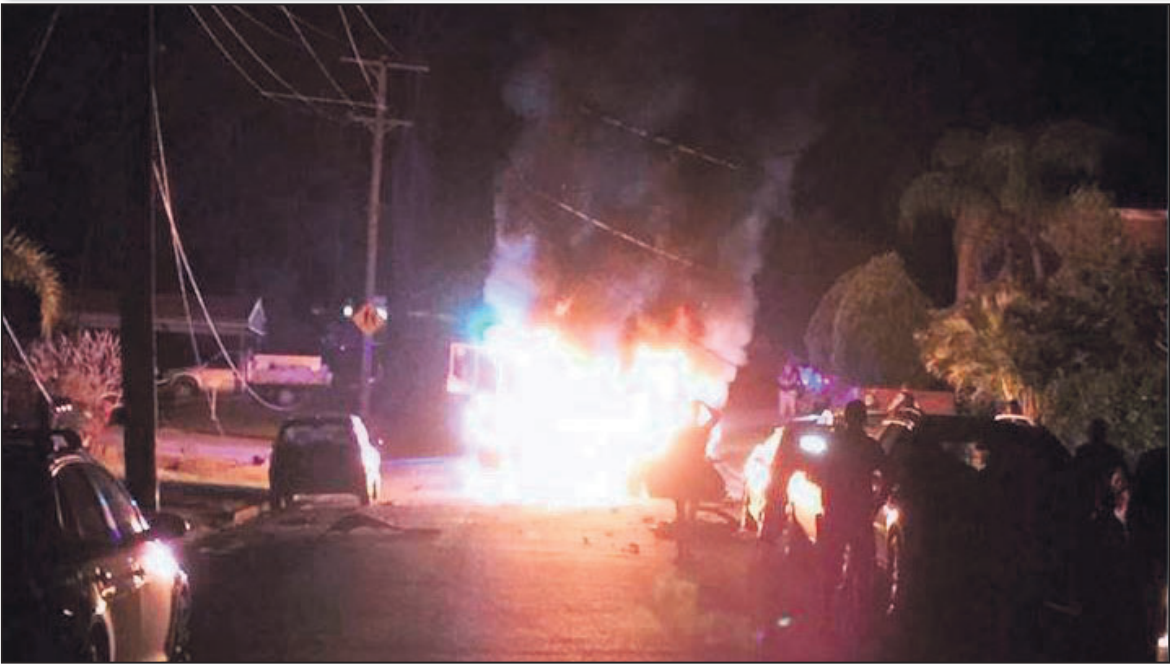
Monday to Friday 8.30 to 6.30 - Saturday 8.30 to 4.00 - Sunday 8.30 to 3.00.
Always read the labels on pharmacy medicines. Use only as directed.
If symptoms persist see your pharmacist or doctor

Shop 4 Peninsula Plaza Woy Woy

4342 2256

Amcal
Expert advice for every Australian.

News



The vehicle at the centre of the incident burst into flames shortly after the crash

Crash leaves homes without power

Local residents were left without power after a vehicle hit a power pole in Umina shortly before 9:30pm on October 9.

Emergency services were called to Ryans Rd, Umina, near the intersection of Karloo Rd, after reports of a crash.

Officers from Brisbane Water Local Area Command arrived to find a Ford Falcon sedan had hit a

power pole.

As a result, the vehicle caught alight and several power lines came down, leaving residential blocks in Umina without power.

Three male occupants, aged 17, 21 and 29, were treated at the scene by NSW Ambulance Paramedics.

The 21 year old and 29 year old were conveyed by NSW Ambulance Paramedics to Gosford

Hospital suffering various injuries.

The 17 year old was airlifted to John Hunter Hospital in a serious condition.

Ryan Rd between Carpenter and Karloo Roads was closed while power was restored.

The Crash Investigation Unit attended and inquiries into the crash are continuing.

Media release, 10 Oct 2016
NSW Police Media

Algae specialist suspects old tip leachate and fertiliser

Blue-green algae specialist Dr Guustaaf Hallegraeff has said leachate from the old Woy Woy tip and the use of fertiliser on nearby playing surfaces could both be contributing factors to ongoing bird deaths at Blackwall.

The former Woy Woy tip is located under the James Brown playing surfaces behind the Peninsula Leisure Centre.

Council has said the tip was correctly remediated and capped to manage any potential leachate but Dr Hallegraeff has said the former dump could be a potential source of blue-green algae.

He said fertiliser run off is another common cause.

"Blue-green blooms tend to be driven by high nutrients (notably phosphate) and high temperature," Dr Hallegraeff said.

He urged Council to check its use of fertiliser on the James Brown playing fields.

In terms of whether toxins such as microcystin would have an

even greater impact on the health of Brisbane Water than the bird mortality, he said: "Microcystin from freshwater run-off is known to occasionally accumulate in coastal oysters."

The Environmental Protection Authority has written to the Central Coast Council advising it to put risk mitigation measures in place.

In Dr Hallegraeff's opinion, the two key measures that the Central Coast Council should use are to reduce the use of nutrient fertiliser and increase the monitoring for microcystin.

Gross pollution traps, such as those installed around Tuggerah Lakes in recent years, would only prevent future bird deaths and related issues if they stopped the nutrient leaching.

Dr Hallegraeff said he would have to physically inspect the traps to draw any conclusions about their appropriateness for the location, and optimal cleaning and maintenance.

Email, 12 Oct 2016
Gustaaf Hallegraeff,
University of Tasmania

BLACKWALL RD GENERAL STORE/TAKEAWAY

Mum & Bub's morning tea deal, free Hot Chocolate or Babycino, with any Coffee & Cookie purchase. (Eat in only).
For the mum & bub on the run,
OVI water & Pop Top for \$5,
or a OHI Mineral Water & Pop Top for \$4.50.
Grab some Fish N Chips on the way home.

Try one of our Special Meal Deals:
Burgers Chips & a 600ml Coke.
Calamari Chips & a 600ml Coke.
Chicken Nuggets Chips & a 600ml Coke.
Pie & a Maximus.
Sausage Roll & a Mother.
Homemade Chicken Dim Sims & Prawn Crackers.
Other Food for Thought.
Vietnamese Pork Rolls & Sandwiches-(Toasted).

Relax with a Tea or Coffee cake deal \$6.50.
Or if you are on the run
grab a Bacon & Egg Roll & Small Coffee for \$6.50.

Correction for last advert in the open day, need to add a thank you to Frucor (V) energy drinks.

208 Blackwall Road Woy Woy NSW 2256 opposite Peninsula Leisure Centre
Ph 4339 5027 Mob 0424 837 641 brgst208@outlook.com

Pelican rescuer claims vindication in EPA letter

Pelican rescuer Ms Wendy Gillespie said her campaign to get to the bottom of bird deaths at Blackwall had been vindicated by a letter from the NSW Environmental Protection Authority (EPA).

"The EPA would like to thank you for your assistance in this investigation," said the EPA's head of the Hunter Regional Operations Unit, Mr Peter Jamieson, in a letter dated September 20.

"The EPA considers that, based on the evidence available and the advice from relevant experts in this field, there is a strong likelihood that the ongoing water bird mortalities at the site may be linked to algal growth and associated toxins in stormwater, particularly at the stormwater canal directly north of Alpha Rd.

"Based on this new information, the EPA has written to Central Coast Council recommending that Council should investigate and implement actions at the site in order to mitigate the potential for growth of potentially toxic algae.

"The EPA has recommended that Council liaise with relevant experts as to possible solutions so that unexpected negative results do not eventuate from Council's proposed management actions," the letter said.

According to Mr Jamieson's



Wendy Gillespie rescuing sick and injured pelicans on Brisbane Water

letter, since 2014, the EPA has received reports from Ms Gillespie and other concerned community members of ongoing water bird mortalities (mostly pelicans and ducks) in the Blackwall and Woy Woy area.

The deaths have occurred near a stormwater canal north of Alpha Rd which discharged into Brisbane Water.

"The EPA understands this issue has been ongoing for some time and the cause of deaths has remained unclear despite investigations by relevant agencies into potential

causes."

Ms Gillespie made reports to the EPA in 2014, after which the authority worked with the Office of Environmental Heritage, Taronga Conservation Society of Australia, the University of Tasmania, the Department of Primary Industries, National Parks and Wildlife Service and Gosford Council.

The EPA set about collecting and interpreting relevant data in an attempt to establish a potential cause for the mortalities.

"Most recently the EPA, with assistance from the former Gosford

Council, has undertaken targeted water sampling at the site and has coordinated further necropsies at Taronga of a number of deceased ducks found in the area that displayed symptoms consistent with previous mortality events."

As reported previously in Peninsula News, water sampling investigations in 2015 found no evidence of elevated levels of pesticides or heavy metals.

"Nutrients were at concentrations expected for this type of environment.

"Symptoms were not consistent

for other potential causes such as viral, parasitic and bacterial infection or avian botulism.

"Water sampling did, however, find evidence of potentially toxic blue-green algae present in the stormwater canal.

"Necropsies conducted on deceased ducks found algae in the stomach content on the deceased ducks.

"The stomach contents were tested for a range of algal toxins and all tested positive for high levels of cyanobacterial toxin, Microcystin-LR, associated with blue-green algae.

"Pathology reports ... showed symptoms consistent with exposure to Microcystin-LR toxins."

Mr Jamieson said pathology slides containing stomach contents and toxicity testing results were sent to Dr Gustaaf Hallegraeff, an internationally-recognised expert in harmful algal blooms at the University of Tasmania.

Dr Hallegraeff concluded that the Microcystin-LR found in the stomach contents of the ducks was a probable cause of mortality and noted that this hepatotoxin could readily be ingested when dissolved in water when the ducks came into contact with toxic blue-green algae surface scums.

Email, 12 Oct 2016

Wendy Gillespie, Pelican Rescue

GOSFORD CITY FARMERS' MARKET



SUNDAY - 8.00am till 1.00pm



Feast your eyes over these producers:

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

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

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

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



VENUE: The Entertainment Grounds

(Gosford Racecourse)

WHEN: Every Sunday

TIME: 8.00am till 1.00pm

Rain, Hail or Shine

Enquiries:

finefoodmarket@bigpond.com

Mob: 0427 630 144



FACEBOOK

www.facebook.com/Gosfordcityfarmersmarket



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

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

Gosford City Farmers' Market

Gosford Racecourse,
4 Racecourse Rd, Gosford West



Department claims it cannot manage algal blooms

The NSW Department of Primary Industries has claimed it has no legal power to manage the impact of algal blooms on the fauna of Brisbane Water.

It says Central Coast Council is the entity responsible for managing the blue green algae around the Pelican breeding colony at Blackwall.

The clarification came in response to calls by local water bird rescuer, Ms Wendy Gillespie, for the department to formulate a management plan for the Blackwall colony.

The EPA and Central Coast Council recently confirmed that blue-green algae and toxins in stormwater were the most likely causes of pelican deaths at Blackwall.

Mr John Brayan, the team leader of Algal Management for the NSW Department of Primary Industries and Water said: "Algal management means providing water managers and other agencies with technical advice and policies for reducing the risks from algal blooms.

"It also involves communicating the risks associated with algal blooms through websites, media and signage," Mr Brayan said.

"Unfortunately it does not involve regulation as there is not any legislation under which DPI Water can compel managers to take action about algal issues," he said.

"This has always been the case. We will be happy to provide technical support to the council and others where needed in order to assist in resolving this issue.

"The role of DPI Water in algal management is currently to provide strategic and technical advice and to support the regional algal coordinating committees in algal communications, risk management and education.

"We do not have any regulatory powers in this area and are generally not responsible for the long term management of algal problems in specific water bodies.

"We may be involved in an advisory capacity.

"In this instance, we provided analysis and technical advice to the EPA and will continue to do so

if required.

"The management body is the Central Coast Council and the recommendation is to investigate and implement actions to minimise algal growth."

Central Coast Council has reported that it has "developed a strategy to reduce the presence of blue-green algae in the storm water canal north of Alpha Rd".

The Central Coast Council wrote to Ms Gillespie, seeking her input into how it should manage blue green algae in the area.

The letter from Council's Environmental Health Officer, Ms Leah Hitchenson, said Council had identified a number of methods to reduce the possible presence of blue green algae in the stormwater canal north of Alpha Rd.

"Council is planning on implementing these methods, to reduce light penetration and associated temperature of the water in the canal and reduce the level of available phosphate in the water column in the first instance," Ms Hitchenson said in her letter.

Emails, 7 Oct 2016

Wendy Gillespie, Pelican Rescue
Reporter: Jackie Pearson



John Greenway with colour matching paint swatches at a graffiti damaged site on the Peninsula

Rotary seeks graffiti day volunteers

The Rotary Club of Woy Woy has encouraged local residents to become involved in Graffiti Removal Day on Sunday, October 30.

Graffiti vandalism costs local businesses, households and the Central Coast Council millions of dollars each year, according to club project organiser Mr John Greenway.

This is money which could be invested into roads and other worthwhile community projects, he said.

"On Graffiti Removal Day, our community can come together in the fight against graffiti and make a real difference to the appearance of our local community.

"Last year across NSW over 2000 volunteers removed 21,000

square metres of graffiti from 450 sites.

"On October 30, volunteers will be supplied with free cleaning material, paint, safety equipment and training on how to safely remove graffiti.

"They register by completing the forms on the Graffiti Removal Day website

"People can also support this great event by promoting it on Facebook or Twitter #GRD16.

"The Rotary Club of Woy Woy is proud to be working with the Central Coast Council, the NSW Government, Graffiti Removal Australia and sponsors such as Dulux, Selleys and Smart Graffiti on this event."

Media release, 13 Oct 2016

John Greenway, Rotary Club of Woy Woy



3 BEDROOM BRICK HOME SET ON A 653SQM BLOCK!!



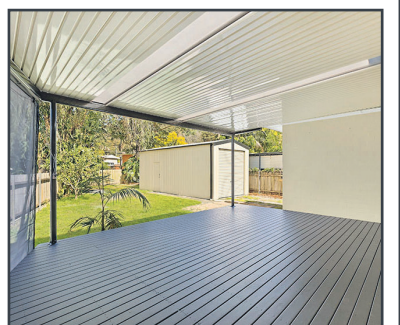
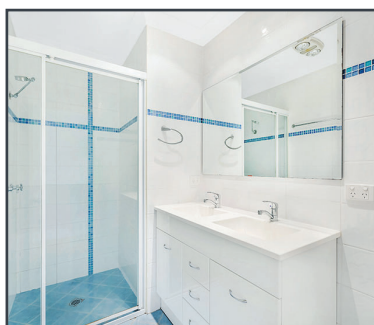
\$549,000

OPEN HOUSE October 22 - 1:15pm to 1:45pm

A great opportunity has just arisen for investors & first home buyers with this light filled 3 bedroom brick residence in Woy Woy. Key features include:

- 3 bedrooms (2 with Built in Robes)
- Brick residence
- Light filled interiors
- Timber flooring
- Huge garaging
- Level 653 sqm2 parcel of land
- Modern kitchen overlooking backyard
- Good size living zone
- Large covered entertaining deck perfect for summer BBQ's
- Split system Air conditioning

Quality brick homes are in high demand in Woy Woy, so do not miss your chance to secure this immaculate property. All enquiries contact your Local Agent Ben Crain 0405 961 131 Or Matt Baggott 0427 414 097



4344 2511

www.wilsonproperty.com.au

When the Liberals win, **you lose.**

The NSW Liberals want to
privatise Wyong Hospital

Only Labor will fight to save our hospitals.



EMERGENCY +

“Public-private partnerships for hospitals have had a very high failure rate – **as much as 50 per cent** – in the past and Port Macquarie Hospital was just one of a number of hospitals which ended up back in public management.”

David Harris MP

IS GOSFORD HOSPITAL NEXT?

News

Council to hold 'pop-up engagement stall'

Central Coast Council will have a "pop-up engagement stall" in Umina on Thursday, October 20.

Council's administrator Mr Ian Reynolds, and Council chief Mr Rob Noble will both attend Coles in Umina between 2:30pm and 4pm on the day.

"This follows the successful launch in June of the stalls as a one-stop shop to answer resident questions with over 800 residents taking advantage of the opportunity to talk directly to Council representatives," Mr Reynolds said.

Mr Reynolds said he enjoyed attending the stalls as it gave him a unique opportunity to hear residents' ideas and concerns first-hand.

"What is particularly pleasing is that residents are passionate about their community here on the Coast and want to see this area go forward," Mr Reynolds said.

"I want to harness that passion, as together Council and the community can make the Central Coast the very best place it can be.

"So come along for a chat and share your ideas.

"We are happy to help in every way we can to ensure the Central Coast prospers and thrives."

Another stall will be held on the Peninsula in November.

Deep Water Plaza Woy Woy will be the venue on Thursday, November 17, between 10am and 12pm.

Media release, 13 Oct 2016
Ian Reynolds, Central Coast Council

Chamber calls for seniors' housing zoning

Peninsula Chamber of Commerce is calling for urban fringe land to be zoned for seniors' housing.

The Chamber is suggesting this should happen through the Urban Fringe Review process currently being undertaken by the Central Coast Council.

While very little of the land being considered for rezoning in the review is located on the Peninsula, Chamber president Mr Matthew Wales said a lot of the land to be zoned as part of the study had "important proximity to the Peninsula".

Land in Bensville and Empire Bay, which was not zoned when the Gosford LEP was put in place in 2014, will be zoned as a result of the Urban Fringe Review.

Mr Wales said: "We are keen to see some of those parcels identified

for senior housing."

According to Mr Wales, there is a senior housing crisis looming on the Peninsula.

He said a 2009 Gosford Council report identified the Peninsula as a key area of massive demand for the provision of high- and low-care residential aged care.

"The report was adopted by Gosford Council and it foreshadowed an acute shortage of aged care on the Peninsula within 15 to 20 years but there are not sufficient sites on the Peninsula close to those areas of high demand."

Mr Wales said the Gosford Council report had identified vertical villages as one type of development that could cater for the expected levels of demand.

"On the Peninsula there are not any suitable sites that could be easily used and financially feasible

for aged care developments," he said.

Empire Bay and Bensville, according to Mr Wales, have suitable greenfields sites that could be zoned for aged care and senior housing to cater for the burgeoning demand for suitable accommodation coming from the Peninsula.

"I believe the Council has a good team working on the review that has been thorough and they need to have it ready to hand up to the newly-elected council in September 2017," he said.

"It is a process the former Gosford Council resolved to do so it is the Central Coast Council's responsibility that it is all ready and done for the newly-elected councillors to implement."

Interview, 13 Oct 2016
Matthew Wales, Peninsula Chamber of Commerce



Central Coast Marine Discovery Centre

Honouring those that make a difference!

The environmental movement is made up of people who are determined, hard-working and passionate about making our world a better place.....not just for wildlife and the environment, but for people as well.

It's also one of the few areas where there is very little, if any, personal gain. Individuals make huge sacrifices - in terms of money, time, energy and stress - especially when dealing with challenging issues and campaigns.

So it's important to honour those people and thank them for their contribution. Coming up are two opportunities to do just that.

Firstly, an event is currently being organised to celebrate the life and times of the late Allen Strom, who is a giant in the world of environmental education and conservation in NSW. Both Allen and his wife, Beryl, made a significant contribution to making the Central Coast the beautiful place that it is today.

Secondly, it's also that time of year to give some thought to the outstanding achievements of 2016. CEN is now calling for nominations for our annual BAT Awards. If you know of an individual or group that has worked hard to protect the environment of the Central Coast during 2016 - then please consider nominating them.

Our end of year Networking Event will be held in late November - where we present the BAT Awards. If you are interested in attending then please visit www.cen.org.au and sign up to our eNewsletter.

Jane Smith, CEO

An Invitation

to the launch of the Kindle e-book

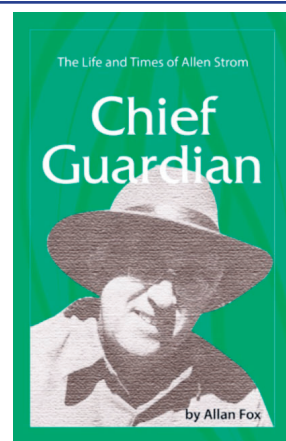
Chief Guardian. The Life and Times of Allen Strom

by Allan Fox & Neil Dufty

Sat, 5th November, 2016

at The Strom Centre, 230 Scenic Drive Killcare Heights. **Morning tea from 11:00 am, Launch 12noon**

Bookings essential. For more information and to book - www.cen.org.au



About Allen Strom (1915-1997)

Allen Strom, educator, conservationist, naturalist, and administrator, was initially trained and taught as a teacher in the NSW Education Department. He later became a pioneer education officer at the Australian Museum, Sydney, and foundation secretary of the National Parks Association of NSW in 1957.

He worked with his wife Beryl and others for the establishment of Central Coast National Parks including Brisbane Water, Bouddi, Wyrrabalong, Wambina and Popran.

From 1958 until 1967 Allen served as the Chief Guardian of Fauna of the Fauna Protection Panel, prior to the establishment of the National Parks and Wildlife Service (NP&WS). Allen was a pivotal member of the Nature Conservation Council (NCC) of NSW.

From 1967, he worked in the Department of Education as the Advisor in Conservation in schooling until his retirement. There he had the task of establishing conservation education in the State schools. In 1972 Allen was awarded the Australian Natural History Medallion for "Special Study and for Increasing Knowledge and Appreciation of Natural History in Australia." Allen was made a Member of the Order of Australia in 1977 in recognition of his services to conservation education



Nominations are now open for CEN BAT Awards 2016

Do you know somebody who has ...stood their ground at the crease?..... deflected the assault from their opponents?and has remained steadfast in protecting their wicket?.... all in the interests of the environment....then we would like to acknowledge them as part of the team. **CEN is calling for nominations for the following Annual Awards:**

- **Most outstanding all rounder** – to a person or group who has put in a valiant effort on behalf of the environment / sustainability.
- **Most outstanding community based organisation** – to a group that has worked tirelessly on behalf of the environment / sustainability
- **Rookie of the year** – a newcomer to the conservation movement who has contributed to the improvement of our region's environment / sustainability
- **Best 12th man (or woman)** – to somebody who has worked quietly in the background to support others in the front line-up and helps keep the team afloat

To find out more - and submit a nomination, visit www.cen.org.au. Nominations close Wed, 16 November, 2016.

Our Central Coast - Worth Protecting

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

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

www.cen.org.au

Ph: 4349 4756

Chamber seeks Woy Woy town centre makeover

Woy Woy Town Centre needs a makeover, according to the Peninsula Chamber of Commerce.

Chamber president Mr Matthew Wales said the former Gosford Council produced a report in February 2015 that holds the keys to Woy Woy's future.

The groundwork for the development and growth of Woy Woy Town Centre over the next 20 years was spelt out in the document called Planning for the Future Gosford City Growth Framework Inception Report.

The Inception Report was to devolve into a series of Master Plans with a focus on Town Centres, particularly Woy Woy when it came to the Peninsula.

The next step identified by the former Gosford Council was to set up a committee to act as a consulting group to put together an action plan for the Woy Woy Town Centre area.

"If the new council decided to proceed with a Woy Woy Major Town Centre Area Action Plan, the chamber would support the formation of a committee provided it included people with relevant expertise," Mr Wales said.

He said the right committee could help Council to better understand the Peninsula's expectations for the future of Woy Woy.

Previous plans for the future



Development controls on the southern side of Blackwall Rd Woy Woy need to be "beefed up" according to the Chamber

of Woy Woy were inadequate, according to Mr Wales.

He claimed a "complete lack of activity over the past two decades" as evidence of that inadequacy.

The new Central Coast Council must commit to allowing development with greater density and greater height in Woy Woy, Mr Wales said.

"Minimum floor levels are a major impediment," he said.

"I think we need to come to terms with the fact that certain areas in

the Woy Woy Town Centre are constrained by the one-in-100-year flood levels and that we need to make way for development in other areas in view of those constraints."

Mr Wales said he wanted to see development controls on the southern side of Blackwall Rd "beefed up".

"We should be looking at floor space ratios of three and four to one and we should not be afraid of developments with storeys greater than six," he said.

"The fact is unless you provide a set of outcomes sufficiently attractive to developers and property owners, they won't do anything."

Connectivity between Deep Water Plaza and the retail area of Blackwall Road also needs to be addressed, according to the Chamber.

"That may mean we need to rethink the use of the ground level of the parking station and not have car parking in some areas because

at the moment it is a black hole that people don't want to walk through.

"We need to create a civic space, a brightly-lit corridor between Deep Water and Blackwall Rd," he said.

Mr Wales said he believed the most important step the new Council could take to reinvigorate Woy Woy Town Centre was to rethink traffic management and reverse the 20-year old decision to stop right hand turns at the corner of Blackwall Rd and Railway St.

"I would like to see the framework for this wrapped up with a nice red bow to hand up to the newly-elected council," he said.

Mr Wales said the subsequent formation of the committee and planning for Woy Woy Town Centre would take some time but the foundations could be ready by the next local election..

"We have to be realistic about our expectations in the short-term because the task of meshing the two councils is enormous with over 3000 employees and there are currently constraints on infrastructure.

"But I am confident the planning structures being put in place are sound and that there are good people in council responsible for delivering the right outcomes," he said.

Interview, 13 Oct 2016
Matthew Wales, Peninsula Chamber of Commerce

EVERY time you shop
for EVERYTHING you need
YOU COULD
WIN

Gift Cards to be WON EVERY WEEK!

Simply make a purchase from 2 different retailers on the same day to enter



2 x \$100
GIFT CARDS EACH WEEK

2 x \$250
GIFT CARDS EACH MONTH

STARTS 22 AUGUST 2016 ENDS SUNDAY 30 OCTOBER.

AUTHORISED UNDER NSW PERMIT NUMBER LTPM/16/00484
Conditions apply - see entry forms for full details.

peninsula
PLAZA

Blackwall Rd, Woy Woy

Woolworths

ANZ

Amcal+

BWS

GO VITA
Your Health Shop

Michael's
Butcherie

CIGARETTES TOBACCO CIGARS

PENINSULA
NEWSAGENCY

EDWARDS
FAMILY BUTCHERY

News



Annual report given on boating plan

NSW Roads and Maritime Services has given its annual report about implementing the Regional Boating Plan that covers Brisbane Water.

The plan does not appear to include any expenditure on priority projects around the Peninsula and does not resolve the issue of the narrowing of the entry to Brisbane Water, although it includes upgrades to boat ramps, pontoons and parking at Koolewong.

The plan, which was released in February 2015 and also covers Pittwater and the Hawkesbury River, identified the boating safety, access and infrastructure action across the region to be implemented over the next five years.

Progress reports were to be published annually and funding for infrastructure projects was to be allocated out of the NSW Boating Now program announced by the

NSW Minister for Roads and Freight in August 2014.

In the five years prior to the release of the report, there had been no bar crossing incidents at Little Box Head, the entrance to Brisbane Water.

Significant strain on the capacity of access points to Brisbane Water was identified as a key issue in the report.

"The capacity of car and trailer parking does not meet demand at most access points," the report said.

According to the report, between 2005 and 2014, the NSW Government kicked in around \$160,000 funding under the Better Boating Program for: a public wharfs and boat ramp usage study; the investigation for the new public ferry wharf at Ettalong; the Lions Park Boat Ramp Pontoon at Woy Woy; and the Woy Woy Town Centre Wharf user study design;

along with other non-Peninsula projects around Brisbane Water.

The demand for waterfront property and the extent of National Parks in the area means "locations for the development and expansion of car and trailer parking facilities to service boat ramps, wharves and jetties and mooring areas are scarce.

"Given these constraints it is vital that the existing boating access facilities are closely reviewed with the view to further optimise and upgrade," the plan said.

Through the plan the NSW Government also made a commitment to "Continue support for the Rescuing Our Waterways dredging program".

Media release, 7 Oct 2016
Cassandra O'Connor, RMS NSW Transport for NSW, February 2015
Regional Boating Plan, Hawkesbury River, Pittwater and Brisbane Water Region
Reporter: Jackie Pearson

Fete raises funds for kitchen garden

Funds raised from the Woy Woy Public School's Fete on October 30 will be used to continue the school's Kitchen Garden Program.

The program has been successfully running at Woy Woy Public School for the past three years.

"This program promotes healthy eating and living and teaches sustainable life-long practices while incorporating curriculum content of English, Mathematics, Science, Technology and Environmental Education," said principal Ms Ona Buckley.

Ms Buckley said money raised at the fete would also be used to purchase the latest classroom technology including laptop computers, tablets and educational resources to support the implementation of the Australian Curriculum areas," Ms Buckley said.

She described Woy Woy Public School as diverse and complex.

"We have a school which has a Department of Education Preschool operating within the

school grounds, a School as Community Centre facilit, six Special Needs classes and 16 mainstream classes from Kindergarten to Year 6," she said.

"We strive to equip our students with the best individual educational journey they can have."

The fete will be held in the grounds of Woy Woy Public School from 10am to 3pm and will feature mechanical and inflatable rides, pony rides and a little farm.

Stalls will include white elephant, second hand clothes and books, toys, cakes, plants and other specialty stalls.

Food and drink stalls will also be on site.

Activities will include Footy Pass, face painting, hair designs, art and craft fun, Lego fun, a treasure sand box hunt and goo search.

Other fete attractions will include entertainment, displays, show bags, lucky dip and a Chocolate Wheel.

Letter and flyer, 16 Sep 2016
Ona Buckley, Woy Woy Public School

Celebration of reserves victory

Residents who fought to save community reserves in Umina and Woy Woy from potential reclassification and sale by Central Coast Council will have the opportunity to celebrate victory on October 29.

Ms Sue Chidgey, founder of Save Central Coast Reserves, said she had organised a celebration picnic to be held on Saturday, October 29 at 12pm in Gosford at Lion's Park between the Gosford

Olympic Pool and the Sailing Club.

Five out of the 25 reserves that had been listed for reclassification and potential sale by the former Gosford Council were on the Peninsula.

"Bring a picnic rug, some chairs, a picnic lunch and some sunblock," Ms Chidgey said.

She said the event would be relocated to the Gosford Sailing Club in the event of wet weather.

Email, 11 Oct 2016
Sue Chidgey, Save Central Coast Reserves

Renovating? Need New Blinds, Awnings or Shutters?

Come Visit The Coast's Biggest Showroom For Blinds, Plantation Shutters and Awnings, including motorization.

Or call for a Free in-home Measure and Quote.

\$100 off when you mention this paper.

CHOOSE THE LOCAL EXPERTS AT

18/482 Pacific Highway, Wyoming. Ph : 02 4324 8800

www.premiershades.com.au

PREMIER
shades-awnings-blinds

Woytopia described as successful



Woytopia, the biennial sustainable living festival held at Woy Woy South Public School on October 9, was described by organisers as "wonderfully successful".

The festival crammed 28 events into its one-day timetable including music, talks and shows such as free green living workshops from Central Coast Council and the No Bottled Water Challenge.

Children were kept busy with soccer, circus play, hula-hopping, story-telling, crafts, archery, a jumping castle and nature play.

Market stalls included everything from plants, clothing, hats and hemp products to African art and craft.

An extensive range of organisations with a sustainable outlook also had stalls at Woytopia

2016 including: the Great Cicada Blitz, Wildlife ARC, the Australian Conservation Foundation Central Coast Branch, Ocean and Coastal Care Initiative, Lock the Gate, the Peninsula Environment Group, Fire and Rescue NSW, Take Three for the Sea, the NSW Office of Environment and Heritage, Central Coast Community Energy Association, Darkinjung Local Area Land Council, Land for Wildlife, and Save the Geese.

Food stalls were also many and varied, catering to every taste from French Style Curros to the PEG sausage sizzle.

A video of 2016 Woytopia highlights can be viewed on Facebook and YouTube.

**Website, 13 Oct 2016
Woytopia, Peninsula
Environment Group**



For FITNESS, FUN and FRIENDSHIP GOSFORD SCOTTISH COUNTRY DANCERS

*holds a class every Wednesday from 7 to 10pm at the
Church of Christ Hall, Henry Parry Drive, Wyoming*

No partner necessary

No special clothes - just soft shoes

Lively music

New dancers welcome

Janice on 4388 2253

Sandra on 4392 8716

\$7 per Night Come and join in on the fun!



CRAIG CAN!



**All aspects
of small
building work
and property
maintenance**

**Now servicing
Gosford and
surrounding areas**

25 years building experience

0414 486 515

NSW Building Lic #215846c

Chamber calls for dual occupancy subdivision

The Peninsula Chamber of Commerce has called for a review of the current dual occupancy rules that prohibit subdivision.

"With the ever-increasing pressure on providing affordable housing and with rising property prices, the Chamber believes that it is timely for the new Council to reconsider the re-introduction of Strata and Torrens Title subdivision in residential zones," said Chamber president Mr Matthew Wales.

"Up until the mid-1990s, it was possible to build dual occupancies in Gosford in the then 2(a) (now R2) residential zones and subdivide the two dwellings subject to certain development controls which included providing on-site car parking and payment of developer contributions," Mr Wales said.

"These controls were abolished by the then Gosford City Council in 1995 which, in our view, limited housing choice and affordability and contributed, in part, to rising property prices," he said.

"As a result of the housing crisis, the State Government has since introduced the current secondary dwelling (granny flat) guidelines that has led to the proliferation of back yard dwellings that do not have to provide any parking nor pay any developer contributions.

"We acknowledge the importance and value of granny flats that provide much-needed accommodation across the city in

the high-demand rental sector.

"However, these developments do not provide for an affordable housing product especially for first home buyers because they cannot be subdivided."

Mr Wales said he was not suggesting that the granny flat provisions should be repealed but that another layer of development controls should be reintroduced to enable strata and Torrens Title subdivisions.

"By re-introducing the ability for land owners to subdivide dual occupancies that comply with a higher set of development standards, the Council will be able to provide a greater range of housing choice and ensure that suitably sized R2 residential zoned land can be put to a higher and better use.

"It would also enable the Council to derive developer contributions for important infrastructure which they currently do not levy on granny flats.

"The Chamber is calling on the Central Coast Council to consider re-introducing these controls as a way of addressing both housing choice and housing affordability and offsetting the increasing number of granny flats being built in ordinary back yards."

Mr Wales said believed a failure to take these steps could result in a social housing problem on the Peninsula in the future.

"Granny flats have a different

life span to a duplex," Mr Wales said.

"I would imagine that within 15 to 20 years there would have to be some serious maintenance work done on a granny flat but the bricks and mortar of a standard duplex would not require that level of work for perhaps 50 years.

"The granny flat provisions are only really catering for the rental sector of the property market," he said.

The absence of duplex subdivisions on the Peninsula meant that there was a shortage of property on the Peninsula in the high-demand market segments of first home buyers and retirees..

"If the council was concerned about the proliferation of dual occupancies through strata title subdivisions they would only have to tighten up their controls to set higher development standards."

In particular, Mr Wales said Torrens and Strata subdivisions could be reintroduced by amending the LEP to remove zone R2 from clause 4.1(a) which sets the minimum lot size for a strata plan scheme it 550 square metres.

"That minimum lot size means you can't subdivide a typical residential lot on the Peninsula to come up with two lots of 550 square metres," he said.

Mr Wales said he had been on the record as stating that a lot of very good granny flats were being built, but "they do not have a comparable longevity to duplex developments".

"Granny Flats are allowed through the Affordable Housing SEPP which overrides the planning controls and so long as a granny flat ticks all the boxes council cannot refuse permission," he said.

He said that he understood that, during the current administration period, the Central Coast Council did not have a mandate to make major changes to the LEP but it could do the research and put the necessary reports together to enable the newly-elected councillors to act quickly on this issue when they come into power next September.

Media release, 13 Oct 2016
Interview, 13 Oct 2016
Matthew Wales, Peninsula Chamber of Commerce

Martin Wyndham - Read to perform at house concert

Martin Wyndham-Read will perform at a special house concert hosted by the Troubadour Folk Club on November 18.

Martin Wyndham-Read has been a full-time folk singer for over 50 years and was at the forefront of Australia's folk revival in the early 1960s.

He had been sent out from England as an 18-year-old to work on a sheep station and, while there, fell in love with the old songs he learned from the other workers.

He took those songs back to Melbourne and Sydney and, in 1967, back to England.

He recorded with the song collector Al Lloyd, along with Martin Carthy, Dave Swarbrick and Trevor Lucas.

Since then he has produced about 20 albums of both contemporary and traditional folk songs

"He is one of the great figures on the English folk scene and continues to work worldwide but says that 2016 is probably his final tour of Australia," according to folk club organiser.

Troubadour sessions also take place on the first Sunday of each month with the next session on Sunday, November 6, from 2pm to 5pm.

The session takes place at the Woy Woy CWA Hall and participants are invited to bring



their instrument, voice or both and join in for a session and sing along.

The Troubadour Ukelele Group meets Mondays from 10am to 12pm at the Everglades Country Club to learn ukelele and perform at various venues such as nursing homes, fetes and folk clubs.

Flyer, 11 Oct 2016
Leila Desborough, Troubadour Folk and Acoustic Music Club

Members exhibit work at Gosford gallery

The Ettalong Beach Arts and Craft Centre members will exhibit their work to the region in an exhibition in the Community Gallery at the Gosford Regional Gallery in East Gosford until October 23.

The arts and crafts centre has offered classes and workshops in art, pottery, glass, quilting and jewellery making.

Artists from the classes run at the centre often go on to have their work in exhibitions.

This exhibition, called Origins: Spring is Here, will display ceramics, paintings, photographs and glassware from Ettalong Beach Arts and Craft Centre members including Ms Anniss Seymour, Ms Annette Heidrich, Ms Annette Poole, Ms Sandy Robinson, Ms Meg McDonald, Ms Thel Browne, Ms Jenny Knibb, Ms Robyn Lowe and Mr Murray Lowe.

The exhibition will be open from 10am to 4pm daily.
Email, 19 Sep 2016
Annis Seymour, Ettalong Beach Arts and Craft Centre

1 IN 4 AUSTRALIAN WOMEN HAVE EXPERIENCED PHYSICAL OR SEXUAL VIOLENCE*. WE ARE HERE TO HELP.

If you or someone you know is experiencing domestic violence call Coast Shelter for support.

- | | |
|---|--|
| Kara Women and Children's Program
Gosford - 4323 1709 | Elandra Women and Children's Program
Toukley - 4396 4263 |
| Neloh Women and Children's Program
Woy Woy - 4340 1052 | Rondeley Domestic Violence Response Program
Wyong - 4340 7088 |



Domestic Violence Hotline 1800 656 463 (24/7)
If anyone is in immediate danger call 000



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

You could

WIN

\$1 MILLION

with LJ Hooker

Fancy a million dollars? Who doesn't?

This Spring one lucky person will be drawn to spin the LJ Hooker 'million dollar prize wheel' - So if you're selling, renovating, investing or even staying, to be in the running all you have to do is have a sales or rental Market Update with us before 30 November 2016.

LJ Hooker

WOY WOY

4341 2001

School to be subject to 'external validation'

Ettalong Public School will be subject to "external validation" on Tuesday, October 18, according to principal Mr Colin Wallis.

"A small team will visit the school to see first-hand how well our school performs in a range of areas," Mr Wallis said.

"External validation will eventually be conducted in all schools across the state and is an opportunity for the school to evaluate and assess all aspects of the school."

"Over the past two terms a

small team, led by Ms Stephanie Seddon, has been conducting this quite rigorous process determining where our school sits on the School Excellence Framework matrix.

"The external team will meet with me, Ms Seddon and the team to discuss our findings."

"This has involved much time and effort but has been a most valuable process for the school and complements our already extensive school evaluation processes," Mr Wallis said.

Newsletter, 11 Oct 2016
Colin Wallis, Ettalong Public School



Umina High School's 1981 Year 12

Umina High reunion events rescheduled

Daytime events planned as part of the 40-year reunion of Umina High School have been rescheduled.

The Umina High School Reunion project coordinator Ms Laurene McKenzie said the Gala Dinner planned for Saturday, October 29, is going ahead as planned.

The dinner will take place at

the Everglades Country Club from 6pm until late and tickets are available from the Brisbane Water Secondary College Umina Campus.

Former student Ms Angela Vassallo (nee Deen) will be keynote speaker.

The Gala Dinner is a celebration of 40 years of Umina High School.

An open night at the Umina Campus of Brisbane Water Secondary College has been rescheduled and will now take place on Wednesday, November 23.

The open night will display the range of programs and opportunities on offer at the Umina Campus.

"Enthusiastic students and

staff will transform the playground into a hive of activities including rugby drills, cupcake stall, science experiments, English displays, maths games and performances from the talented students," Ms McKenzie said.

"The baby animal petting stand will, no doubt, be popular too," she said.

"We are hoping as many former Umina High School students and their families will come along and have a sausage sizzle and coffee and enjoy the fun."

Information about the Umina High School Reunion can also be found on Facebook at Umina High Reunion.

Emails, 11 Oct 2016
Lauren McKenzie, Umina High Reunion

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

Mr Curtains & Blinds Window Furnishings

Curtain & Blind Specialists



With over 30 years experience, let us achieve a quality job at an affordable price for you.

Custom Made

- Curtains
- Pelmets
- Roller Blinds
- Roman Blinds
- Venetian Blinds
- Vertical Blinds
- Rods and Tracking

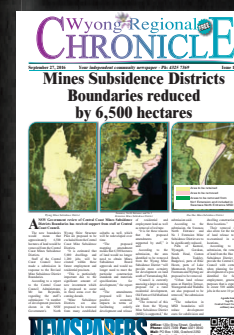
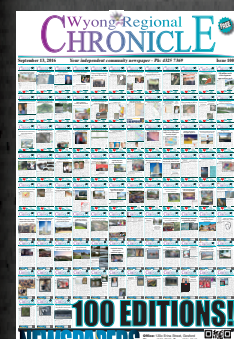


Book a Free Measure & Quote Today
02 4339 9422

Local Central Coast Business
www.mrcurtainsandblinds.com.au

NEWSPAPERS central coast

A free newspaper with in-depth Wyong Local Government Area news!



Muck raking tabloid journalism at its worst

The negative coverage of an announcement that... (The text continues with a detailed article about the Wyong Regional Council's decision to fund a newspaper, with a focus on the perceived bias and sensationalism of the reporting.)



www.centralcoastnewspapers.com

Sewerage scheme starts with public meeting

A public meeting was held at Rogers Park, Woy Woy, to discuss a sewerage scheme for the Peninsula on March 13, 1977.

Former Shire President Ron Hyndman, who was head of the Pelican Island team that swept the Council elections in 1971, addressed the meeting.

Only two sitting Councillors survived.

Ron's priority was to get a new sewerage scheme and outfall.

Once that was certain, Roy Hyndman resigned from the council.

At the meeting, Ron claimed a Woy Woy loan was used to construct a Passveer Ditch at Wyoming, which discharged sewerage into Narara Creek.

This was a loss of one million dollars of Peninsula loan money and also a loss of sewerage priority.

He said that an interim scheme

of a Passveer Ditch for Woy Woy was not on and a motion was then moved for a presidential meeting altering the priority of sewerage.

Federal Member Barry Cohen said he would urge the Australian Government to get more meaningfully involved in the sewerage problems of the Central Coast.

Shire President Malcolm Brookes said the Snake Gully site was not suitable because of the elevation and he said a feasibility study was needed for an interim scheme for Woy Woy.

He said he would oppose anything but a treatment works with the best possible effluent.

The Department of Public Works had offered the services of a skin diver to investigate the pollution of the sewer outfall at Mt Ettymalong.

There was a need to reappraise the Regional Sewerage Scheme.

Also there would be no subsidy

if the scheme linked up with the Metropolitan Sewerage and Drainage Board.

State Member Keith O'Connell said that the cost of sewerage at Somersby would have to be met by the industrialists who settled there.

Also that it was essential that the Council asked the NSW Government for reappraisal of the scheme.

Candidate Don Leggett, who was to become Shire President in September of that year, said that the State Pollution Control Commission had not investigated pollution of the Woy Woy area, with the exception of the Mt Ettymalong outfall.

At the end of the meeting, motions were passed calling for; a presidential minute for reappraisal of the scheme, the support of State Member Keith O'Connell and if upon refusal by council, the appointment of an administrator.

Letter, 5 Oct 2016
Keith Whitfield, Woy Woy

Harry Ihlein: quiet, friendly and determined

I first met Harry Ihlein at Woy Woy in 1964.

Harry was about average height, clean-cut, and had a quiet and reserved nature, but when the chips were down, he could be very tough and determined.

Harry Ihlein was president of the Woy Woy branch of the Australian Labor Party, in the 60s and he had two projects and two dreams.

One dream was to get Kevin Dwyer, the Labor candidate, into State parliament and this was Kevin's second attempt to win the state seat.

Harry was Kevin's campaign manager and they worked like Trojans to win the seat.

With his determined streak truly showing, Harry drove himself and the other branch members to exhaustion in the effort to get the Labor candidate elected.

Unfortunately, at that time, the then Labor government was worn out, and the Liberals under a new rising star, Robin Askin, were pushing Labor to the wire.

This situation combined with the DLP vote gave Kevin Dwyer little chance.

Kevin was beaten and the Labour government fell.

The other project of Harry's

was one of turning the old Neilson Slipper factory in Railway St, Woy Woy, into a Labor club.

Harry and his committee had Millers Brewery interested, had the required number of members and some capital.

He then tried to get some Labor Ministers in the scheme ... regrettably, all too late.

The Labor government was gone, and the club never got off the ground.

Harry had put all his dreams in the one basket, the election and the club.

He had resigned his job in the fire brigade as a sailmaker, in the hope that Kevin Dwyer would win the election and Harry would be his electorate secretary.

However, Harry was far from being destroyed and he always kept a level head and a shrewd sense of humour.

Tragically, Harry's life was cut short in a car accident at Ettalong Beach.

Harry was like one of those unforgettable people you read about in the Readers Digest.

He was friendly, good-natured, resolute, determined and a man you could trust.

Letter, 5 Oct 2016
Keith Whitfield, Woy Woy



Linda Emery
Lawyer
Since 1983

**Hospital & Home Visits
By Appointment**

Specialising in:

FAMILY LAW

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

WILLS & ESTATES

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

So much more than just law...



LAWYERS & CONVEYANCERS

Ground Floor, Suite 6, 22 Watt St Gosford

CONVEYANCING

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

COURT APPEARANCES

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

4323 4766

Email: lemery@lindaemery.com.au

Web: www.lindaemery.com.au

Nature walk at Girrakool

Kindergarten students from Woy Woy South Public School took an excursion to Girrakool Loop Track to learn about Australian wildlife, native plants and the human senses on September 1.

Students participated in a nature walk and completed multiple group activities related to the bush.

A wallaby and a goanna came within close proximity while the students were eating their picnic lunch.

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



Your Life, Your Choice, Our Communities

T 02 4344 9199 | F 02 4341 9771 | Freecall 1800 650 070
agedcare@pennvill.com.au | peninsulavillage.com.au

QUALITY LIVING CATERING FOR YOUR CHOICE

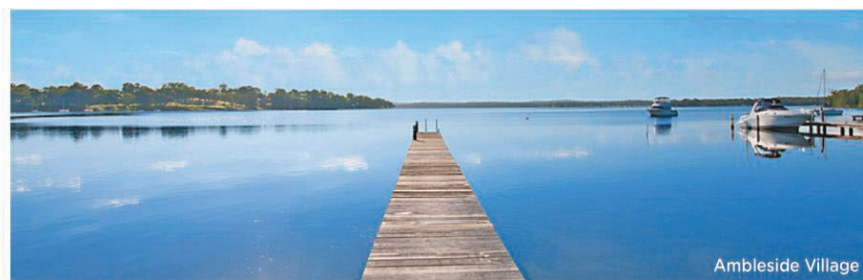
1 & 2 bedroom air conditioned units, priced from \$225,500.

Peninsula Village

Independent and supported living with high care, dementia specific, palliative services and tailored individualistic care. Also providing a convenient meal service delivered to the Peninsula community.

Features

- Recreation hall
- Indoor heated pool
- Undercover bowling green
- Social club & events
- Gardens with BBQ area
- Wellness centre including relaxation & physiotherapy
- Close to public transport & shops



Ambleside Village



Forum

Drain affected by garbage tips and swimming pool

In the article entitled 'Department should formulate pelican management plan (Peninsular News, October 4, 2016, pg.4) Ms Wendy Gillespie of Pelican Rescue is quoted as saying a finding by the NSW Environmental Protection Authority (that the mortality of water birds around Blackwall had been caused by the presence of algal growth and toxins in storm water) "is the logical outcome because the headwaters from the top of the catchment area pass through the nearby golf course".

Ms Gillespie is reported to have stated that 4000 pelicans have died "following the replacement of a natural creek with a storm water drain near a known pelican breeding area".

Firstly, there never was any "natural creek".

The drain was constructed through virgin bush by Council with Commonwealth funding shortly after the war, following Council's rejection of an offer by Mr Clyde Singleton to cut it for 25 pounds (\$50).

Council's decision was a cause celebre at the time.

The drain ran, when it did

Forum

run, pure and clear with a slight brownish appearance due to the tannins in the leaves falling from the surrounding trees.

The purity of the water was severely compromised when Council filled both sections of the swamp (shown on contemporary maps as "lagoon" or "water reserve").

Following the then practice of local government the whole swampland area and surrounds were filled with garbage, which was compacted with bulldozers.

When the first swimming pool was built the drain was relocated.

The swimming pool discharged into the drain "in emergencies" (which occurred for approximately 12 hours per day, every day).

It was then that noxious plants first appeared, and they have remained to this day.

Council has allowed the drain to contain stagnant water which has exacerbated the situation.

Finally, the original drain was built long before the area became a pelican breeding area.

There is a culprit in the whole sorry saga, but it is not the golf club.

Email, 6 Oct 2016

Robert Thorsby, Woy Woy

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

October 6, 2016

Your independent local newspaper

Ph: 4325 7369

Issue 143

Community campaign results in land sale strategy being abandoned

A 12 month community campaign has won its battle to stop the reclassification and potential sale of 25 community reserves and parks across the city of Gosford.

Resolution to wind up three trusts deferred

A resolution to wind up three trusts of the former Gosford Council has been deferred by Central Coast Council Administrator, Mr Ian Reynolds.

Land and Environment Court rules in Gosford Waterfront Alliance's favour

The Gosford Waterfront Alliance has enjoyed its first victory in the Land and Environment Court in relation to its challenge to the development of a building for the Australian Taxation....

Only ten council meetings left before the first council election

Only 10 council meetings remain until the Central Coast can elect its own local government and some former councillors are already moving into campaign mode.

Watermark development 80 per cent sold

A boutique residential development on the fringe of the Gosford CBD is expected to be completed in nine months, and 80 per cent of units have already been sold off the plan.

Mangrove Creek Dam is safe and has not been deemed unsafe

Mangrove Creek Dam is safe and has not been deemed unsafe by the Dam Safety Committee, according to the Central Coast Council.

Central Coast export success story

A manufacturing business in Somersby has become a Central Coast export success story with a \$16.2 million contract secured to supply, install and operate medical waste processing facilities...

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.

Population projected to increase to 415,050

Central Coast Council will maintain its position as one of the largest Councils in NSW and the biggest outside of Sydney after the release of new population figures for NSW.

Property NSW denies trying to avoid Section 94 contributions

No negotiations have taken place between Property NSW and the Central Coast Council relating to the payment of almost \$1.4 million in Section 94 contributions for the development of a state ...

WYONG Regional CHRONICLE

October 11, 2016

Your independent community newspaper - Ph: 4325 7369

Issue 102

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

Muck raking tabloid journalism at its worst

The negative coverage of an announcement that Amphibian Aerospace Industries (AAI) would relocate its operations to the Central Coast has been described by Central Coast Council CEO...

Glenning Valley developer expected to submit an amended development proposal

A Land and Environment Court site visit and section 34 conference has resulted in a small win for the Say No to the Glenning Valley Development Group.

Commercial fishers to go out of business under share trading scheme

Not all of the commercial fishers currently operating in Tuggerah Lakes will keep their businesses after June 2017.

Airport Action Group questions viability of seaplane manufacturing plan

Mr Laurie Eyes, a vocal opponent of the development of a regional airport on the Central Coast, has questioned the viability of a proposal to build Albatross seaplanes at Warnervale.

Fixed-wing seaplanes are becoming increasingly viable as fire-fighting planes

Albatross Amphibian Aircraft are described by seaplane experts as highly capable aircraft and the consensus from sources consulted for this article is that the Amphibian Aerospace Industries (AAI) concept might just have wings

Independent consultant appointed to assess Buddhist temple

The controversial nature of the proposed development of a Buddhist temple on Warren Rd, Warnervale, has resulted in Central Coast Council deciding to appoint an independent consultant to assess the application.

Rock groyne is a band-aid solution

The rock groyne proposed by the State Government to ease erosion on the southern end of The Entrance Beach has failed to meet its plan proposal construction deadline of September 2016.

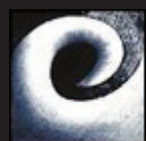
Research and Development (R&D) Tax Incentive status for aircraft manufacturer confirmed

The Federal Department of Industry, Innovation and Science has confirmed that it has provided a finding in relation to the Research and Development (R&D) Tax Incentive status of

The future of Central Coast Tourism still unclear

Rebates for up to \$1,000 for greywater treatment systems and rainwater tanks ceased from Wednesday, September 14, when Central Coast Council Administrator, Mr Ian

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



ETTALONG BEACH
Arts & Crafts Centre Inc.

ANNUAL CHRISTMAS EXHIBITION & SALE

Sat Nov 5th - 9am - 4pm

Sun Nov 6th - 10am - 3pm

Peninsula Community Centre
93 McMasters Road Woy Woy



Handmade
gifts
Homemade
treats
Live music
EFTPOS

Forum

Council administrator fails to follow own safety advice

I note with interest the Central Coast Council Administrator, Mr Ian Reynolds', column in the Express Advocate of September 30 in which he said: "Beach safety should be at the forefront of our minds as we move into the swimming season".

It is at the forefront in the minds of many at Pearl Beach, particularly the impediments placed in the way of improved safety by Central Coast Council.

I note that the Council has failed to respond to the report of the Coroner on the drowning of Chayce Kelly.

It has refused permission for the Pearl Beach Progress Association, at its expense, to establish a defibrillator unit on the foreshore.

It has failed to reply to a June 20 letter appealing against the decision of Council not to allow the Pearl Beach Progress Association, again at its expense, to place rescue tubes and resuscitation charts on the beach and near the rock pool.

And it has not responded to repeated requests to meet with Mr Reynolds to discuss the matter.

I regret that I have felt the need to write this as an open letter but I feel that the lack of response to the issues of beach safety has left me with no alternative.

I trust that my file which evidences unreasonable impediments to improving beach safety at Pearl Beach never has to be tendered to the Coroner

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

as evidence at some time in the future.

Support for a defibrillator on the beach foreshore has come from Lucy Wicks MP through a grant of \$8250 under the Stronger Communities Program for a cabinet to house the defibrillator.

Lucy's support for defibrillators has been well known and her efforts have drawn strong praise from the Pearl Beach Progress Association.

Council's decision in relation to our defibrillator does not take cognisance of the current state of defibrillator technology.

They are specifically designed for public access and to be used by untrained people.

The embedded system avoids misuse and danger to operators.

Defibrillators are being rolled out in public reserves around Australia.

Defibrillators are not based on only being used by trained

operators.

The Pearl Beach Progress Association unit currently in the cafe is issued to anybody requiring it.

Its use is not limited to a time when a trained operator is available.

Its use is, however, limited by the short opening hours of the Cafe.

We want the community to have the capacity to save a life at any time of the day.

The approach adopted by my association is based on the advice of a team of medical, rescue and lifesaving professionals.

Medical specialists were the major donors to our appeal as they understand how the availability of a defibrillator can save lives.

Similarly our lifesaving experts have recommended the availability of rescue tubes.

A view has even been expressed that had such a unit been available it may have made a difference in the attempts to rescue Chayce Kelly.

The simple fact is that by not making a defibrillator publicly available, when we have medical advice and the capacity to do so, puts lives at risk.

I again ask that the matter of beach safety be considered in the light of the above information and the extent of defibrillator and rescue equipment installation around Australia.

Letter, 6 Oct 2016
Ross Christie, Pearl Beach
Progress Association

Disgusting amount of litter

I wish to register my disgust at the amount of litter around the Peninsula.

Most of it is fast food packaging, coffee cups, lids, thick-shake cups, French fry containers, drink bottles and cans.

I like to walk on Mt Ettalong and I don't like all of the litter left behind on the ground near the water reservoir.

I usually pick up what I can carry and take it away, but much more has blown down the side of

Forum

the mountain and is therefore out of reach.

Litter can be found in most carparks that overlook the water and it is assumed that it has probably been thrown out of car windows which astounds me.

The offenders need to be punished for their actions.

Letter, 27 Sep 2016
Tom Shelton, Umina

A busy bee or ... ?

Lucy Wicks has been a busy bee over the past three months ... or so she wants us to think ("Wicks reiterates commitment to election promises", October).

However, most of this activity seems to amount to no more than writing letters to various Ministers, repeating announcements made many months ago and posing Dorothy Dixers.

We have yet to see any concrete action, and the suspicion is that we might see another election before any projects come to fruition.

Let Ms Wicks pad out her Facebook and Twitter accounts as she wishes, but spare us full-page braggadocio in Peninsula News about actions that are not news

Forum

and amount to little more than beating the air.

Similarly, if Deborah O'Neill can afford to fill the Peninsula News coffers with full-page advertisements, good luck to you, but carrying on about past election promises that are now of no consequence is a bore.

In fairness, you should allot her a free page as well and allow her to detail all the bureaucratic pettifoggery that she has been engaged in since Parliament reopened, although Ms Wicks at least has the justification that she is the local Member, whereas Ms O'Neill's purpose, as an NSW Senator, is somewhat difficult to discern.

Perhaps, she should address herself to the state-wide issues that she was supposedly elected to deal with.

Email, 6 Oct 2016
Bruce Hyland, Woy Woy



Still Proudly Owned by Woy Woy Community Aged Care





'Excellence in Residential Aged Care'
Providing both Hostel and Nursing Home
Accommodation including Respite

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

Sponsored by 



Peninsula News
Community Access

is printed on 100% recycled paper products, even the ink is made from vegetable matter.
So when you're done reading this paper please recycle it or give it to someone else to read

Are you looking for a smile makeover?

PORCELAIN VENEERS

Book your FREE assessment today

Smile with more confidence with invisible braces!

Dental Implants Free Assessment

Improve your quality of life.

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

A whiter brighter smile in one hour

PHILIPS Zoom White speed in chair teeth whitening special - only \$595 (normally \$950)

NEW PATIENT OFFER - No Gap Exam and Clean appointment for Private Dental Health Insurance patients.

Not with a Health Fund? Just pay \$179

Includes FREE Xrays worth \$160

The 60 minute appointment includes: Full Comprehensive Exam, Clean and Polish, OPG X-rays, Treatment Planning and Fluoride

Interest FREE Payment Plans Available



Bondi • Gosford

We Bulk Bill Under the Medicare Child Dental Benefit Scheme. NO OUT OF POCKET EXPENSE (\$1,000 Free Dental Care for children age 2 to 17 - Ask us for the Details)

Gosford Dental Lifeline

We provide reasons to smile

Ph: 4323 7007



Dr. Meena Gambhir



Dr. Namita Mehta

Saturday Appointments Available - We accept Veteran's Affairs patients

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



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



Beyond Blue presentation at aged care facility

A local aged care facility has hosted a special presentation from Beyond Blue to mark Mental Health Day on October 13.

Research from the NSW Health Commission indicates that almost 52 per cent of all permanent aged-care residents experience symptoms of depression within a five year period and more than 45 per cent within the first year of admission, according to Peninsula Village CEO Mr Shane Neaves.

The presentation by Ms Debbie Terrantroy was a valuable opportunity for the residents to hear about the importance of mental health, with Ms Terrantroy speaking about her own battle with mental illness, Mr Neaves said.

"Depression is common throughout the Australian population, and older people are more likely to experience contributing factors such as physical illness or personal loss.

"In addition, unfortunately, many people over 65 still seem to

feel there is a stigma attached to depression and anxiety," he said.

"Older people are also more hesitant to share their experiences of depression with others, often ignoring symptoms over long periods of time and only seeking professional help when things reach a crisis point.

"The good news is help is available and our residents are part of a supportive care community."

The aim of this special presentation is to reduce the associated stigmas with mental illness, raise awareness about the signs of difficulty, as well as encourage people to seek help or support someone who may find themselves in such a position," he continued.

Ms Terrantroy is a working single mother of three boys and became a Beyond Blue speaker to share her personal story and insight into depression.

Currently undertaking a psychology degree, Ms Terrantroy is a volunteer speaker who

commits her time to encourage others to seek help and offer hope to people who may be struggling with mental health.

"With more than 250 residents here at our Peninsula Village facility, we know all too well the importance of raising awareness and offering support to those within our care," Mr Neaves said.

"Knowing Debbie's own mental health journey and her dedication to promote positive mental health and wellbeing amongst the local community, we are sure that her presentation will be incredibly beneficial," Mr Neaves added.

As a community not for profit organisation, Peninsula Villages has been serving the needs of locals for more than 40 years, he said.

The lifestyle village regularly holds information presentations and entertainment in an aim to enrich social wellbeing and provide exciting cultural experiences for its residents.

Media release, 10 Oct 2016
Katey Small, Brilliant Logic PR

Girls' night out for cancer fundraising

The seventh annual Girls Just Wanna Have Fun Pink Ribbon Girls Night Out will be held at the Ettalong Diggers Memorial Club on Saturday, October 29.

October is Cancer Council's Pink Ribbon month, the one month of the year when women's cancers are highlighted and focused on for fundraising.

Last year was a sell out with 300 women in attendance, raising just under \$18,000.

Organising committee member Ms Belinda Player said: "It looks like we will be filling the auditorium again but with a goal of raising \$20,000."

The organising committee consists of a group of women who have all in some way been touched by cancer.

"It's a sad fact but the truth is we would all be hard pushed to find anyone who has not directly or indirectly been affected by cancer," Ms Player said.

"Cancer Council statistics show

that 50 women are told every day they have breast or gynaecological cancer, and it is these figures that keep us motivated to hold our event annually.

"Whilst cancer is not going away in a hurry, neither are we," Ms Player said.

Tickets are \$50 each and available for purchase at Ettalong Diggers reception.

One hundred per cent of ticket sales goes to Cancer Council Pink Ribbon (Central Coast region).

"As always our local business community have been amazingly generous with sponsorship and donations for the evening and we cannot thank them enough.

"If you're a local business or franchise that hasn't already donated or sponsored, and would like to support this event, or if you would just like to know more about this event, please call Stacey Saul 0425 262 099 or Margaret Channing 0419 001 890."

Media release, 12 Oct 2016
Belinda Player, Girls Just Wanna Have Fun

Umina Chiropractic Centre

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

Bootcamp Recovery

With the warmer days, we become aware of how snuggled up we have spent the last couple of months, and we get motivated to get moving again.

Some of us get so motivated that they join boot camps, sign up for challenges, and might even be tempted to drink shakes instead of eating real food, in the hope of accelerating weight loss and muscle gain.

But stop and think about it for a second or two!

Every year, we see and treat sport injuries that could have been avoided by proper planning and carrying out.

So, this year, instead of being sidelined for weeks because you overdid it in the first week of exercise, make sure you do the following before you start any sort of new sport, especially if you have been sedentary for a while:

1. Have a thorough medical check-up;
2. Check with your chiropractor what exercise suits your body best as not all bodies are made for boot camps and high impact sports. Start gently (walking or swimming are great ways of getting back into exercising) and work your way up to more vigorous training. It's better to do a little often than trying to make up for the last couple of months of sedentary living in one week. Move to celebrate what your body can do and not to punish yourself for what you may have eaten; and,
3. Always listen to your body and don't push your body over the pain threshold. On this note, if you are in pain, stop exercising and have someone qualified check you out. Don't train if you have to take painkillers to do so!

If weight loss is on your radar, get proper advice from a qualified

and accredited nutritionist.

It is much better to invest money in good advice than in shakes that will only leave you hungry.

The reasons why some of us carry a little extra weight are manifold.

Stress, emotional overeating, allergies, hormonal turbulences, age, or other reasons can all cause weight gain.

Don't you want to address these causes and become a true, well being?

Weight gain and muscle loss don't happen overnight - so don't expect to have a toned body overnight.

Good health needs to be addressed daily and not just in preparation for summer.

Good health includes good nutrition, good sleep, good thinking, good feeling and good moving.

We are here to help you all seasons!



Chiropractic; safe, gentle and effective for all the family

If you have any questions, contact us at office@uminachiropractic.com.au or make an appointment for a preliminary consultation



Penninsula Hearing
"We are hear for you"

Free screening test
No obligation trials
Children's testing available
Workcover
Independently owned and operated
Government accredited
Being independently owned means you will have a true choice of manufacturers!
Sennheiser assistive listening devices also available
Don't delay, speak with our friendly staff today.
Call us on;

(02) 4342 9736
penninsulahearing@gmail.com

www.penninsulahearing.com.au



Shop 6
Berith Street
Umina Beach
NSW 2257



Talk about more than depression in Mental Health Week

Residents should start talking about mental health issues beyond depression this Mental Health Week.

That is the message from Brisbane Waters Private Hospital CEO Ms Kathy Beverley.

She said that one in five Australians will experience mental illness each year and the community cannot afford to keep quiet about this "elephant in the room".

"Recent surveys show that over time Australians have become more accepting and understanding of people with mental illness," Ms Beverley said.

"In fact nine out of 10 Australians say the country is performing better on this score in the past decade," she said.

"However, while this is encouraging, stigma remains around other conditions like bipolar, addictions, post-traumatic stress disorders and others.

"When we talk about mental health, we want people to also discuss the more challenging conditions and disorders that Australians face," she said.

Ms Beverley said Brisbane Waters Private Hospital provided a broad range of mental health services, often dealing with complex cases.

"Community members seeking help for addictions, complex mental health conditions, and Post Traumatic Stress Disorder also need our understanding and support," she said.

"Mental illness isn't just limited to depression; it affects all Australians who are experiencing anxiety, substance abuse, eating disorders and even issues related to suicide.

"The facts are men are more than twice as likely as women to have substance abuse disorders; up to 90 per cent of eating disorders occur in women, and affect nine per cent of the population; and one in six young Australians are currently experiencing an anxiety condition."

Having a week that is dedicated to raising awareness around

mental health is important for all Australians, Ms Beverley said.

"Brisbane Waters Private Hospital held a community expo at Deepwater Plaza, Woy Woy on Thursday, October 13, to start conversations about mental health with the local community.

Staff from the hospital accompanied by an eight foot high inflatable elephant encouraged community members to talk to staff about mental health."

Brisbane Waters Private Hospital will also be hosting a free Community Forum on Monday, October 24, at the hospital on Drug and Alcohol Addictive Disorders, which is open to the community from 6pm to 8pm.

The hospital's Central Coast

Clinic is a private mental health care facility and it will be hosting the free community event to provide informative and interactive information on the latest treatments and therapies used.

Panel speakers will include Healthe Care Australia's Central Coast director of psychiatry Dr Greg Pearson and the Central Coast Clinic's clinical director of psychiatry services Professor Carlos Zubaran; along with drug and alcohol counsellors, a psychologist and nursing team members.

Brisbane Waters Private Hospital is part of Healthe Care Australia.

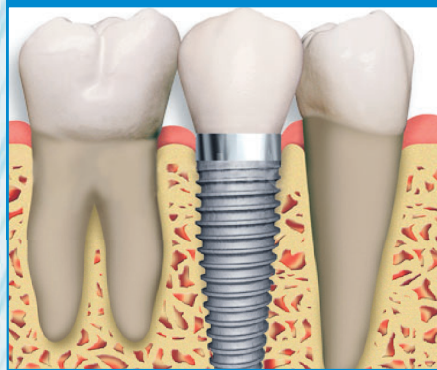
Media release, 10 Oct 2016
Petrina Waddell, Brisbane Waters Private Hospital



From left Central Coast Regional Manager Matt Kelly and CEO BWPH Kathy Beverley pictured with Elephant

NOW OPEN IN UMINA BEACH

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



Woy Woy Dental & Implant Centre



PATIENT OFFER FOR PRIVATE DENTAL HEALTH INSURANCE PATIENTS

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

Dental Implants Consultation and 3D Xray

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

Ask about Invisalign, braces, orthodontic services

Try our range of affordable options for implants and denture stabilization



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

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

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

Across from Woy Woy Train Station

**14 Railway St, Woy Woy - 4342 1080
& 289 West St, Umina - 4339 8020**

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



ALAN WIGNEY
PODIATRY

336 Trafalgar Ave, Umina

Why pay for treatment?
We offer
100% BULK BILLING

For all EPC Plans

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

We also do DVA and Pensioner Discounts!

For all aspects of podiatry, call us on

4341 4704

Health

Killcare resident nominated for Lifeline award

A Killcare resident who lived through the suicide of his closest mate, has battled depression and now speaks about suicide prevention has been nominated for an award from Lifeline

Mr Greg Van Borssum battled with depression after a stellar career in international movie making came to an end.

After a suicide at work, he counselled fellow workers who were also suicidal and found he had a gift that also gave him reason to live.

Mr Van Borssum learned to speak publicly, became an ambassador for Suicide Prevention Australia and now speaks nationally and internationally to bring mental health to public attention.

He was one of three Central Coast men nominated for the Lifeline Brass Blokes Awards.

According to Lifeline Central Coast CEO, Ms Gillian Summers, the awards recognised local men who had been through big challenges yet still found the courage to give back to their community.

"It is important to recognise these special men, the unsung heroes in our community, giving

hope and inspiration to others," she said.

"Blokes are not always good at talking about themselves or reaching out.

"Three out of four suicides in Australia are by men," Ms Summers added.

She said suicide rates were at a 10-year high in Australia.

Lifeline Hunter and Central Coast estimated it saved the lives of 5000 local people each year through its crisis support and suicide prevention services, but relies on community support for more than 55 per cent of its funding.

Media release, Oct 4, 2016
Gillian Summers, Lifeline
Central Coast

Group discusses emotional eating

The Peninsula Women's Health Centre is holding a group on Emotional Eating.

This group is a supportive environment to learn, share and understand unhealthy relationships to food.

The aim of this six week group is to provide an opportunity for all women to gain insights into their own relationships to food.

The Women's Health Centre will look at what relationships, emotions and beliefs have got to do with emotional eating.

It is intended as an introduction and an exploration of the topic using a holistic and psychotherapeutic

approach, not as a means of treating a serious eating disorder.

The group will commence on Tuesday, October 25, at 10am to 12pm, then each Tuesday finishing November 29.

There is no cost for this group, however the centre asks for a donation.

Childcare is available for the group and bookings are essential for both the group and childcare.

The group will be held at the centre at 20A McMasters Rd Woy Woy.

Media release, 26 Sep 2016
Katherine Bradfield, Peninsula
Women's Health Centre

Mental health promoted at Woy Woy station

Rotarians from across the Peninsula came together on October 7 to promote mental health research through Australian Rotary Health's Hat Day.

Rotarians visited Woy Woy railway station to sell Hat Day merchandise and collect money to help Australian Rotary Health and mental health research.

Hat Day is one of many events occurring during the month of October, which is also Mental Health Month.

It encourages members of the community to wear a hat and host an event to open up the discussion on mental health, reduce stigma and raise money to go towards finding preventions and cures for mental illnesses such as

depression, bipolar and anxiety.

Australian Rotary Health Board Member Mr Graeme Davies said Rotarians had always been the biggest supporters of Hat Day, which has allowed researchers to explore a variety of mental health areas.

"Australian Rotary Health is placing an emphasis on research for prevention of mental illnesses and the mental health of young children under the age of eight," Mr Davies said.

"In the past, events such as Hat Day have supported researchers to look into suicide prevention strategies, early interventions of mental illness and web and phone-based self-help tools."

Media release, 5 Oct 2016
Jessica Cooper, Australian
Rotary Health

Donation of blocks wanted

Umina Beach Public School is calling for members of the community to donate pre-loved Lego blocks to the school.

Relieving principal Mr Paul Farrugia said the school staff would like to start a Lego club for the children to utilise during their lunch breaks as an additional choice of playground activities.

"As you can imagine, this could

be an expensive exercise, so we are asking friends and family to consider donating Lego to the school," Mr Farrugia said.

"It would be appreciated and I'm sure well used by the children of the school," he said.

Donations can be made via the school office at Sydney Ave, Umina.

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

HAVING DIFFICULTIES WITH YOUR DENTURES?

All Dentures, Repairs & Relines

After Hours & Weekend Appointments Available

DVA Patients & Health Fund Accredited

Off Street Parking & Wheelchair Access

No Referral Needed

Mention this Ad
for your FREE
consultation!

LOCALLY OWNED AND LOCALLY MANUFACTURED



**A. Wegner
DENTURE CLINIC
30 YEARS IN BUSINESS**

66 Ocean Beach Road, Woy Woy

4341 8888



www.wegnerdentureclinic.com.au



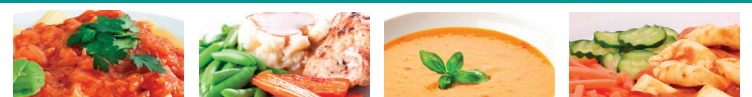
**Meals on Wheels
Central Coast**

**More
than just
a meal**



*Proudly catering to the
Central Coast community
for almost 50 years.*

**Delicious Meals • Free Delivery
Social Support**



(02) 4357 8444

www.ccmow.com.au

Sponsored by
**NEWS ON 10
central coast**

Mr Wallis returns to 'the real world'

Ettalong Public School's principal Mr Colin Wallis has returned to duties after three terms of leading the deployment of the new Learning Management and Business Reform in primary schools across the Central Coast.

"I am pleased to be back into the real world back at school," Mr Wallis said.

"The deployment went very smoothly and all primary schools on the Central Coast are now utilising the new administrative and student well-being technologies," he said.

"The system will make the statewide recording of relevant student well-being and learning needs more efficient and more easily attainable for eventually all schools across NSW.

"This will have a very positive impact on schools by more ably meeting student learning and emotional needs.

"Our school has been using the

system since 2013.

"Although there were challenges at times, the deployment was an exciting time and one I did enjoy.

"It was also a great learning experience for me and the knowledge I have gained will greatly enhance our school's use of the system."

Mr Wallis said he thanked Ms Lynn Balfour for taking the role of relieving principal and Mr Peter Cardy as relieving deputy principal, the executive team and entire staff at Ettalong Public School.

"It is always great to know that there are so many talented staff at our school who can take on many roles in the school.

"I have been requested to continue to support the Central Coast LMBR deployment one day per week for this term.

"Ms Balfour will relieve as principal on this day with Mr Cardy relieving as deputy principal," he said.

Newsletter, 11 Oct 2016
Colin Wallis, Ettalong Public School



The Stage 3 Umina Beach Public School Dance Group

First place to Umina dancers

The Stage Three Dance Group from Umina Beach Public School gained first place in the Central Coast Eisteddfod recently.

The group performed their routine, Don't Speak, competing in the Primary School Year 5-6 section.

The adjudicator's feedback included that they enjoyed the song choice and theme of the dance, excellent cannon work, great characterisation and that the group worked well together as a team.

Some of the routine had to be adapted because not all students could attend due to school holiday commitments.

The dancers had to cope with some last-minute formation changes.

Newsletter, 11 Oct 2016
Paul Farrugia, Umina Beach Public School



Two of the 15 Umina Beach Public School students who helped at the Brisbane Ave community tree planting day

Students helped with tree planting

Fifteen students from Umina Beach Public School took part in the recent community street planting day in Brisbane Ave, Umina.

The planting day was a community-organised project that was funded by a Central Coast Council grant.

The students helped with digging holes and planting 10 mature native trees along the nature strip to improve the look of the street and provide shade for the footpath.

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

STRATFORD MUSIC

Way Way School of Music has moved!

Offering quality tuition in:
Piano, Vocals, Guitar, Bass,
Violin, Drums, Ukulele,
Theory, Performance,
Songwriting & Ensembles
Enrol before the school holidays
& receive a FREE LESSON!

Ph: 4344 5809

stratfordmusic.com.au

OLIVE BRANCH GALLERY

October Art REVIEW

OPENS 3PM Friday 28th October
CLOSES 2PM Tuesday 1st November

Noel Olive: 4344 5954

The Olive Branch Gallery

Olive Branch Gallery
5 Onthonna Terrace, Umina

ALL WELCOME - FREE ADMISSION

Dirty Tiles & Grout? ...Forget Pointless Scrubbing!

GroutPro We Clean, Seal & Re-colour Tile & Grout
tile & grout restoration specialists

Call now for your nearest GroutPro Specialist!

✓ Tile Re-Grouting ✓ Tile Repairs ✓ Shower Glass
✓ Tile Anti-Slip Treatment ✓ Silicone Replacement

FREE QUOTE

10% OFF
Expiry 1/2/17

Call Paul at GroutPro Gosford on 0452 540 054 • Franchises Available • www.groutpro.com.au

Out&About



Potters from the Ettalong Beach Art and Crafts Centre recently held a stall at the plant lovers' day

Annual exhibition and sale at community centre

The Ettalong Beach Arts and Craft Centre will hold its annual Christmas Exhibition and sale at the Peninsula Community Centre on November 5 and 6.

The Centre claims its overflowing classes, with waiting lists of 24 for silver craft and 26 for pottery, will ensure the high quality of goods for sale this year.

The exhibition always includes a stunning array of handmade gifts, home-made treats and entertaining live music.

The centre's Christmas

Exhibition and sale will be open from 9am to 4pm on Saturday, November 5, and from 10am to 3pm on Sunday, November 6.

The Community Centre is located at 93 McMasters Beach Road in Woy Woy.

Members have recently enjoyed a successful exhibition at the Gnostic Mana in Woy Woy, with some members selling works.

The Arts and Craft Centre is also in the process of applying to Central Coast Council for approval of a mural to be painted on the eastern side of its building.

The mural has been designed

and will be painted by a member of the centre.

It has been described as "bright, colourful, eye-catching, representing this area in which we live, work and play".

The local Zonta Group has approached the Centre to participate in making white poppies to raise awareness of domestic violence.

The poppies will be installed at the Terrigal Skillion and are to be completed by late October.

Newsletter, 13 Oct 2016
Penny Howard, Ettalong Beach Art and Crafts Centre

No commission taken at exhibition

A Umina art gallery will hold an exhibition of regional artists later this month without taking an sales commission.

Mr Noel Olive will host the October Art Review exhibition at the Olive Branch Gallery from October 28 to November 1.

Over 30 artists participated in the May exhibition, selling several

of their works.

A similar number is expected in the coming exhibition.

Public entry to the exhibition is free.

The exhibition opens at 3pm on Friday, October 28, and is open each day until Tuesday, November 1.

All are welcome at the Gallery at 5 Onthonna Terrace, Umina.

Email, 12 Oct 2016
Barbara Kelly, Umina

COACH TOURS

4 Day | Dep 5 Dec

Cherry Time

at harvest

\$843

ppt share

DON'T MISS OUT - FILLING FAST

• Guided Tour of Cowra • Yandilla Mustard Farm • Lavendar Hill Cherry Farm

• Japanese Gardens • Guided Tour of Young • Poppa's Fudge & Jam Factory

8 Day | Departs 22 Dec

Christmas on the Gold Coast

\$1,999 ppt share

Tours include motel accommodation, dinner, bed, hot brekky & entries.

Live Show

Aladdin

15 Feb 2017

\$120 pp*

*Concession prices

'A' Reserve seats

Includes: coach & entry

All matinee shows

All pickups from Doyalson to Woy Woy

Gift certificates available

Day Trips

Mystery Melbourne Cup Lunch

Departs 1 Nov 2016

\$77 pp

Fort Scratchley

Departs 16 Nov 2016

\$67 pp

Christmas Lunch at Buttai Barn

Departs 30 Nov 2016

\$85 pp

Hunter Valley Gardens Christmas Lights

Departs 7 Dec 2016

\$79 pp

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

BOOK TODAY

4353 9050

www.roadrunnertours.com.au

ROAD RUNNER

Leisure Tours

Travel Australia at 'see' level!

Student sponsored to attend agricultural event

Brisbane Water Secondary College Umina campus student Jack Honey has received sponsorship from Rotary Club of Umina Beach to attend the Science Experience at Dookie agricultural campus.

Jack had to apply for the sponsorship and will visit Dookie Campus near Shepparton from November 30 to December 2.

The Dookie Campus of the University of Melbourne holds the Science Experience event, which focuses on agricultural science, annually for secondary students.

The Dookie campus of

University of Melbourne is a working farm as well as a centre of agricultural research.

At the event, scientists and agricultural science students take part in hands-on activities in the laboratory and the paddock.

Attendees get to see how agricultural scientists solve real world issues, and particularly issues relevant to rural Australia.

Jack will stay in student accommodation at Dookie, which is located approximately 150 kms north of Melbourne between Shepparton and Benalla.

Newsletter, 4 Oct 2016
Rod Meyer, Rotary Club of Umina Beach Inc

Annual visit to Walgett

Aboriginal and Torres Strait Islander students from Peninsula primary schools have had their annual visit to Walgett in wet weather.

Students for the trip were selected from a variety of Peninsula primary schools to represent the area in netball and rugby league in Walgett.

The usual netball and rugby league competitions had to be called off because of the wet weather but the children spent their time fossicking for opals, making

new friends, bathing in the bore baths and exploring aboriginal culture.

The students were able to make and play didgeridoos, bead jewellery, decorate clapping sticks, paint magnets and listen to local elders talk about the local area of Lightning Ridge.

A day at Walgett Public School also gave the students the opportunity for a few friendly rounds of both netball and football.

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

New York Public Library returns to folk club

Folk group New York Public Library is making a return to the Troubadour Folk Music Club at Woy Woy on

Saturday, October 29.

The group, which has performed previously appeared at the folk club, has been on the Sydney folk club scene for 38 years.

New York Public Library performs at the Troubadour at the Woy Woy CWA Hall on October 29 from 7pm.

Email, 12 Oct 2016
Michael Fine, Troubadour Folk Club

KB THAI

Traditional Thai, affordable

Dine in Takeaway

Everything cooked fresh to order.

Online order - download our App

QR code

Open 7 Days, BYO

Lunch - 11.30am to 3.00pm

Dinner - 5.00pm to 10.00pm

www.kbthai.com.au - 4341 0441 - 4343 1392

Opposite Catholic Church at Woy Woy

Image of Thai food

Computer Guy

WE FIX COMPUTERS!

4320 6148

Image of a person working on a computer



Book Bazaar's Mandi McIntosh with the crowd gathered to meet Jimmy Barnes



They've both come a long way from their early days as migrant boys in Adelaide, Jimmy Barnes with Steve Pearson



Former Gosford Councillor Mr Bob Ward (right) with Jimmy Barnes at Book Bazaar Umina

Hundreds line up for Barnes' signature

Hundreds of residents lined up along the footpath of West St, Umina, on the morning of Saturday, October 8, for the opportunity to get the signature of former Cold Chisel vocalist Jimmy Barnes.

Mr Barnes was at the Umina

Book Bazaar signing copies of his newly-released childhood memoir Working Class Boy.

Umina Book Bazaar owner Ms Mandi McIntosh said fans had started to line up outside the book store before it opened at 9am.

Barnes was not due to start autographing copies of his book until 10am.

A former Gosford councillor was just one of the hundreds of locals who lined up.

Some waited for several hours to have a moment with Jimmy Barnes buy a copy of his acclaimed new book and have him sign his new book.

Interview, 8 Oct 2016
Mandi McIntosh, Book Bazaar Umina

HOTEL GOSFORD

BLUES AND ROOTS

FIRST SATURDAY OF THE MONTH

RESIDENT BAND

BLUESANGELS

This month's special guest artist

Whistle Dixie

FREE ENTRY

Nov 5th - 7pm till 11pm

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

Good Morning Ettalong

Doors open 10.30am
Tickets:
Members \$15
Guests \$20
Bookings essential.

FALLON & REBECCA HAYES

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

TUESDAY 25th OCTOBER

20 YEAR ANNIVERSARY OF AWARD WINNING

BACK TO THE TIVOLI

CELEBRATE BACK WHERE IT ALL BEGAN...

Sun 30 October
Doors open 2pm
Tix: \$20 Members/\$25 Guests

SET SAIL WITH ETTALONG DIGGERS

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

ET TALONG BEACH DIGGERS ...your Destination

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

ATM & COURTESY BUS SERVICE

Out&About



Musicians from the Troubadour Folk and Acoustic Club will perform at The Bays

Troubadour event at Woy Woy Bay

The Bays Community group Inc will host an afternoon of music, Troubadour at the Bays, from 2pm to 5pm on Sunday, October 23.

The family event will take place at The Bays Community Hall and will feature live performances from members of the Troubadour Folk

and Acoustic Club,

The club's usual venue is the Woy Woy CWA Hall but the club has decided to take its music to The Bays.

The cost for adults will be \$10 but, in addition to their entry, they will receive a complimentary copy of the Troubadour Tracks CD, Songs from the Water's Edge.

Entry for children under 10 years of age will be free and those aged from 10 to 15 years will need to pay \$5.

The Bays Community Hall is located in Woy Woy Bay Rd, Woy Woy Bay.

Email, 11 Oct 2016
Jim Doe, The Bays Community Group Inc

Book launched about the life of Allen Strom

An electronic book, entitled Chief Guardian The Life and Times of Allen Strom, will be launched at 12pm at The Strom Centre, Killcare Heights, on November 5.

Penned by Mr Allan Fox and Mr Neil Duffy, the book chronicles the life of Mr Allen Strom as educator, conservationist, naturalist and administrator.

Mr Strom became a pioneer education officer at the Australian Museum Sydney and foundation secretary of the National Parks Association of NSW in 1957.

Mr Strom worked with his wife Beryl and others for the establishment of Central Coast National Parks including Brisbane Water, Bouddi, Wyrabalong, Wambina and Popran.

From 1958 until 1967, Mr Strom served as the Chief Guardian of Fauna of the Fauna Protection Panel, prior to the establishment of the National Parks and Wildlife Service and was a pivotal member

of the Nature Conservation Council of NSW.

From 1967, he worked in the Department of Education as the Advisor in Conservation in schooling until his retirement.

There he had the task of establishing conservation education in the State schools.

In 1972, Mr Strom was awarded the Australian Natural History Medallion for Special Study and for Increasing Knowledge and Appreciation of Natural History in Australia.

Mr Strom was made a Member of the Order of Australia in 1977 in recognition of his services to conservation education.

Prior to the book launch, there will be a morning tea held from 11am.

Attendees are asked to bring their own cups and fold-up chairs for the morning tea.

Newsletter, 4 Oct 2016
Jane Smith, Community Environment Network

Wagstaffe Hall transformed

Wagstaffe Hall was transformed into an elegant art space over the October long weekend by members of the Five Lands Artist Collective.

The annual exhibition was officially opened by ABC radio

presenter Ms Linda Mottram.

Yantra de Vilder on piano and Jess Graham on violin gave a vibrant recital of a piece composed by Ms de Vilder.

In her opening remarks, Ms Mottram said: "On the Central Coast there is an artistic flowering

as an expression of the kind of place it is.

"I feel there is a spiritual dimension to this place I live in," she said.

Work by Ms Bronwyn Van der Graff, winner of the 2016 Gosford Art Prize, was part of the exhibition and six other artists in the Wagstaffe exhibition were also Gosford Art Prize finalists.

Many of the artists donated works as prizes for a raffle conducted by the Wagstaffe-Killcare Community Association to help raise money for the association's Future Arts Fund.

Newsletter, 5 Oct 2016
Stephen Hinks, WTKCA

Book launch at Wagstaffe Hall

Local actress and author Ms Judy Nunn will launch a book of 40 stories by 21 local writers, While the Music Lasts, next month.

The book's launch will be held at the Wagstaffe Hall on Sunday, November 13, at 2pm.

While the Music Lasts is from a

TS Eliot quote: "You are the music while the music lasts".

According to Ms Nunn that means: "Your story is your story and only you can make sure it is not lost forever."

Newsletter, 5 Oct 2016
Stephen Hinks, Wagstaffe to Killcare Community Association



ETTALONG BEACH
Arts & Crafts Centre Inc.

ANNUAL CHRISTMAS EXHIBITION & SALE

Sat Nov 5th - 9am - 4pm
Sun Nov 6th - 10am - 3pm

**Peninsula Community Centre
93 McMasters Road Woy Woy**



**Handmade gifts
Homemade treats
Live music
EFTPOS**

PENINSULA CAR REPAIRS PTY LTD

Owned & Operated since 1989

Including **TOPP'S TYRES**

@Woy Woy
4344 4422

Courtesy shuttle service in local area

Tyre & Wheel Alignments

Purigen98 – Tyre Nitrogen now available

Car computer scanning

Manufacturers' Book Servicing available

26-28 Alma Ave
Woy Woy 2256

www.peninsulacarrepairs.com.au

Absurd Person Singular opens soon

Woy Woy Little Theatre's season of the Alan Ayckbourn play, **Absurd Person Singular**, opens at the Peninsula Theatre on October 28.

"How many party guests does it take to change a light bulb?" asked the production's director, Mr Andrew Thomson.

"Six according to one of the more hilarious moments in this mismatched world of social climbing," he said.

The story follows the fortunes and misfortunes of three very different couples, in three different kitchens over three consecutive Christmas Eves.

With all three class levels represented, the humour abounds as each tries to impress, or feign being impressed, while coping with their own relationship issues.

Those issues seem to get highlighted over festive periods like Christmas.

"But then, if you were married to a control-freak, an unashamed adulterer, an alcoholic or a pill-popping train-wreck, how would you cope?"

Mr Thomson said it was the quirky appeal that drew him to the play in the first place.

"I've been a fan of Alan Ayckbourn for many years.

"My grandparents first introduced me to him through BBC TV reruns of The Norman Conquests," he said.

"As a young acting student interested in writing comedy, I found his writing style instantly likeable.

"But just as good as the many one-liners were, it's also the well-drawn-out characters that appeal.

"What Ayckbourn does extremely well is build these varied characters, with all the hopes, dreams, issues and foibles that we all identify with, and place them

together in these sort of trapped spaces where deeper issues are forced to come out, usually to hilarious effect.

"So it was only a matter of time from that point before I stumbled upon Absurd Person Singular.

"I recall reading how Ayckbourn initially set the play in the lounge rooms of each respective couple.

"But when he was about half way through writing it he realised that all the fun to be had was really in the kitchen.

"In other words, in the room where preparations were being made for the impending Christmas Eve cocktail party, as well as the room where guests escaped to or frantically ran in and out of in an attempt to impress."

Little Theatre president Ms Christine Vale, who is in the cast, said: "From the first reading, we all knew it was a funny play that would very much appeal to our audiences.

"As a cast we've really enjoyed finding and playing with the extra humour that's come from all the action in the kitchen.

"With characters constantly running in and out, each with their own problems and attempting to help or, in some cases, not help each other, it's really been great fun.

"Throw in some serious issues, a bit of electrical repair work, a touch of alcoholism and even a rabid dog, it's no wonder we find ourselves finding it hard to keep a straight face.

"One thing we're sure of is that the audience are in for a great time," Ms Vale said.

Ms Vale last played Judith Bliss in Noel Coward's Hay Fever.

Ms Judi Jones has also been a long running member, most recently in Lovers at Versailles, while Andrew Thomson was the PM in Yes, Prime Minister along



Performing in *Absurd Person Singular*, from left: Mike Jeffries, Kelli Ward, Aidan Cuddington, Christine Vale, Andrew Thomson and Judy Jones in *Absurd Person Singular*

with Mike Jeffries who played Sir Humphrey.

Kelli Ward and Aidan Cuddington were most recently involved with the Little Theatre's Flash Festival, while Kelli also starred in Uniting Production's Antigone.

Absurd Person Singular will be presented at the Peninsula Theatre, corner of McMasters and Ocean Beach Roads, Woy Woy.

Bookings can be made only through the Woy Woy Little Theatre website (woywoylt.com.au).

Performance dates will be Fridays October 28, November 4 and 11 at 8pm; Saturdays October 29, November 5 and 12 at 8pm; and Sundays October 30, November 6 and 13 at 2pm; and Saturday, November 13 at 2pm.

Media release, 13 Oct 2016
Graham Vale, Woy Woy Little Theatre

*Subscribe now
and don't miss an edition*

☐ **Peninsula News**
Community Access

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

☐ **COAST Community News**

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

☐ **CWYONG Regional CHRONICLE**

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

Phone: 4325 7369 - Fax: 4321 0940

120c Erina Street, Gosford To order online

www.duckscrossing.org/shop

Name: _____

Ph: _____

Email: _____

Address: _____

Credit Card Number: _____

_____/_____/____/

_____/_____/____/

Exp: ____/____/____

Please complete credit card details or
send a cheque or money order payable to

Central Coast Newspapers,
PO Box 1056, Gosford NSW 2250

NEWSPAPERS
central coast

Office: 120c Erina Street, Gosford

Phone: 4325 7369 **Fax:** 4321 0940

E-mail: editorial@centralcoastnews.net

Website: www.centralcoastnews.net

READ IT ONLINE!

If you can't wait to get your copy
read it online!

If you lent yours to someone that won't
give it back - *read it online!*

Missed an edition or want to re-read
something - *read it online!*

Simply go to www.peninsulanews.info

They're all there and it's **FREE**

Want to share something you
find really interesting, see

www.coastcommunitynews.com.au

NEWSPAPERS
central coast



Directory - Not for profit Community Organisations

Art & Culture

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

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

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

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

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

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

Bushwalking

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

Community Centres

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

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

Community Groups

ABC "The Friends" Support group for Public Broadcaster.
Aims: Safeguard ABC's independence, adequate funding, high standards. Meetings through the year + social afternoons
Well-known guest speakers
www.fabcns.org.au
4341 5170

Central Coast Social Group
Social contact, entertainment events, new friendships, for 30's-60's
Live music, house parties,

dinners, BBQs, picnics, trips away etc.
Monthly Meet & Chat
0422 243 101
email cco30s@live.com.au

Central Coast 50+ Singles Social Group
Ladies & gents dinner, dancing - BBQs & socialising each w/end. Monthly programme for all areas
4396 3640 or 0437 699 366
50pssg@gmail.com

Mingaletta Aboriginal Torres Strait Islander
Provides members and other groups a meeting place and referral hub for education, health, well-being and cultural programs.
Mon-Fri 9am - 4pm
6 Sydney Ave Umina
4342 7515
admin@mingaletta.com.au

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

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

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

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

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

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

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

Wagstaffe to Killcare Community
Protect and preserve the environment & residential nature of the Bouddi Peninsula and to strengthen community bonds
2nd Mon, 7.30pm Wagstaffe Hall 4360 2945
info@wagstaffetokillcare.org.au

Health Groups

Al-Anon
If someone's drinking is causing you problems...
Al-Anon can help
4344 6939
1300 252 666
Meetings Sat 2pm
Woy Woy Hospital
Ocean Beach Road

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

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

BlueWave Living
Woy Woy Community Aged Care facility providing residential aged care to the frail aged. Permanent and respite care accommodation available.
Information 2nd and 4th Tues - 11am
4344 2599
reception@bluewavelliving.org.au

Central Coast Parkinson's Support Group
We aim to help individuals and their families better manage living with Parkinson's Disease
Guest speakers are a regular feature of our meetings.
2nd Tue - 1.30pm
1800 644 189

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

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

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

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

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

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

Peninsula Village Wellness Centre
Offering holistic and complementary therapies including aromatherapy, massage and music therapy
4344 9199

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

Peninsula Village Carer's Support Group
For carers of loved ones with dementia - 1st Wed - 10 to 11.30am
Paula 4344 9199

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

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

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

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

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

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

Music

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

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

Soundwaves
Men's a-capella 4 part harmony chorus - all ages 7pm Mon.
Central Coast Leagues Club
John 0413 276 698
jbthomson51@gmail.com

Troubadour Central Coast Folk, Traditional & Acoustic
Music and Spoken Word
Concerts, Ukulele meets, and Sessions
4th Sat 7pm CWA Hall
Woy Woy 4342 6716
mail.info@troubadour.org.au

Political Groups

Australian Labor Party
Political discussions, national, state and local government issues

Umina Ettalong Branch
2nd Mon Umina Beach Bowling Club 7.30pm 4342 3676
Ourimbah/ Narara Branch
Niagara Park Primary School
7.30pm 1st 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
cvsc@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.phousie@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.ccsoaring.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

Killcare wins medals in Beachlethics Carnival

Killcare Surf Life Saving Club members won several medals at the inaugural Beachlethics Carnival held at Shelly Beach in September.

Luke Hayter won the gold medal in the under-20s flags and sprint.

Chloe Penn also returned from the carnival with a gold medal for the under-18s flags event.

Killcare members also attained

a sack full of silver medals: Luke Hayter in the open flags and open beach sprint; Chloe Penn in open flags; Raff Lagos in the under-20s flags and sprint; and in the open relay.

Katie Shoesmith achieved a bronze medal in the open flags event.

**Newsletter, 6 Oct 2016
Leah Fotofili, Killcare
Surf Life Saving Club**



From left: Nick Farr-Jones, Eric Tweedale, Peter Fenton and Peter Phipps

Woy Woy hosts Barefoot Bowls

Woy Woy Bowling Club is hosting the annual Aloha Barefoot Bowls Championship.

This unofficial world bowling championship started in 2013 and since then two bowlers and their partners from Woy Woy have won their way to Hawaii.

Run by Bowls NSW, teams of two from NSW and VIC will have a chance to win a six-day trip to Honolulu and play against the USA

and Canada.

Each team consists of one registered bowler and one new bowler.

Five teams will travel to Hawaii next February and one lucky losing team will be pulled out of the barrel to join the other winning teams.

Woy Woy will hold Aloha Barefoot Bowls from 9am on October 29.

**Media release, 6 Oct 2016
John Orme, Sporties at Woy Woy**

A special combined meeting of Central Coast Rotary Clubs was held at Everglades Country Club on Wednesday September 14, to meet district governor Mr Bruce Lakin.

Keynote speaker for the evening was former Wallaby rugby union player, Mr Nick Farr-Jones.

Special guests on the night included the oldest living Wallaby, Mr Eric Tweedale of Ettalong, Mr Peter Phipps who also represented Australia playing Rugby Union and Mr Peter Fenton, patron of Woy Woy Rugby Union Club, and former

coach of Parramatta and Sydney Rugby Union representative teams.

**Email, 19 Sep 2016
Geoff Melville, Umina Rotary Club**

Rotary clubs hold combined meeting

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

Professional support phone services:

Mental Health Line 1800 011 511
Beyondblue 1300 224 636
Domestic Violence Line 1800 656 463
Lifeline 13 11 14
Kids Help Line 1800 551 800
Griefline 1300 845 745
Suicide Call Back Service
1300 659 467

Transport

Taxi 131 008
Busways 4368 2277
City Rail 131 500

Welfare Services

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

The Peninsula Diary of Events

For events in post code areas 2256 and 2257

Tuesday, Oct 18

Tuning in to Teens, emotionally intelligent parenting program at Peninsula Community Centre from 7pm to 9pm

Australian Hearing Bus visiting Woolworths, Woy Woy from 8:30am to 3:30pm till Oct 20

Origins - Spring is Here, exhibition featuring work from Ettalong Beach Arts and craft centre members, at Gosford Community Gallery, East Gosford until October 23, from 10am to 4 pm daily

Wednesday, Oct 19

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

Saturday, Oct 22

Central Coast Council Garage Sale Trail

Sunday, Oct 23

Troubadour at The Bays, featuring performances by members of the Troubadour Folk and Acoustic Club, The Bays Community Hall, woy Woy Bay Rd, Woy Woy Bay, 2pm to 5pm

Monday, Oct 24

Drug and Alcohol Addictive Disorders Community Forum,

Brisbane Waters Private Hospital, 6pm to 8pm

Tuesday, Oct 25

Tuning in to Teens, emotionally intelligent parenting program at Peninsula Community Centre from 7pm to 9pm

Wednesday, Oct 26

Peninsula Paradise film premiere at Cinema Paradiso, then showing for two weeks

Friday, Oct 28

Olive Branch Gallery October Art Review, 5 Onthonna Tce, Umina, until November 1

Woy Woy Little Theatre presents Absurd Person Singular, Peninsula Theatre, 8pm, also Nov 4 & 11 @ 8pm, Sat Oct 29, Nov 5 & 12 @ 8pm; Sun Oct 30, Nov 6 & 13 @ 2pm; Sat Nov 13 @ 2pm.

Saturday, Oct 29

Umina High School Reunion celebrating 40 years of Umina High, gala dinner from 6pm to late at Everglades Country Club

Girls Just Wanna Have Fun Party in Pompeii annual Cancer Council Pink Ribbon Girls Night Out, Ettalong Diggers Memorial Club

New York Public Library play the Troubadour Folk and Acoustic Music Club, CWA Hall Woy Woy, from 7pm

Sunday, Oct 30

Woy Woy Public School fete, rides, stalls, displays, show bags and more, in the school's grounds, 10am to 3pm

Tuesday, Nov 1

Melbourne Cup Luncheon at Pearl Beach Memorial Hall

Wednesday, Nov 2

Tuning in to Teens, emotionally intelligent parenting program at Peninsula Community Centre from 7pm to 9pm

Friday, Nov 4

Music Students in-house concert at Statford Music, 81 Blackwall Rd, Woy Woy, 7pm to 8pm

Saturday, Nov 5

Wagstaffe All Over with Ian Macca McNamara of the ABC's Australia All Over, Wagstaffe Hall

The Ettalong Beach Art and Crafts Centre annual Christmas Exhibition and Sale, Peninsula Community Centre, McMasters Rd, Woy Woy, 9am to 4pm

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.

Learn Australian Bush Dance.

Fun, Fitness, Social.

Beginners welcome.

Partner not required.

Casual dress.

A caring teacher & some experienced dancers create an enjoyable learning experience.

(Men, if you have two left feet, bring them both!)

Friday nights

7 to 9.30 pm - \$7

Scout Hall, 15 Wattle Street, East Gosford.

Anne Marie 4325 7369

Phillip 0417 161 896.

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,

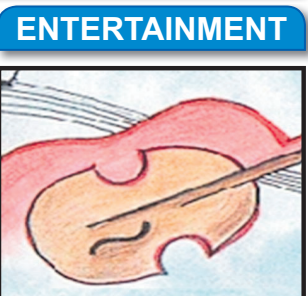
Fault Finding,

No job too small.

Seniors Discount.

Lic number 265652C

4308 6771



The
Troubadour
FOLK AND ACOUSTIC MUSIC CLUB

SATURDAY

OCT 29

AT 7PM

NEW YORK PUBLIC LIBRARY

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



Slightly Off

Want to have a lot of fun, unique music at your next event?

Call Leila at 0423 147 797 or find us on Facebook

www.facebook.com/SlightlyOffMusic

FENCING

BLUEPRINT FENCING

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

0401 347 247

To advertise here call

NEWSPAPERS
Central Coast

4325 7369

Classifieds

FOR SALE



Daihatsu Terios
All Wheel Drive
Excellent Condition
224,000km - 5 speed, 1 months
rego, 5 speed manual, towbar,
electric mirrors, MP3 sound system
\$2250 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



Upright piano. Well
loved. Great for
beginners. Must
arrange pick up.
\$200
Ph Jackie on
0402 402 295

Cane Lounge
suite 3 piece,
Cane Dining suite
4 seat, glass top.
Stools, Coffee Table
& Assorted items
Bulk lot \$600ono

4345 0484

HAIRDRESSING

Salon rent-a-chair
in Umina Beach from
mid-December for 12
months and possibly
longer. Modern salon
in Main Street for
\$350/week. Ring
SARAH O HAIR
4341 9977

HANDY MAN

**Handyman
Gardening**
Weeding & Yards
Clean Ups
Odd Jobs around
the home
Fully Insured
Ph: William
0478 672 079

HEALTH

Alternative Therapy

We offer holistic
approach to assist
with your physical &
emotional issues,
and spiritual
connections!

HolisticFreedom.com.au
Komal 0405 090 333

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

**KEN WARREN
HOME
MAINTENANCE**
Lawn Mowing &
Garden Maintenance
High Pressure Cleaning
Handyman Service
Insured Free Quotes
0402 610 142

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®

PHOTOGRAPHY

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

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



CONTACT JONATHAN

0466 966 547

qualitytradesman@hotmail.com



Worth doing, worth Dulux.

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 NOTICE

Car Boot Sale

Woy Woy Peninsula Lions Club
Oct 30
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 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 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
- Roof** 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**
- Singapore Zing Cafe**, Umina

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



ROOFING

Metal roofing All aspects

Gutters, Downpipes
Skylights
Custom flashings
Grove Installations
P/L

0431 136 092
0404 340 570
Lic 282094c

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
Skyperharp: 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

Help Ted Noffs
Foundation
get addicted
children clean



Please donate to buy beds
for Ted. Call 1800 151 045
or visit www.noffs.org.au

tednofts™
FOUNDATION

Sport



Lex Cameron (third from left) with Silver Medal R&R team at the 1958 branch championships

Surf club starts historic profiles series in newsletter

Killcare Surf Life Savings Club has started a series of "historic profiles" in the club's newsletter to ensure the club's history is not forgotten.

Long-term member Mr Lex Cameron featured in the first of the series.

Lex joined Killcare in 1954 as a junior and achieved his bronze medallion in 1956.

Surf races were his forte but he was selected in the successful Killcare open R and R team in 1958.

As a young surveyor, his position

took him to reside in Nowra on the South Coast for three years and, during that time, he forged a great relationship between the two clubs: Nowra Culburra and Killcare.

On returning to Killcare, he threw himself into water competition belt races, surf races, R and R and even boat races. Beach sprinting was not Lex's go.

Lex was vice-captain in 1961 when he and the club captain devised a plan to vastly increase membership, and win acknowledgement through competition.

A march past team was formed

together with R and R teams, surf swimmers and belt race competitors, along with many beach event competitors.

The strategic plan was fulfilled when it realised 35 or so new members from Erskineville and Newtown plus locals. Killcare was on its way.

In the 1967-68 season, six years after the plan was implemented, Killcare won the Australian Beach relay title, and finally the plan was complete.

Lex Cameron has been president, club captain, vice-captain and chief instructor, amongst other roles.

He trained the R and R teams to many branch championships, has won surf races and is recognised as the best lifesaver and member ever from Killcare.

Life Membership was granted to Lex in 1992, joining an elite group of only 19 in the 85 years since Killcare was officially recognised.

Lex was also granted Life Membership of the Central Coast Branch, joining Dr Eric Martin, Alan Duall and Jim McFadyen as the only recipients to receive this award for Killcare.

Newsletter, 6 Oct 2016
Leah Fotofili, Killcare Surf Life Saving Club

Volunteers wanted for disabled surfers

The Central Coast Disabled Surfers Association is seeking volunteers for the 2016 summer beach season.

It will host a free volunteer training session on Umina Beach on October 29.

The association is a volunteer-run organisation that enables people of all ages and abilities to take part in one of Australia's most popular pastimes, beach surfing.

Association volunteers serve to provide a unique, safe and happy surfing experience to a wide range of people with various disabilities who would otherwise be unable to access the beach.

In order to ensure safety, the association has a high volunteer to participant ratio, with a minimum of six to one up to as high as 30 to one for more challenging participants.

We only surf in broken waves, in waist depth water.

The association provides volunteer training for those who want to help at one of their Hands on Days, summer surf events.

These events aim to give disabled participants an amazing experience in and out of the water.

Attending a training session will

provide volunteers with valuable information and insight into how the association helps participants enjoy the experience that able-bodied people often take for granted.

Potential volunteers are asked to meet at Umina Beach Public School at 8:30am for registration before moving onto the beach for training from 9am to 12:30pm.

The first part of the training will provide insight into the theory of volunteering with the Disabled Surfers Association and then put it into practice on the beach.

The 2016 crop of volunteers will help make the four scheduled Hands on Days events a success by assisting participants to and from the water, setting and cleaning up and providing food and smiles.

This season's events will be: Hands on Days at Umina Beach, November 5 and February 4, from 9am to 1:30pm; and Hands on Days at Toowoona Bay, December 3 and March 4, from 9am to 1:30pm.

Media release Oct 3, 2016
Interview, Oct 3, 2016
Rae Fiechter, Disabled Surfers Association
Dillon Luke, Reporter

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

17 MON	0326 0.18 0948 1.92 1602 0.18 2213 1.71	18 TUE	0412 0.23 1037 1.95 1658 0.19 2307 1.62	19 WED	0500 0.31 1127 1.93 1755 0.23
20 THU	0003 1.51 0550 0.42 1218 1.87 1856 0.30	21 FRI	0103 1.41 0645 0.53 1314 1.79 2000 0.38	22 SAT	0210 1.33 0747 0.63 1415 1.69 2109 0.44
23 SUN	0323 1.29 0856 0.69 1522 1.60 2216 0.47	24 MON	0435 1.31 1009 0.71 1630 1.55 2316 0.47	25 TUE	0537 1.37 1119 0.69 1733 1.53
26 WED	0007 0.46 0628 1.44 1220 0.64 1827 1.53	27 THU	0049 0.45 0710 1.52 1312 0.58 1913 1.53	28 FRI	0126 0.43 0748 1.58 1355 0.52 1954 1.52
29 SAT	0159 0.43 0823 1.64 1434 0.48 2031 1.51	30 SUN	0230 0.43 0856 1.68 1511 0.45 2108 1.49	31 MON	0300 0.44 0928 1.71 1546 0.43 2145 1.47

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

Are you retired or looking to get involved with a warm, fun family soccer club on the Peninsula.

Southern & Ettalong United Football Club operates out of James Browne Oval, Woy Woy. We are looking for a person or persons to assist in our weekend operations at James Browne Oval. Come and join our friendly family club. We have simple various tasks that are in need of fulfilling. Remuneration applicable pending successful applicants. If you would like to find out more about the tasks required please contact SEUFC secretary on 0433 117 280.

UMINA BAIT & TACKLE

CHEAP BAIT

Large Range of BAIT
Excellent Range of TACKLE

FRESH GREEN WEED

Open 7 Days
From 6am Weekends and 7.30am Weekdays

LESLIE STREET, UMINA (02) 4341 1686

Daiwa Shimano Abu Garcia J. Garcia St. Louis

Dale Eggleton appointed director of coaching

The Southern and Ettalong United soccer club has appointed Dale Eggleton as director of coaching and First Grade coach for the 2017 Premier League Season.

This appointment will see Dale in his 11th season at Southern and Ettalong.

The 2017 season will see the Lions as the only Premier League club on the Peninsula.

Dale said he saw a bright future ahead for the club, with its Youth Academy starting to show some promising results as young players becoming valuable members of the senior squads.

The Academy was initiated by the club's board and Dale Eggleton in 2009.

Several players have gone on to play with Southern and Ettalong United First Grade, the Central Coast Mariners Academy, NSW NPL1 and abroad in the United Kingdom and America.

Dale recently worked with English Premier League club West Ham United at their West Ham United International Academy

(Oceania) National Camp held in Queensland during September.

Dale worked with a contingent of West Ham United Academy coaches who came to Brisbane to assess many youth players across the Oceania region.

Future coaching assistance opportunities have been offered to Dale in other countries with the West Ham International Academy.

Southern and Ettalong has extended an invitation to all current and new players from Under-5s through to First Grade who are interest in joining the club for the 2017 season to email registrarseuafc@gmail.com.

It has also invited all coaches for junior teams from Under-12 through to Under-18 as well as senior WAA, MAA and Reserve and Third Grade teams, who wish to work with Dale Eggleton, to submit an expression of interest to secretaryseuafc@gmail.com.

Coaching nominations close for Senior Grades on October 31 and for Junior, WAA and MAA on November 30.

Email, 12 Oct 2016
Glen Balneaves, SEUFC



Dale Eggleton in action at the West Ham United International Academy Camp in Queensland in September



Leisl Tesch described as "Woy Woy Wonder Woman"

Leisl Tesch has been described as "our Woy Woy Wonder Woman" in a speech to the House of Representatives.

The Member for Robertson, Ms Lucy Wicks, honoured the history-making Paralympian in a speech to parliament on October 12.

The speech was made ahead of the civic ceremony to be held to honour Ms Tesch and the Coast's other Olympians and Paralympians by the Central Coast Council.

"I rise to congratulate the

talented sports men and women from the Central Coast that represented us in the recent Olympic and Paralympic Games in Rio," Mrs Wicks said.

"At the Paralympics, we cheered on the legendary Liesl Tesch in sailing," Ms Wicks said.

"For Leisl, this was an historic Games," she said.

"Described as our Woy Woy wonder woman, Liesl and sailing partner Dan Fitzgibbon sailed into the history books by winning gold in their class with two races to

spare, becoming the first Aussie sailors in history to win back-to-back Paralympic Gold medals.

"Across seven Paralympic Games campaigns, Leisl has an astonishing record of two golds in sailing, as well as two silvers and a bronze in wheelchair basketball," Ms Wicks said.

"So on behalf of the entire Central Coast, we thank them and congratulate all sports men and women on the Central Coast for their achievements," she said.

Media release, 12 Oct 2016
Tim Sowden, Office of Lucy Wicks

1st Home Game

@Central Coast Stadium

SAT 22 OCT

KO: 5.35PM

MEMBERSHIPS ON SALE NOW!

ADULTS FROM \$150*

Monthly Payment Plan Available

KIDS FROM AS LITTLE AS \$4.55

Save up to \$97
against Ticket price

memberships.ccmariners.com.au

#CCMFC

Produced by nature
and prepared by

Swisse



SAVE \$14⁵¹
OFF RRP[°]
\$10⁹⁹
each

SWISSE
Vitamin D 250 Capsules*



SAVE \$28⁹⁶
OFF RRP[°]
\$21⁹⁹
each

SWISSE
Co-Enzymes Q10
150Mg 50 Capsules*



SAVE \$25⁹⁶
OFF RRP[°]
\$19⁹⁹
each

SWISSE
Hi-Strength Deep Sea Krill Oil
1000Mg 30 Capsules*



SAVE \$14⁴⁶
OFF RRP[°]
\$17⁴⁹
each

SWISSE
Liver Detox 120 Tablets*



SAVE \$14⁵¹
OFF RRP[°]
\$9⁹⁹
each

SWISSE
Odourless Wild Fish Oil
200 Capsules*



SAVE \$15⁰⁰
OFF RRP[°]
\$19⁹⁹
each

SWISSE
Lecithin 150 Capsules*



SAVE \$19⁹⁶
OFF RRP[°]
\$16⁹⁹
each

SWISSE
Ultivite Men 60 Tablets*

SWISSE
Ultivite Women 60 Tablets*



SAVE \$13⁰⁰
OFF RRP[°]
\$11⁹⁹
each

SWISSE
Chlorophyll Spearmint 500ml*



SAVE \$16⁴⁶
OFF RRP[°]
\$29⁹⁹
each

SWISSE
Hunger Control 50 Tablets*



SAVE \$20⁰⁰
OFF RRP[°]
\$14⁹⁹
each

SWISSE
Garcinia Cambogia 60 Capsules*



SAVE \$8⁰⁰
OFF RRP[°]
\$11⁹⁹
each

SWISSE
Sugar Metabolism Support 30
Capsules*

UMINA BEACH 315 West St, Umina Beach, NSW 2257

Ph: 4241 1488

Mon - Fri: 8:30am - 5:30pm

Saturday: 8:30am - 3pm

Sunday & Public Holidays: 9am - 3pm

you save
CHEMIST

On sale until 31/10/2016 or until sold out. % off is on everyday store prices and may vary at each store and online. ° RRP – the save prices listed are calculated from supplier RRP at time of preparation. YouSave Chemist may not have previously sold the product at the RPP due to our discount policy. * We reserve the right to limit quantities, and correct pricing and print errors. Ask our Pharmacist or healthcare professional whether this preparation is suitable for your condition. Always read the label and use as directed, if symptoms persist see your health care professional. Incorrect use could be harmful. Vitamin supplements are not a substitute for good nutrition or balanced diet. Weight loss products are only beneficial when taken in conjunction with sensible lifestyle factors. ^ Breastfeeding is best for babies. Please consult your health care professional for advice before using this product.