



Pearl Beach properties vulnerable, says coastal plan

Multi-million dollar waterfront properties built on the beachfront dune in Coral Cres, Pearl Beach, are vulnerable to storm erosion and little can be done to protect them, a management plan adopted by Central Coast Council has found.

Options such as building up a dune in front of the properties to create a buffer against storm erosion were "not likely to be feasible in this location".

Some of the properties already had erosion protection measures installed and the plan does allow for properties to complete erosion protection works.

Such works would be completed

at the cost of the landowner and would require development approval by Council or the NSW Coastal Panel.

Residents at a similar location on Wamberal Beach are currently in the Land and Environment Court challenging the NSW Coastal Panel's deemed refusal of their application for protection works.

The immediate and future erosion risk is identified as the main hazard to be addressed in this area of Pearl Beach.

Post-storm management measures were included in the plan and beach scraping would be used to build up sand from the beach berm to re-establish protection to the erosion escarpment and assist natural recovery of the beach.

Dunecare groups would be encouraged to maintain and revegetate any existing dune after a storm "using appropriate endemic vegetation".

The recommendations in the Gosford Beaches Coastal Zone Management Plan have been endorsed by Central Coast Council administrator Mr Ian Reynolds, but not yet approved by the NSW Government.

Some strategies in the plan, such as dune care and dune revegetation, are to be completed across the whole new local government area, even though the former Wyong Shire had a completely different approach to coastal hazard management and its draft plan has not yet been

sent to the NSW Government for approval.

If the plan is approved by the NSW Government, in the first few years of its implementation, Central Coast Council will be responsible for redefining a building line and development controls for development within a hazard zone for this portion of the beach.

New buildings will be required to be built in a 2100 Stable Foundation Zone, which is not defined in the plan.

In the long term, Council, NSW Government and landowners will be required to design erosion protection works which would be "implemented once the erosion escarpment reaches a set trigger distance from the building line" but

were "likely not to be required for several years".

No budget has been allocated for such works prior to 2025.

The plan divides the management of Pearl Beach into four precincts.

Precinct 1 covers the area south of Green Point Creek; Precinct 2 is the area between Green Point Creek and Middle Creek entrances; Precinct 3 is between Middle Creek and the Pearl Beach Lagoon outlet; and Precinct 4 covers the Coral Cres beachfront properties.

SOURCE:
Management Plan, 26 Apr 2017
Gosford Beaches Coastal Zone, Worley Parsons,

Group granted \$100,000 to solve doctor shortage

A working group has been given \$100,000 in the Federal Budget to find solutions to the Peninsula's doctor shortage.

The working group consists of three local doctors, two practice managers, a local nurse and Mingaletta's health manager, as well as representatives of the government's Primary Health Network, which extends as far as New England.

The doctors are Dr Paul Duff from Woy Woy, Dr Roger Molesworth from Ettalong, and Dr Cherie Castaing from Umina.

The practice managers are Ms Cate Nesbitt from Woy Woy and Ms Jill James from Umina.

The nurse is Ms Gaylene Parsell and Mingaletta's health manager is Auntie Di (Ms Dianne O'Brien).

The \$100,000 will be managed by the Primary Health Network but the funds have been quarantined to address the needs of the

Peninsula.

Primary Health Network CEO Mr Richard Nankervis said: "The funding will allow the network to develop both short and long term strategies to ensure people on the Peninsula are able to access to quality primary health care.

"With a number of GPs nearing retirement, our short term focus will be on recruiting more full time general practitioners to the Peninsula.

"Longer term solutions will

involve the network working with stakeholders to increase the number of GP registrars coming to the area and working with practices to implement strategies to increase the utilisation of other primary health care professionals.

"For example, we know the use of practice nurses frees up a GP's time so they can focus on more acute or serious cases."

Member for Robertson Ms Lucy Wicks said: "The Network has found that at least five new

full-time equivalent doctors are needed locally.

"This funding will help ensure the right resources are available to support this need," she said.

SOURCES:
Media release, 10 May 2017
Tim Sowden, office of Lucy Wicks
Interview, 11 May 2017
Media statement, 11 May 2017
Scott White, Hunter New England Central Coast Primary Health Network
Reporter: Jackie Pearson

THIS ISSUE contains 57 articles - Read more news items for this issue at www.peninsulanews.info

NEWSPAPERS

central coast

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News

Peninsula News

Community Access

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

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

See www.peninsulanews.info for all editions published

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All accepted contributions also appear on our website.

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

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2017 Membership Application

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

Rain recorded on just one day

Just one fall of 10.1mm of rain has been recorded so far this month on the Peninsula.

The figure, recorded on May 12 by Mr Jim Morrison of Woy Woy, is the lowest in the first 12 days of any month this year.

The closest was the total of 12.9mm at the start of January, recorded in falls over six days.

Totals for the first 12 days of the other months were 41.1mm in February, 81.7mm in April and 123.8mm in March.

The average May rainfall is 84mm.

The lowest May rainfall figure in the last 12 years was 6.5mm in 2008.

The cumulative total for the year to date is 799.6mm, which is 20.2 per cent above the average total at the end of May of 665mm.

Spreadsheet, 12 May 2017
Jim Morrison, Woy Woy

Day	2014	2015	2016	2017	12Yr Avg
1	100	150	200	50	120
2	200	300	350	100	240
3	300	450	500	150	360
4	400	600	650	200	480
5	500	750	800	250	600
6	600	900	950	300	720
7	700	1050	1100	350	840
8	800	1200	1250	400	960
9	900	1350	1400	450	1080

YOUR CHANCE TO WIN

Peninsula News and Woy Woy Little Theatre Company have three double passes (\$60 per pass) to give away to see Neil Simon's Rumors at the Peninsula Theatre on Saturday, May 27.

Rumors was American playwright Neil Simon's first and only farce.

According to theatre critic John Bellchambers "Rumors is fast, furious and hilariously funny". Director, Ms Shea Wicks, said she loves directing Neil Simon plays.

"His plays are always funny;

not only do the audience enjoy lots of laughs but the actors always get a kick out of Simon's absurd comedic turns."

The director admitted rehearsals have been a dream as the cast is just so switched onto Simon's brand of humour.

"We know Rumors is going to

have a lot of happy people leaving the Peninsula Theatre at the end of the second act," she said.

For your chance to win one of the three double passes, write your full name, address and a daytime phone number on the back of an envelope and send it to Peninsula News Rumors Competition, PO Box 1056, Gosford, NSW, 2250.

Entries close 5pm, Wednesday, May 24.

Winners of the Peninsula News Love and Lies Competition were Leonie Kable of Ettalong, Narelle Riddell of Blackwall, Gloria Monck of Booker Bay and Bill Oakes of Ettalong.

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

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MARINERS IN BUSINESS

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New levy with rates

A new levy will be charged from July 1 with rates this year.

Property owners will now pay a Fire and Emergency Services Levy which will contribute directly to the funding for NSW Fire and Rescue, NSW Rural Fire Service and the State Emergency Service.

The Fire Services Levy will no longer be paid with house insurance.

Central Coast Council administrator Mr Ian Reynolds said the levy would be clearly identified as a separate item on the rates notice.

He said the levy would be passed straight to the NSW Government to fund fire and emergency services.

A letter explaining the new levy will be sent to all Central Coast Council ratepayers with their April rates notice.

SOURCE:

Media release, 26 Apr 2017
Ian Reynolds, Central Coast Council



Applause for Ms Liesl Tesch from both sides of the chamber

Photo: Noel Fisher

Liesl Tesch is sworn in

The Lower House of State Parliament erupted with cheers in a bipartisan show of support as Ms Liesl Tesch was sworn in as the Member for Gosford on Tuesday, May

2. Seven-time Paralympian Ms Tesch was elected to the NSW parliament in the Gosford by-election to fill the seat of Ms Kathy Smith MP who was forced to retire

due to ill health.

Considered one of the most marginal seats in the state with a 0.2 per cent lead for Labor prior to the election, Ms Tesch brought home a swing of over 11 per cent.

The popular high school

teacher from Woy Woy is the first wheelchair parliamentarian elected to the NSW Legislative Assembly.

SOURCE:

Event notes, 2 May 2017
NSW Legislative Assembly
Reporter: Noel Fisher

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

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



News

New dune to be built at southern end of Pearl Beach

Central Coast Council will build a new dune in front of beachfront properties south of Green Pt Creek at Pearl Beach to help protect them from beach erosion and coastal inundation, according to a recently adopted coastal management plan.

Sand for the dune could be sourced from beach-scraping and using sand for "beach nourishment" from other sources, according to the recently-adopted Gosford Beaches Coastal Zone Management Plan.

Dune vegetation management would be the responsibility of the council and the Office of Environment and Heritage, with support given to local Dunecare groups and residents to maintain the dunes.

A vegetation profile will also be completed for Pearl Beach and ensure that dune planting is in line with the natural vegetation profile.

Erosion protection for four properties similar to that for adjacent properties will be jointly funded by the State Government, Central Coast Council and landowners at a cost of up to \$600,000.

The sewer infrastructure and pumping station may be relocated further landward "out of the hazard



area along the entire street frontage of Gem Rd and Green Point Rd" at a cost of around \$500,000.

A study would be undertaken to establish the feasibility.

The sewer is currently located at the seaward end of the properties.

The plan also gives Council responsibility for developing an entrance management policy for the mechanical opening of Green Point Creek, which would enable it to be opened at a defined water

level and at a specific location on the beach berm to prevent scouring of the dunes.

The council would also investigate ways to prevent the creek from meandering in front of the properties at the southern end of the beach.

The work is expected to cost between \$50,000 and \$100,000 to be paid for jointly by Council, the NSW Government and landowners.

The Council will define a building line and controls for developments within the hazard zone at this portion of the beach.

Any redevelopment of the properties will need to be above the inundation level, and the Council is expected to survey all floor levels and compare them against wave run up to determine the degree of inundation hazard.

Also, up to \$5000 is to be allocated for repairs to the Pearl

Beach rock pool as a result of storm damage.

The Gosford Beaches Coastal Zone Management Plan has been endorsed by Central Coast Council but is yet to be approved by the NSW Government.

SOURCE:
Management Plan, 26 Apr 2017
Ian Reynolds, Central Coast Council

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Dredging needed now to keep ferry, says Chamber

Ettalong could lose its ferry service and other businesses could suffer unless action is taken immediately to dredge the Ettalong channel, according to the Peninsula Chamber of Commerce.

"Our concern is that dredging could be up to 12 months away," said Chamber president Mr Matthew Wales.

"This is of little help to Palm Beach Ferries and local businesses who will be impacted if the link to the Northern Beaches gets swallowed up by sand.

"The Chamber is calling on the NSW State Government and the Council to hold a meeting with key stakeholders so that all who are impacted by the dredging issue can discuss the options in an open forum.

"At the moment, there is so much conflicting information that it is hard to see a clear way forward.

"No one can afford for the

Ettalong Channel to get any worse.

"That includes Palm Beach Ferries, recreational boat users, commercial fishermen and the business community", said Mr Wales.

"The Chamber understands that Council are formulating a dredging budget and have completed a series of studies, but the business community needs to understand the available budget allocations and timing for any future dredging.

However, Mr Wales said the lack of action from the NSW Government and Central Coast Council had the potential to threaten local businesses.

"With Palm Beach Ferries threatening to shut down services due to grounding of vessels, you have to wonder why it is taking so long for Council and the Government to sit round the table and sort out a long-term plan."

SOURCE:

**Media release, 1 May 2017
Matthew Wales, Peninsula
Chamber of Commerce**

Council could divert Budget money away from Peninsula

Member for Robertson Ms Lucy Wicks has announced that \$7.2 million from the Federal Budget would go to road projects on the Peninsula.

But no sooner had the announcement been made than Central Coast Council had reallocated \$700,000 of it to roadworks at Kariong, according to Peninsula Chamber of Commerce president Mr Matthew Wales.

Ms Wicks said the road projects would upgrade Ryans Rd in Umina, and Murray and Davis Sts in Booker Bay.

"These road upgrades are critical for our community, and I will be working closely with Central Coast Council to ensure we see shovels in the ground in coming months on every one of these roads," she said.

Mr Wales said he was surprised that Murray St was included in Ms Wicks' list of roads to be funded from the Federal Budget.

"Murray St, estimated to cost between \$600,000 and \$700,000, was already built by Council six

months ago out of Section 94 contributions," Mr Wales said.

He said he had raised the issue with Council's group leader of infrastructure, former Wyong Council director Mr Mike Dowling.

Mr Wales said he was alarmed to be told that the Murray St funding could be re-allocated to non-Peninsula projects, such as the Woy Woy Rd-Langford Dr intersection at Kariong.

"The Federal Member should have known or should have consulted Council," Mr Wales said.

"The money should not be redirected to make up the shortfall needed to pay for the Langford Dr intersection," he said.

Mr Wales said he would prefer to see the money reallocated to rebuild Britannia St or Rabaul Ave in Umina, both of which are known to be popular Peninsula "rat runs" to avoid major areas of congestion.

Mr Wales said he had not spoken with Ms Wicks.

"I find it extraordinary that it got to the point of being included in the Federal Budget without anyone putting their hand up and saying that Murray St was already finished

and paid for by Council," he said.

"Council always had the money for Murray St allocated in its work program so I find it rather inept and clumsy that it has been included in the Federal Budget."

Mr Wales said Ms Wicks was given the Peninsula Chamber's own extensive list of road priorities for the Peninsula "months and months and months before the budget".

"When we saw her list we shook our heads.

"Murray St is already done; Davis St is in an R1 medium density area, so all roadworks should be funded from Section 94 developer contributions.

"I don't believe it should be paid for out of taxpayer funds," he said.

"Britannia Ave on the other hand is so bad the likelihood of it being funded out of Section 94 contributions is remote," he said.

SOURCES:

Media release, 9 May 2017

Tim Sowden, Office of

Lucy Wicks MP

Interview, 10 May 2017

Matthew Wales, Peninsula

Chamber of Commerce

Reporter: Jackie Pearson

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News



Sandra Lewis and Lyn Reid on a previous Variety Bash

Ettalong residents in long-distance drive for charity

Ettalong residents Ms Lyn Reid and Ms Sandra Lewis will be driving in the 2017 Belmore to Buffalo Creek Variety Bash

"The Variety Bash is not a race or a rally," Ms Reid said.

"It's an adventure with amazing people driving themed pre-1976 cars through regional parts of Australia, all in support of the children's charity, Variety."

They will drive Sandra's 1966 Toyota Crown along a route that will take them from Belmore NSW to Buffalo Creek in the Northern Territory.

"Our theme is Laverne and Shirley from the Happy Days TV show."

"In the 2016 Bash, we were proud to have been voted Best

Costumes and to have won the trophy for Outright Spirit of the Bash by our 300 plus fellow Bashers.

"Throughout the Bash, we visit local towns, stopping into schools and organizations to visit the kids."

"Bashers get to see the direct impact of their fundraising efforts along the way, with a range of educational, health and mobility equipment provided to local schools and organizations en route."

"To enter our car, we are required to raise a minimum of \$8500."

"This all goes directly to Variety the children's charity."

"Variety does not just focus on one type of illness or background, they help a diverse range of children

who are sick, disadvantaged or who have special needs."

"Sandra has completed 11 executive Bashes and at age 66 she is my inspiration," said running mate Ms Lyn Reid.

"Sandra and I are constantly fundraising from sausage sizzles to Rock n Roll dance competitions."

The team has a fundraising page at nswbash2017.everydayhero.com.au/sandra-lyn.

"Any assistance no matter how small or huge will be very much appreciated by us and the needy and disadvantaged children of Australia."

SOURCE:

Media release, 10 May 2017
Lyn Reid, Ettalong



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Shadow Education Minister Tanya Plibersek
AAP, 5 May 2017



**You can't trust Malcolm Turnbull and
Lucy Wicks with our children's futures.**

Commercial fisherman starts digital publication

Peninsula commercial fisherman Mr Dane Van Der Neut has started an online publication to publicise the interests of the commercial fishing industry.

"I started Commercial Fishing Media to raise awareness of the plight of Australian professional fishermen and to help gain recognition for consumers as key stakeholders in the marine resource.

"I will be starting a fortnightly program covering seafood, fishing politics, cross sector unity and will take live callers on commercialfishingradio.com.

"The program will be aired on Facebook live and will be uploaded to YouTube as well," he said.

"Historically professional fishing has been a very proud tradition.

"There is something quite special about making it your life purpose to feed a nation," Mr Van Der Neut said.

"As the true custodians of the marine resource, our professional fishing families have improved their methods of harvest for decades

by regulation, legislation and self-preservation.

"These factors have improved the long-term sustainability for seafood consumption in Australia and have made us one of the most sustainable in the world.

"Our small scale and family heritage is under threat and has been for decades with politicians and bureaucrats legislating to benefit radical minority groups, subsequently removing the Australian public's rights to eat locally caught seafood.

"Extreme environmentalists and recreational fishing lobbyists have undermined the continued efforts of the professional fishermen.

"In the early 2000s, a shift occurred, which started the transition of the recreational sector from a community to an industry.

"The recreational industry began to lobby government for the access of professional fishermen and seafood consumers to be removed.

"This became a reality when Eddie Obeid was Minister, creating 33 Recreational Fishing Only

Havens in NSW, which removed the public's access to over five million servings of locally caught seafood each year.

"The environmental lobby also had success in the creation of several Marine Parks throughout Australia, the success was widely stated by the lobby groups, what wasn't stated was the heartache felt by the families that were bullied and discriminated against through the process and also the locally caught seafood servings lost, which was in the multiple millions.

"Since 2004 consumers have lost access to over 330 million servings of Australian locally caught seafood per year.

"Election campaigns will heat up with more propaganda from the extremist recreational fishing lobby.

"New South Wales consumers could potentially lose a further 30 million servings of locally caught seafood per year through a grossly mismanaged reform process."

SOURCE:
Media release, 10 May 2017
Dane Van Der Neut,
Commercial Fishing Media

Jetski riders argue for responsible use

The Wagstaffe-Killcare Community Association has heard presentations from local jetski riders and a jetski business, arguing for the responsible use of jetskis in local waters.

"However, many people here are still not convinced," said association president, Ms Peta Colebatch.

She said two keen local jetski riders presented their views at a meeting held on April 10.

They produced a number of emails they had solicited that supported the responsible use of jetskis.

Ms Colebatch said: "Later in the meeting the owner of a business selling water craft was given the opportunity to put forward his perspective.

"He noted the number of people he employed, the business it created (selling over 300 units a year), and the steps being taken to encourage responsible use of the skis, including the development of the Responsible Rider Program."

He said that steps were being taken by the industry to ensure that good behaviour was encouraged.

"All keen jet ski riders stressed that they were doing the right thing and respecting others in the community."

A Central Coast jet ski community group was reported to have been created on Facebook.

However, Ms Colebatch said residents were not convinced.

"Many people here have outlined the problems they have encountered when trying to peacefully swim or kayak, or when they have tried to point out the problems to some jet ski riders.

"Clearly this is an issue about which many people have strong feelings, so further discussion will continue.

"A positive outcome of our meeting was being able to discuss the issue with those who have contact with the industry and who can communicate with their members," she said.

SOURCE:
Newsletter, 4 May 2017
Peta Colebatch, WTKCA

Have your say in local aged care

Are you a Central Coast local over 65 years of age? Are you a carer or family member of a person living in or considering aged care or retirement living? We want to hear from you!

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- Professor Caroline McMillen
Vice Chancellor, University of Newcastle



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News



Rotary club vocational director Bobby Redman with award recipients Albert Morris, Bill Graham, Kathy Murphy, Jared Campbell and Woy Woy Rotary president Vic Deeble

Rotary presents Pride of Workmanship awards

The Rotary Club of Woy Woy recently held its annual Pride of Workmanship awards night to recognise the special contributions made by individuals from the local community.

The aim of the award was to foster an awareness of the importance of taking pride in one's work, whether in a paid or voluntary role.

The awardees recognised this year included Mr Bill Graham for

the voluntary work he does at The Men's Shed.

Mr Albert Morris received an award for his dedicated voluntary work with Marine Rescue NSW.

Blue Wave Living care manager Ms Kathy Murphy received her award "for the wonderful work she does with residents and their families," according to Woy Woy Rotary PR director Ms Joan Redmond.

Another Blue Wave Living employee, Mr Jared Campbell,

was also honoured for the initiative he shows and the outstanding work he does as an apprentice electrician.

Hospitality worker Mr Ryan McBeattie was an award winner "for always going the extra mile in looking after his customers.

"Unfortunately, Ryan was working on the night and he will be presented with his award at a later date," Ms Redmond said.

SOURCE:

Media release, 11 May 2017
Joan Redmond, Woy Woy Rotary

Surf patrol captain describes dramatic rescue

Killcare Surf Life Saving Club has published details in its newsletter of a dramatic rescue by one of its volunteer patrols on Easter Monday.

The patrol consisted of captain Greg Judd, vice-captain Garry Lofberg, Kynan Hughes, Jennifer Webb, John Bourne, Leah Judd, Peter Cram and rookie Zac Webb.

"Easter Monday was a day 16-year-old Jennifer Webb displayed bravery and acted without hesitation," said Mr Judd.

"She demonstrated a degree of athleticism and decisiveness that truly saved a life.

"Swell height was moderate, however intermittent sets would come in causing flash rips outside the flagged area.

"Swimming Not Advised signs had been posted.

"Seventeen preventative actions were made during the day.

"A group of boisterous friendly lads, aged 18-22, had been playing soccer north of the flagged area.

"Just before 3pm, a 22-year-old old male, who later advised he had no swimming ability, dashed into the water to retrieve their soccer ball.

"He had unwittingly entered a flash rip.

"He had first asked for a hand from his friend at the shore when he got out of his depth but his friend told me he was scared to reach out and pull him back to solid ground because he was scared of being pulled in himself.

"However, another from the group with some swimming ability had gone in to swim after him and soon became our second rescuer.

"Our primary swimmer, Jennifer Webb, used the rip to her advantage and was past the break in a manner that a member of the public later described as lightning speed.

"The victim had been howling with terror between waves and had

used the last of his energy when another set arrived sending him under.

"Jennifer retrieved the man from under water by his hair and with the assistance of a nearby surfer, secured the tube around the conscious yet rag-doll like patient.

"More waves arrived and the patient endured.

"At this stage, the second victim was perhaps 40 metres from shore.

"Kynan Hughes demonstrated athleticism as he ran full tilt 50 metres over sand to get back to the tent, grab a board and take off after the 19-year-old.

"A passing surf lifesaver from the Northern Beaches asked me if I wanted another board in the water.

"He did not wait for an answer.

"Our rescuer, the surfer and the victim were now around 80m from shore.

"Thanks to assistance from this off duty lifesaver, Jennifer was able to expedite the rescue by grabbing his board riding the first set in with the patient, returning him rapidly to shore where oxygen therapy was rendered promptly.

"Leah Judd coped well with a distressed patient who was vomiting repeatedly while she administered oxygen.

"It was clear the patient had inhaled a lot of water and there was risk of secondary drowning.

"An ambulance was requested in the first few minutes.

"Medical advice was also requested and Central Coast 19 assisted over the radio.

"Ambulance officers arrived fairly promptly to assess the patient.

"Later the patient would formally refuse the advice of ambulance officers to attend hospital for observation."

SOURCE:

Newsletter, 28 Apr 2017
Greg Judd, Killcare SLSC

Charged with property damage and theft

A 16-year-old male was arrested in Gosford on May 9, in relation to the spate of thefts and property crime around the Peninsula on May 8.

The Woy Woy resident has

been charged with 26 counts of destroying or damaging property, 10 counts of larceny, one count of shoplifting, four counts of breaching bail and one count of possessing implements to enter or drive a "conveyance".

The youth was refused bail to

appear at Woy Woy Children's Court on May 10. Brisbane

SOURCES:

Website, 10 May 2017
Brisbane Water Police
Facebook page
Danny Sullivan, Brisbane
Water LAC

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Residents given 30 days to comment

The community will have 30 days to make submissions after Central Coast Council administrator Mr Ian Reynolds approves the exhibition of a draft Operational Plan and Budget for 2017-18.

An "extraordinary" council meeting will be held on Monday, May 15, to approve the exhibition of the draft plan and budget for 2017-18.

The meeting will be held at the council's Wyong chambers at 5:30pm and will also be webcast via YouTube.

The Operational Plan incorporates the actions Council proposes to undertake during the next financial year including its budget, fees and charges, and a detailed capital works program.

If the draft plan is approved for exhibition, submissions will be sought from the community during a 30-day consultation period.

All submissions will be considered prior to the adoption of the final plan and budget at the June council meeting.

SOURCE:
Media release, 2 May 2017
Ian Reynolds, Central Coast Council



Marie Byles

Photo: ABC

Films shown by Bouddi Society

The Bouddi Society will host a screening of two films and the launch of a collection of historical photos on Sunday, June 4.

The first film, A Singular Woman, the Life and Times of Marie Beuzeville Byles, tells the story of NSW's first female solicitor, mountaineer, traveller, author, Buddhist and conservationist.

Ms Byles successfully campaigned for the establishment of the Bouddi National Park.

The 1985 film was written, produced, and directed by Gillian Coote.

Ms Coote will be at the event to talk about Ms Byles, the film and answer questions.

The second film, Peninsula Paradise, tells the story of the Woy Woy Peninsula from 1936 to 2016.

It is the work by local filmmakers Ms Vivien Sale and Mr Noel Sandler.

Inspired by a 1936 black and

white film, Woy Woy: The Venice of Australia, Peninsula Paradise brings the 1930s work up to date.

Ms Sales will talk about the film.

Many photographs from the historical collection, Bouddi Photographs Past and Present, will be shown to begin the program and during the interval.

Entry for the 1:30pm showing at Wagstaffe Hall is \$15 and \$12 for society members.

SOURCE:
Media release, 2 May 2017
Peter Park, Bouddi Society

Fire station open day

Umina Fire Station will be open to the public as part of the Fire and Rescue NSW annual Open Day on Saturday, May 20.

Most fire stations across NSW will be open from 10am to 2pm and families are encouraged to come along and meet their local firefighters and learn more about fire prevention.

Commissioner Mr Paul Baxter said a range of free activities would be on offer, including firefighting

demonstrations, station tours and fire safety presentations.

"Children will be able to see the fire engines and firefighting equipment up close, always a highlight of this much-anticipated day.

"Firefighters will also be able to provide advice on installing or replacing smoke alarms, and preparing a home fire escape plan," he said.

SOURCE:
Media release, 9 May 2017
Fire and Rescue NSW Media

Public help wanted

National Parks and Wildlife Service area manager Ms Angela Lonergan has called for public help after graffiti was sprayed over the Dingeldei Memorial Shelter in the Bouddi National Park on April 2 or 3.

"It is disappointing to see the lack of respect shown to these public facilities," Ms Lonergan said.

"It is estimated it will cost approximately \$1800 to remove

the graffiti.

"Anyone who thinks they may have information about this incident is asked to contact the NPWS or Crime Stoppers 1800 333 000," Ms Lonergan said.

The Dingeldei Memorial Shelter was built in 1962 by local volunteers in honour of a former trustee of Bouddi National Park.

SOURCE:
Media release, 7 Apr 2017
Angela Lonergan, NSW Office of Environment and Heritage

New name for refurbished market stalls

The stalls at Ettalong Market have been refurbished and the area will now be promoted as The Galleria.

The former market stalls now have glass doors, fronting timber and granite walkways.

Most of the shops are only open weekends and Monday public holidays, but shops along the Ocean View Rd street front, are open during the week.

The newest addition on Ocean View Rd is Clara's Shoes.

"This is a quality ladies shoe shop," said the resort's marketing manager, Ms Alex Quinn.

"Clara had a clothing and shoe shop at the market a few years ago and since closing, former customers have asked her to reopen a shoe shop, as the brands she stocked were so popular," Ms Quinn said.

"A cleverly designed display system showcases current brands.

"Most are leather and include Laguna Quays, Boston Bella, Maria Mare, Nuovo, Michael Glick and the German brand, Stegmann.

"Whilst Clara carries winter and summer stock to cater for travellers or forward thinkers, she is also awaiting arrival of Brazilian and Italian styles for summer.

"To compliment the shoes, Clara has introduced Evantte and Glamour leather bags in colours matching the large range of colours in the shoes.

"Clara is also the Peninsula stockist for Bali Clicks, a range of leather bracelets, with interchangeable disks that click on.

"These disks come in a huge variety of colours and designs so you can change your jewellery to suit your wardrobe.

SOURCE:
Media release, 11 May 2017
Alex Quinn, Ettalong Beach Tourist Resort



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News



The meeting that unanimously voted to form a new Probus Club at Empire Bay

Empire Bay Probus Club forms

A Probus Club has been formed in Empire Bay following a meeting of interested people held at the Empire Bay Progress Hall on May 5.

Representatives from the Umina Beach and Woy Woy Rotary Clubs attended the meeting, along with around 30 other interested residents.

Umina Beach president Mr Mike Curley and past president Mr Geoff Melville and Woy Woy president-elect Mr Russell Grove and past president Mr Bobby Redmond attended the meeting.

They met with membership manager Ms Julia Oliver and other members of Probus South Pacific

at the Empire Bay Progress Hall.

It was unanimously agreed to form a new club.

A president and other office bearers were elected, and the paperwork was completed.

Regular meetings will be held in the Progress Hall on the first Thursday of the month at 1pm.

Meetings run for about two hours and often have a guest speaker.

Outings and trips away are planned.

There are about five Probus Clubs on the Peninsula and most have memberships of more than 100, with waiting lists to join.

Probus, a Rotary initiative, is a social club for active retired or semi-retired folk seeking

friendship, fellowship and fun.

Each Probus Club is sponsored and seeded by a Rotary Club.

Umina and Woy Woy Rotary Clubs have jointly sponsored the new Empire Bay club.

Umina Rotary has already sponsored four Probus Clubs on the Peninsula.

Probus clubs are not involved in fund raising or community support.

For more information, contact the Empire Bay Probus Club secretary, Ms Mary Gray, on 4339 3074.

SOURCES:

Newsletter, 8 May 2017
Rod Radford, Rotary Club of Umina Beach Inc
Media release, 9 May 2017
Geoff Melville, Rotary Club of Umina Beach Inc

Labor forum compares Robertson to Wentworth

Labor candidate for Robertson Ms Anne Charlton has held a Regional Inequality Forum at Woy Woy on May 3.

The forum was held in the Peninsula Community Centre and was addressed by Labor's Federal spokesperson for Regional Services, Mr Stephen Jones, and Senator Deborah O'Neill.

Mr Jones called on the Turnbull Government to address the ballooning inequality facing Robertson.

"If you compare key indicators such as unemployment, rental stress, digital access, life expectancy and full time participation in education against places like the Prime Minister's electorate of Wentworth, it's startlingly clear Robertson is falling behind," Mr Jones said.

"There are almost twice as many jobless families in the Robertson electorate than in Wentworth.

"Worryingly, one in 10 people in the Robertson electorate delay seeing a doctor because they cannot afford it, twice as many compared to Malcolm Turnbull's neighbourhood.

"Over a third of Central Coast households are suffering rental stress compared to only 10 percent in Wentworth.

"The Central Coast also faces an unemployment crisis with youth unemployment recently rising by 0.7 per cent to 15.6 per cent in February.

"These comparisons highlight how locals are struggling and points to the need for inequality to be on the national agenda."

"There is a clear divide between Sydney and the Central Coast.

"The situation facing regional Australia is shocking, and needs the Government's urgent attention," he said.

SOURCE:

Media release, 3 May 2017
Anne Charlton, Labor Party

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Drainage work considers rare bushland

Central Coast Council undertook drainage maintenance and upgrade works last week between Tea-tree Creek in the Umina campus of Brisbane Water Secondary College and Carpenter St, Umina.

The work was designed to protect rare bushland in the vicinity, known as Umina Coastal Sandplain Woodland.

The Council referred to the creek as the "Everglades main drain".

"Council is addressing drainage concerns by undertaking sediment removal as crews carry out general maintenance and upgrade works between Everglades main drain and Carpenter St, Umina," said council administrator Mr Ian Reynolds.

"Crews will utilise a water jetter and vacuum to remove sediment from pipelines through drainage

pits, allowing them to improve water flow.

"As part of the works, a review of environmental factors has been undertaken and safeguards have been established to ensure there is no disturbance to the Umina Coastal Sandplain Woodland endangered ecological community or any other environmentally sensitive areas.

"Nearby creek banks will be replanted with native riparian vegetation as part of works.

"A drainage pipeline upgrade is also planned within a drainage easement in Carpenter St.

"Works are expected to commence in early July.

"This is expected to double the drainage capacity where the pipeline is installed between Carpenter St and the Everglades main drain," he said.

SOURCES:

Media statement, 11 May 2017
Ian Reynolds, Central Coast Council

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NEWSPAPERS Central Coast

Other Regional News - In brief

Peninsula News focuses on news specifically relating to post code areas 2256 and 2257. Given the advent of 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

MAY 4, 2017

YOUR INDEPENDENT COMMUNITY NEWSPAPER - PH: 4325 7369

ISSUE 157

Fifty six fully approved developments each valued at over \$1.5 million in Gosford

Gosford could be on its way to being the \$1.6 billion city, but several key developers are running out of time to commence their projects.

Current status of top ten approved developments in Gosford City

The following 10 DAs are a selection of the biggest in terms of dollar value within the \$1.6 billion worth of approved developments sitting on Central Coast Council's books.

Major upgrade proposed for Pacific Highway between Narara and Lisarow

NSW Roads and Maritime Services (RMS) have announced that work on the proposed Pacific Highway and Manns Road upgrade would be carried out in two stages, with planning for the project continuing.

Ward boundaries could be in breach of Local Government Act

Central Coast Labor has sought clarification from the Office of Local Government (OLG) regarding the ward boundaries in the new Central Coast local government area (LGA).

Draft Gosford Beaches Coastal Zone Management Plan sent to the Minister for approval

A plan to manage the beaches, coastal lagoons and estuaries of Gosford City has been considered by Central Coast Council Administrator and will be sent to the NSW Minister for the Environment for certification.

New public notification procedure for land use developments to go on public exhibition

Proposed changes to the way the public are notified of development applications will go on exhibition following endorsement by Central Coast Council's Administrator.

Feedback sought on combined single dwelling development control plans

Council is seeking community feedback on a plan to align housing development controls across the Central Coast.

Fire Levy to be added to rates notices instead of home insurance premiums

Central Coast Council, along with all NSW councils, will be required to collect the Fire and Emergency Services Levy (FESL) from property owners alongside rates, on behalf of the NSW Government, from July 1.

Extraordinary Council meeting to consider draft budget and Operational Plan

The community will have 30 days to make submissions if Central Coast Council Administrator, Mr Ian Reynolds, approves the exhibition of a draft Operational Plan for 2017-18.

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

WYONG REGIONAL CHRONICLE

Issue 116
May 9, 2017

Your independent community newspaper - Ph: 4325 7369

Modified consent granted to \$300m development

Modified consent has been granted to Development Application 1080/2014 (DA1080/2014), for a mixed use development comprising shop top housing, a hotel tower, a multipurpose function space, a restaurant, a shopping

Audit, Risk and Improvement Committee members appointed

Council has formally appointed three independent members to its inaugural Audit, Risk and Improvement Committee to oversee all Council's operations, including compliance, financial management and governance.

Prison proposal for Warnervale denied

Both Corrective Services NSW and Central Coast Council have denied that Council-owned land that was to be the location for the proposed Chinese Theme Park at Warnervale, had been earmarked to become a prison.

Extraordinary Council meeting to consider draft budget and Operational Plan

The community will have 30 days to make submissions if Central Coast Council Administrator, Mr Ian Reynolds, approves the exhibition of a draft Operational Plan for 2017-18.

Environmentally sensitive land cleared while awaiting bio-certification

Clearing has occurred on Council-owned land at Warnervale that was part of a block purchased by the former Wyong Council in early 2016, and that is in the Central Coast Council's yet-to-be finalised biocertification study area.

Feedback sought on combined single dwelling DAs

Council is seeking community feedback on a plan to align housing development controls across the Central Coast.

Call for funding of Highway upgrade

There has still been no money allocated for the Pacific Hwy upgrade through Wyong Town Centre, and the Wyong Regional Chamber of Commerce wants action.

New public notification procedure

Proposed changes to the way the public are notified of development applications will go on exhibition following their endorsement by the Administrator of the Central Coast Council.

Outdated draft rail timetable reveals serious service cuts

Central Coast rail services could be gutted if changes stipulated in Transport for NSW's Draft Timetable and Map for 2018 Sydney Trains goes ahead.

Wyong Regional Chronicle focuses on news specifically relating to post code areas 2258, 2259, 2261, 2262, & 2263. The full articles and more can be seen on our website www.centralcoastnews.net

Forum

Halt application that is supported by ‘theoretical strategy’

I write regarding Central Coast Council DA51904/2017, as reported in Peninsula News (“Townhouses proposed for Ettalong”, May 1).

This property is situated metres from Ettalong beachfront and will soon, if not already, be subjected to coastal erosion, storm surge, climate change, sea level rise, increasing weather events and changing dynamics in the estuary.

Major infrastructure engineering was necessary to stabilise areas close to this property in 2015.

However, the Council has failed to carry out remediation work following this.

With urban flooding being an unaddressed problem on the Peninsula, it is clear that the council does not have the budget and resources to address current problems.

To approve a development that will add to the council’s inadequate budget is ludicrous.

The statement in the DA, that this is “efficient use of zoned residential land”, should be supported by a coastal engineer’s report and the latest accepted advice on climate change.

The public is not told what information in the DA will be researched and tested, and what information will not be.

To assess advice given in support of the DA will require expert independent consultants but who will select and pay for these consultants?

It is clear the Central Coast Council does not have the resources and staff numbers to

Forum

LETTERS TO THE EDITOR

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model and test the assertions made in the DA.

For example, what are the details of the claimed “efficient use of existing infrastructure services” referred to in the developer’s Statement of Environmental Effect?

How can the proponent make this claim without any research and further investigation into the Council’s future infrastructure plans? How can the Council test this?

Further, what is the Central Coast Council’s strategy to assess this DA for future climate change, changing coastal processes and changing estuary dynamics?

The Central Coast Regional Plan 2036 was cited as supporting the application.

However, the plan does not contain “strategic directions” and those claimed to be in the plan have been based on in-house discussions with developers held since the plan was released and will change with each and every

developer forum until 2036.

The future character of Ettalong, Woy Woy and the whole Peninsula should be determined by the Council, not by development proponents.

The Central Coast Regional Strategy 2036 has failed to produce any meaningful comment on climate change and renewable energy.

The Premier of NSW, Government departments and the Central Coast Council have all failed to provide details on the Central Coast Regional Plan 2036.

This means that the document is essentially a front and back cover without details.

As this DA is supported by a theoretical strategy, the application cannot be substantiated and should be removed from exhibition until the Regional Plan contains the necessary detail to assess the application.

The statement in the council report that the Central Coast Regional Plan “does not impose any prohibitions, restrictions or development standards on the proposed development” only supports my claims that the document is worthless in its current form.

Restrictions on beachfront development should apply to Ettalong now.

Halting development now, at least until meaningful climate-related standards are specified, could save the council and ratepayers millions of dollars in the future.

Letter, 10 May 2017
Norman Harris, Umina

Anzac Day at Patonga

Diana Perlowski’s wonderful letter published in the last edition of Peninsula News describing the moving Anzac Day Dawn Service held at Patonga this year reminded me of the following poem which I wrote many years ago describing the same simple but immensely moving ceremony:

There were no flash officials,
no pomp and circumstance,
no clash of drums and cymbals;
politicians to vainly prance.

There was just the villagers
standing beneath the light
shining from the monument
in the last hour of the night.

And as the sun arose from
the waters across the bay
a kookaburra chose to send
his greetings to the day.

As his song combined
with the sound of gentle waves
we quietly prayed for those
asleep in distant graves,

And in the glimmering dawn
in a true Australian way -
perhaps for the briefest moment -
we shared their Anzac Day.

Email, 7 May 2017
Vic Jefferies, St Huberts Island

I will fight for the people of Gosford West ward

I would like to clarify comments made by Mark Ellis.

I am the candidate he mentions in his letter in the forum page (May 1).

Yes I am a member of the STL Party (formally known as Save Tuggerah Lakes, the registered party name).

As to his comment that we need someone who lives in the ward to represent us, I have lived on the Peninsula for over 20 years and I am well aware of the neglect he mentions.

Our roads, beaches, ocean baths, council’s balance sheet and infrastructure etc are all in need of

Forum

attention.

Yes, I do agree to his comment that the Peninsula has become The Forgotten Land.

Being a long-term local, I will fight for the people of the Gosford West Ward to the best of my ability if elected on September 9 and I’m not constrained by party lines as are the candidates of the major parties.

I am a local who will fight for locals, unlike the past decade of Gosford councillors.

Email, 3 May, 2017
Carl Veugen, Umina Beach



Out and About

Our Council leaders and staff have the answers to your queries about our organisation and our plans for the Coast, and are keen to chat with you.

Come along and have a chat with them on:

Friday 26 May

Kariong Shops, 10am-12pm

Meet CEO, Rob Noble and Administrator, Ian Reynolds.

West Gosford Shops (outside café and Coles), 1.30-4pm

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centralcoast.nsw.gov.au/meetandgreet

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Peninsula might end up with no representation at all

If Mark Ellis is concerned about the current treatment of the Peninsula in the Central Coast budget ("We deserve our fair share", May 1), let him wait until after September.

From then on, Budgewoi, The Entrance and Terrigal will have nine of the 15 members on the new council, and one wonders how many of them will even realise that Woy Woy (at the other end of the Rip Bridge) is part of the Central Coast.

Given that the Peninsula has been wrongly lumped in with Gosford and a vast hinterland area as one ward (when it should have been part of the Terrigal ward), it can be easily overlooked when priorities are being set.

In the future, we might look back on these as halcyon days for the Peninsula.

Furthermore, ward candidates don't have to live in the ward for which they stand.

Given that many electors simply vote for a Party candidate, it is easy to envisage that the Peninsula might wind up with no representative on the council at all.

This problem could have been obviated, at least in part, by having 15 one-councillor wards instead of five three-councillor wards, as it is now configured.

The present ward boundaries are just the result of lazy, sloppy thinking by the "expert" who drew them up, and what we need is a campaign to persuade the new council to redraw the boundaries before the next election.

Unfortunately, councillors who have been elected under one system are not likely to have a high incentive to change the

Forum

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system merely in the interests of democratic representation.

I wonder whether a redistribution question falls within the remit of our new Coordinator-General.

Perhaps, she could use this as a test case of her real influence on events.

Email, 3 May 2017
Bruce Hyland, Woy Woy



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Forum

Firstly, consult your database of where you have filled them in the past couple of years.

The methods you use, as we all know, are completely ineffectual as the same old holes are back as soon as it rains.

Secondly, ask your staff.

The vast majority live in the area and are themselves ratepayers and they use the roads as much as any of us.

Put out an inter-office email with a questionnaire attached and make the replies anonymous to protect the truthful.

Thirdly, give every driver of a Council vehicle an iPad with instructions to take a few minutes to photograph the biggest and the best.

Mostly importantly, how about just getting started, somewhere, anywhere because the backlog will never be reduced doing surveys.

Email, 4 May 2017
Fred Charles, Woy Woy

A far cry from former Prime Ministers

Forum

make a lot of money; whereas Mr Shorten seems to represent naked ambition and how to look after your mates.

It's a far cry from former Prime

Ministers such as Mr Billy Hughes, who was an ardent nationalist, or Mr Ben Chifley with his "Light on the Hill" and his call to extend a hand to those in need.

Email, 4 May 2017
Keith Whitfield, Woy Woy

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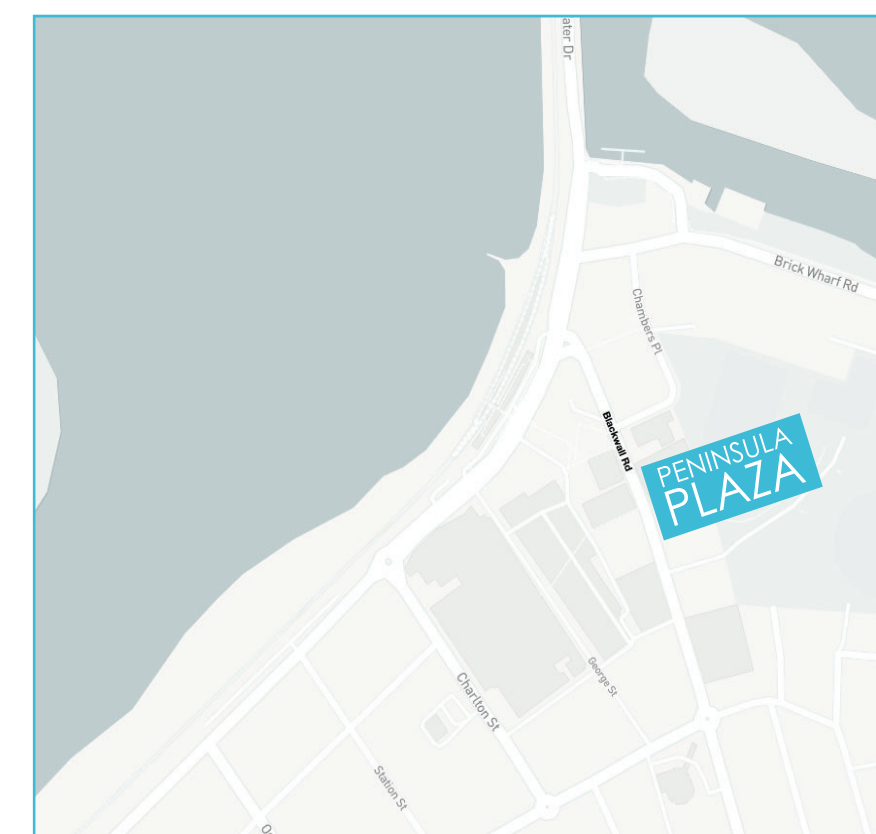
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Cupcake challenge for Cancer Council

Sandra's Cupcake Challenge will be held at the Peninsula Community Centre on Thursday, May 25.

The challenge will be held as part of the Cancer Council's Biggest Morning Tea, in honour of Ms Sandra McCartney, who lost her battle with cancer in October 2014.

Ms McCartney, who had a passion for baking, worked as a volunteer with Coast Community Connections for two years.

The event will help raise funds for the Cancer Council who will use the funds for cancer research, support services prevention and advocacy.

The Cupcake Challenge has three age categories, to encourage primary school children, high school students and adults to

participate in the hand-made or packet based categories.

Locally in the last two years, the Cancer Council has supported almost 3000 patients with transport via the Shirley Shuttle and assisted almost 200 patients with in home support across the Central Coast.

Coast Community Connections acting chief Ms Jenni Allan said the Challenge was a fun way for locals to support the Cancer Council and to recognise and assist the many people who are diagnosed with cancer each day.

"Last year our Morning Tea event raised more than \$5500 and we look forward to hopefully breaking this record at our event this year," Ms Allan said.

SOURCE:
Media release, 4 May 2017
Ashley Milne, Brilliant Logic



Mr Adam Crouch with the Big Red Kidney Bus which will visit Umina for six weeks

Mobile dialysis in Umina

A mobile dialysis service will visit Umina from May 15 until June 24 as part of a "popular holiday spots tour".

The service will allow people with kidney failure a chance to holiday without the worry of missing their dialysis treatment.

Member for Terrigal, Mr Adam

Crouch, said he was delighted the Big Red Kidney Bus was stopping at Umina.

"We are pleased this service has been made available on the Coast so that people who rely on dialysis can escape for a bit of much needed relaxation in the beautiful town of Umina," Mr

Crouch said.

He said the NSW Government had provided more than \$382,000 for up to 250 patients a year to receive dialysis on the bus.

SOURCE:
Media release, 9 May 2017
Donna Golightly, Office of Adam Crouch MP

What aged care is wanted?

Local aged care provider, Peninsula Villages, has called for comments from the community about what it is looking for in an aged care provider.

It has invited community members to express interest in attending focus groups to be held on Tuesday, May 30.

The provider is particularly interested in hearing from community members who are over

65 years of age.

It has also asked for feedback from carers, those with family members living in aged care or retirement living.

A community feedback survey is also available on the group's website at pensinulavillage.com.au/survey.

SOURCE:
Media release, 10 May 2017
Alison Orren, Brilliant Logic

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Burpees on the beach

Burpees for a Cause is making its way to the beach at Umina to raise money for White Ribbon and The United Project.

Locals will do burpees for one kilometre across the beach on Saturday, May 21, for charities that support those affected by domestic violence and youth homelessness.

Individuals and small teams will have the chance to join in the fundraising event which will be held simultaneously at venues all around the country.

Steve de Vivo from Surf Fit Soar

Personal Training at Umina is the man responsible for bringing the challenge to Umina.

While Mr Smith said his clients were excited about facing the challenge, he was keen for the broader local community to get involved.

"People can get involved in Burpees for a Cause by registering at active.com," he said.

"Just log onto the website and search for Spartan Race Burpees for a Cause."

SOURCE:

Media release, 11 May 2017
Monica Ashtyn Agius, Writing Space



Volunteer Tony Millgate and Village lifestyle manager Paula Neman, with other volunteers Ian Butler, Mariette Butler, Lynette Mackay and Jackie Bennett

Volunteers are thanked with special lunch

Local aged care provider Peninsula Villages marked National Volunteer Week with a special Volunteer Thank You Luncheon and presentation ceremony.

A number of Peninsula Villages' longer-serving volunteers were awarded volunteer service awards for the many years they have dedicated to Peninsula Villages.

"We highly value our hardworking team of volunteers who help enhance the quality of life for our residents and provide a vital service to our community," said CEO Mr Shane Neaves.

"Peninsula Villages is delighted to have a loyal and dedicated team of almost 100 volunteers who assist with everything from day-to-day activities for our residents, to assisting with the Village bus, our meal delivery service, care support, resident leisure and engagement, events and administration.

"Whether it's calling bingo, driving buses, reading to our residents or wheelchair walks, our volunteers really are the heart and soul of Village life.

"It's safe to say that Peninsula Villages would not be the thriving community organisation it is today

without the ongoing support of our volunteers," said Mr Neaves.

The volunteers included Mr Tony Millgate, Mr Ian Butler and Ms Mariette Butler, who have all dedicated 11 years of service to the organisation, as well as Ms Lynette Mackay, who this year has reached 12 years of service.

If you would like to volunteer at Peninsula Villages, please contact Paula on 4344 9199 or visit peninsulavillage.com.au to find out more.

SOURCE:

Media release, 11 May 2017
Alison Orren, Brilliant Logic

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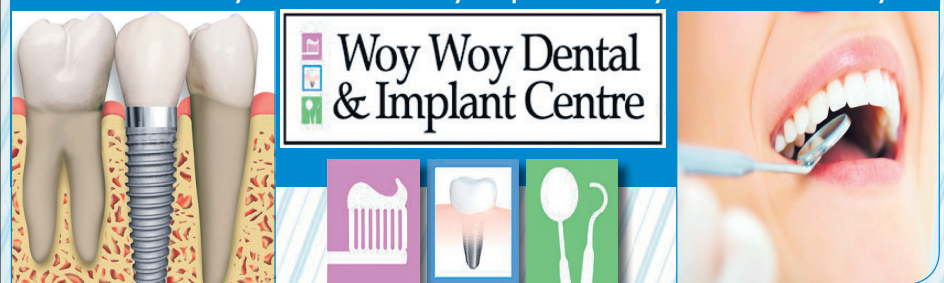
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Health

Spreading the word about polymyositis

Ron and Fay Spratt of St Huberts Island want to spread the word about a little-known condition suffered by less than 10 in a million people.

Ms Spratt was diagnosed with polymyositis 12 months ago but said she believed she may have had it for two years before that.

The first symptom was fatigue, she said.

"I was going back and forth to the doctor and one of the other symptoms was that I couldn't swallow properly so I had been put in hospital to have my throat stretched twice but it did not make any difference.

"Then I was told to go off my cholesterol tablets but that didn't help so finally I was sent to a neurologist who sent me for a muscle biopsy," she said.

Ms Spratt had to be put under a general anaesthetic so a sample the size of a sugar cube could be taken from her side and sent for testing within 12 hours of its removal.

"A muscle biopsy is the only way to get a positive diagnosis," she said.

Since diagnosis, Ms Spratt said the tiredness remains along with the difficulty to swallow.

"I need a glass of water next to me when I eat or the food doesn't go down properly," she said.

She also has difficulty standing up and experiences pain in her hips and profound weakness in her legs.

"I can't walk any distance on my own because I could fall over," she said.

She is currently having immunoglobulin infusions each month at Gosford Hospital,



Ron and Fay Spratt tackling Fay's condition with exercise

attempting to avoid taking Prednisone, the most common treatment for the condition, due to its side effects.

May is Myositis Month and Ms Spratt, as a sufferer, understands exactly what that means, along with fellow members of the support group she attends on a monthly basis.

Myositis Month is aimed at building awareness amongst the medical fraternity and health providers about one of Australia's rarest diseases.

Myositis Australian Association spokesperson, Ms Anita Chalmers said: "With increased awareness, we should get an earlier and more-accurate diagnosis and appropriate exercise advice.

"Current estimates place between five and 10 people per million Australians as afflicted across each of the three major

forms of myositis: dermatomyositis, polymyositis and inclusion-body myositis.

"There is also a form which affects children as young as three called juvenile myositis.

"However, the true numbers are not known.

"Myositis is one of 80 autoimmune diseases affecting about

10 per cent of the Australia population.

Ms Chalmers said incorrect diagnosis also compounds the problem and hinders more precise analysis.

Since symptoms differ between individuals, myositis is hard to diagnose.

In many cases, myositis is associated with other autoimmune disorders of connective tissue such as scleroderma, systemic lupus erythematosus, rheumatoid arthritis, Raynaud's syndrome, and Sjogren's syndrome.

Typical early signs include: muscle weakness in thighs and shoulders; unexplained general tiredness and fatigue; difficulty standing up from a seat or floor; difficulty climbing stairs; falling down unexpectedly, weak grasping of objects and difficulty swallowing, or a reddish purple skin rash.

There may also be severe pain, swelling, rash/infection, temperature and blood pressure changes.

The underlying cause of all the inflammatory muscle diseases is unknown.

They are classified as autoimmune diseases because the primary activity is the body's immune system attacking its own tissue.

SOURCES:

Media release, 1 May 2017
Anita Chalmers, Myositis Australia
Interview, 10 May 2017
Fay Spratt, St Huberts Island

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A retirement village social group is planning to be part of the Biggest Morning Tea at Daleys Point on Thursday, May 18, in support of the NSW Cancer Council.

"The residents of The Cove

Village hold this event each year and we are endeavouring to better our efforts each year for this special cause," said social group spokesperson Ms Margaret McCutcheon.

This year the Cove's Biggest Morning Tea will be held from 10:30am to 2:30pm at the Village which is located at 36 Empire Bay Dr, Daley's Point.

"The plan this year is to include a sausage sandwich or plate of cake, with tea, coffee or a soft

drink," Ms McCutcheon said.

"There will also be a garden gnome plant stall and a treasure trove stall with lots of goodies also selling hand-made greeting cards," she said.

"The entry fee is a \$7 donation at the door.

"The social group is still looking for donations for raffles and lucky door prizes."

SOURCE:

Media release, 10 May 2017
Sharon Askildsen, The Cove Village

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Parents ask for help to learn for Naplan tests

Information sessions for parents were held by Ettalong Public School to assist families with preparation for the National Assessment Program Numeracy and Literacy tests.

The assessments are held in all Australian schools and must be completed by children in Years 3, 5, 7 and 9.

The testing covers reading conventions and writing, reading comprehension and numeracy.

Relieving principal Ms Lynn Balfour said: "The Naplan information sessions for parents resulted in further sessions

being requested in English and Mathematics.

"Our information suggests most people are keen to assist their children with homework but are unsure of today's teaching methods," Ms Balfour said.

"One common confusion is the area of training in maths where we no longer use the old methods of 'buy one, pay it back' or 'carrying'," she said.

Ms Balfour said the school was more than happy to arrange further sessions to help its parents.

SOURCE:
Newsletter, 9 May 2017
Lynn Balfour, Ettalong Public School



Grand champion Sheraton Skippy with breeder Ben Toll of Sheraton Limousins, Dubbo, and from Brisbane Water Secondary College Umina Campus farm manager Ron Unsworth and Year 10 student Kynesha Stapleton.

College wins grand champion purebred steer award

Brisbane Water Secondary College took home this year's grand champion purebred steer award for Sheraton Skippy, a 632 kilo black limousin, at the Sydney Royal Easter Show Purebred Steer Competition.

The college's cattle exhibit was paraded by Year 10 student Kynesha Stapleton in a competition which saw over 60 school and commercial competitors.

Sheraton Skippy was entered into the show in a partnership with Brisbane Water Secondary

College and Mr Ben Toll of Sheraton Limousins, Dubbo, who bred the winning steer.

Mr Toll has been a supporter of the college's cattle program, seeing first-hand the benefits of introducing young people to the cattle industry along with the personal and professional opportunities it presents.

He was thrilled to be a part of the success of the college this year and is already looking forward to partnering with the college in the 2018 Sydney Royal Easter Show.

Many past and present students of the college have benefited in

their personal development as well as their career pathways from their ongoing relationship with Mr Toll and other industry professionals like him.

It is the 23rd consecutive year that students from Brisbane Water Secondary College have competed at the Easter Shows Cattle Show through a program designed to provide students with opportunities to develop new skills through community engagement activities.

SOURCE:
Media release, 5 May 2017
Cheryl Douglas, Brisbane Water Secondary College

Comprehensive heritage calendar

Woy Woy Public School has put together a comprehensive heritage calendar for Cultural Diversity in May 2017.

On May 1, the school kicked off a month of significant cultural events with May Day.

May 5 was be Kodomo No Hi or Children's Day, which celebrates Japanese and Korean culture.

May 9 was be Europe Day and the students focused on the

European Union.

May 26 is National Sorry Day and the school will acknowledge the Australian Government's historic apology to the Stolen Generations.

May 30 will be Tuen Ng, the Chinese Dragon Boat Festival.

SOURCE:
Newsletter, 4 May 2017
Ona Buckley, Woy Woy Public School

Senior boys win Woy Woy Cup

Woy Woy South Public School's senior boys' Rugby League team has won the Woy Woy Cup.

It is the first time Woy Woy South has secured the Cup in 11 years.

"All players represented our school proudly and the Opens Team went all the way and won the Grand Final," coach Mark McKinnon said.

"The boys were courageous in defence and brilliant in attack.

"They defeated the reigning champions, Kariong Public School, in a nail-biting 12-6 final.

"It was the first time in 11 years that we have won the cup and I could not be more proud.

"Mark Omeally (ex-Bulldogs player) presented our trophies and announced Tyrone Dorrell as player of the match," Mr McKinnon said.

"All the boys played with

pride and commitment and were deserving winners in the final against Kariong," principal Matt Barr said.

"This was a very proud moment for our school and I'd like to again acknowledge the work that Mr McKinnon puts into ensuring the boys play at their very best," he concluded.

SOURCE:
Newsletter, 3 May 2017
Matt Barr, Woy Woy South Public School

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Out&About



Adriana Nunez and Luke Kaalim as Myra and Charlie

Farce to open for Woy Woy Little Theatre

Woy Woy Little Theatre's next play is American playwright Neil Simon's first and only farce, Rumors.

Performances open from May 26 and will continue through to June 11.

The play is a comedy-style mystery featuring Paul Karton, Kim Kelly, Andrew Thomson, Blair Cunningham, Scott Goodacre, Sierra Phillips, Luke Kaalim, Adriana Nunez, Flynn Edwards

and David Wicks. Director Ms Shea Wicks said she loved directing Simon's plays. This is the third Simon play I've done. "Two years ago it was The Odd Couple for Woy Woy Little Theatre (which I directed originally about 20 years before), and before that, Come Blow Your Horn. "His plays are always funny, not only do the audience enjoy lots of laughs but the actors always get a

kick out of Simon's absurd comedic turns," she said. The director said rehearsals had been a dream as the cast was switched onto Simon's brand of humour. "We know Rumors is going to have a lot of happy people leaving the Peninsula Theatre at the end of the second act," Ms Wicks said. SOURCE: Media release, 9 May 2017 David Wicks, Woy Woy Little Theatre

Weekend of music at Pearl Beach

Students from the Central Coast Conservatorium will perform a weekend of music at Pearl Beach on May 27 and 28.

Pearl Beach child psychologist Dr John Irvine, whose family sponsors the Irvine Piano Scholarship and supports young students, said: "Music is not only good for the soul and important for relaxation in the racy world kids live in, but recent research is showing the importance in cognitive development and memory skills."

Conservatorium chief Mr Patrick Brennan said the showcase concert embraced the concept of "pure performance" rather than "competitive performance" and allowed younger musicians to perform with focus, passion and conviction.

"We are delighted that accomplished pianist Lilli Naulu is returning as accompanist for both concerts.

"Lilli is an accomplished performer, with extensive experience as a pianist, accompanist and repetiteur," Mr Brennan said.

The Pearl Beach Music Scholarship and Irvine Family Piano Scholarship Concert will be held from 2pm on May 28 in search of the Central Coast's best young music students.

Over the years, the scholarship

concerts have offered performance opportunity to students who have excelled in their chosen field.

"This prestigious event is an excellent opportunity for Conservatorium students to perform for their local community and deliver truly breath taking performances," Mr Brennan said.

"The Central Coast Conservatorium is most grateful for the financial award that is given by the Pearl Beach Progress Association and the Irvine Family to the winners of this important event.

"The prize money will help them further their musical studies," he added.

Pearl Beach Progress Association publicity officer Ms Lynne Lillico said: "As a recent initiative, the Peoples' Choice award allows the audience to vote for their favourite performer.

"The award is valued at \$250, jointly sponsored by the Irvine Family and the Pearl Beach Progress Association.

"The Irvine Family and the Association are proud to be able to support these incredible young students who demonstrate such energy and commitment to their music," Ms Lynne Lillico said.

SOURCE: Media release, 9 May 2017 Lynne Lillico, Pearl Beach Progress Association

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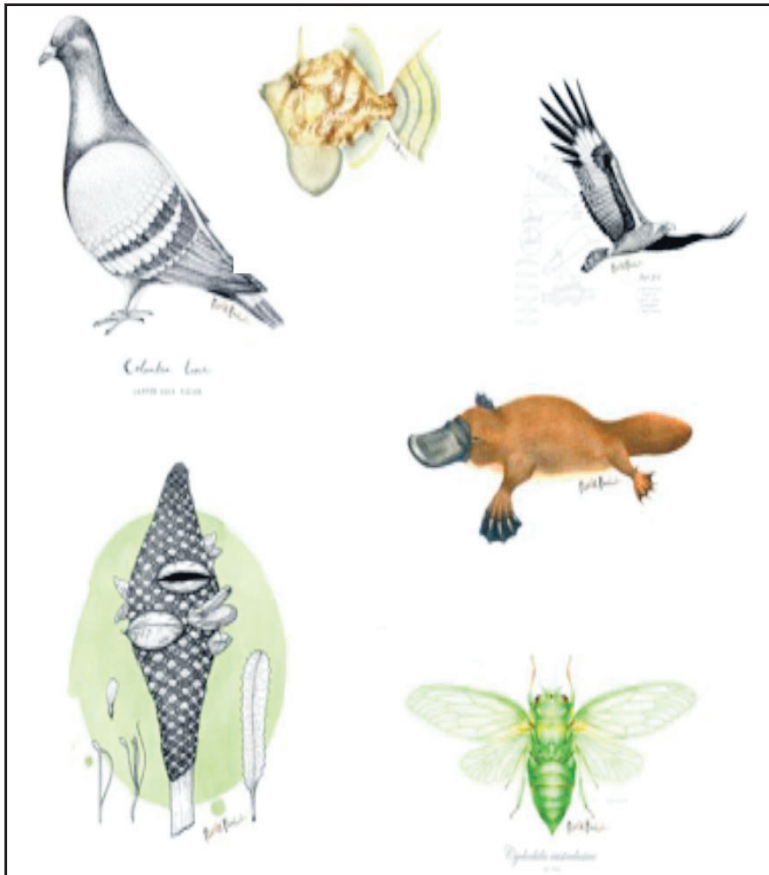
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An example of Nicole Berlach's illustrations

Illustrator gives presentation

Artist and illustrator Ms Nicole Berlach recently gave a presentation to the members of the Rotary Club of Umina Beach.

Ms Berlach specialises in scientific illustrations, children's books and water colours.

Her scientific work has been published in Australia, Germany, Norway and the United States of America.

She has also produced a range of prints, greeting cards and tea towels featuring natural history and her scientific work.

Nicole told the club she did art classes at school and then travelled around Australia developing a specialisation in detailed drawings which include precise details of

animals, fish, insects and floral specimens, capturing the minute differences between species.

She then did a university degree to further her skills and qualifications as a scientific illustrator.

"The exactitude of her work means it is of a quality that can be published in scientific journals," said Rotary club newsletter editor Mr Rod Radford.

Ms Berlach also conducts bush walks and encourages others to record what they see.

She has also self-published books of short stories.

SOURCE:
Newsletter, 8 May 2017
Rod Radford, Rotary Club
of Umina Beach



Lime and Steel are coming to the Troubadour

Lime and Steel to play at folk club

Lime and Steel will bring the folk and charm of their Australian, southern bluegrass and Celtic roots to Woy Woy's Troubadour Folk Club on May 27.

In recent months Lime and Steel have been unloading rusty station wagons at folk festivals from Woodford in Queensland to Cygnet in Tasmania.

They've been rolling out original gems which have seen them featured in a range of song writing awards.


"They play beautiful folk and acoustic music with enormous love and commitment," according to the Troubadour's President, Mr Michael Fine.

"They have an appeal across the ages.

"They make older music lovers remember what it was like to be young, and inspire young people to respect and cherish the old traditions.

Lime and Steel will appear at the Troubadour, in the CWA Hall in Woy Woy from 7:00pm on Friday, May 27.

SOURCE:
Media release, 10 May 2017
Michael Fine, The Troubadour




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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

Central Coast Community Legal Centre
Not for profit service providing free legal advice.
Monday to Friday
9am to 5pm
4353 4988
centralcoast@clc.net.au

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
0412 200 571
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
4344 7070

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 4307 9421

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@bluewaveliving.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

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

Coastal a Cappella
Dynamic award winning women's a cappella chorus new members always welcome. Music education provided Lots of Performance opportunities, or hire us for your next event.
0412 948 450
coastalacappella@gmail.com

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-cappella 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.

Rotary Clubs
International service club improves lives of communities in Aust. & o/seas. Fun-filled activities, fellowship and friendship.
Rotary Club of Kariong
Phillip House, 21 Old Mount Penang Rd, Fri 7.15am 4340 4529

kersuebay@philliphouse.com.au
Rotary Club of Umina Beach
Wednesdays 6.30pm
Everglades Country Club
0409 245 861
curleys@ozemail.com.au
0409 245 861
Rotary Club of Woy Woy
Tues 6pm Everglades Country Club.
Don Tee 0428 438 535
Special Interest
Brisbane Water Caravan Club
located on the Central Coast and looking for new members
www.bwcaravanclub.wix.com/bwcc
4344 4363

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.cphousie@hotmail.com

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

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

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

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

Central Coast Soaring Club Inc
Gliding Club, Learn to fly, Instruction FREE to members
Come and have an Air Experience Flight
All Welcome
14 and up for Training
Flying at Bloodtree Road Mangrove Mountain Thur, Sat, Sun (weather permitting)
0412 164 082
0414 635 047
www.ccssoaring.com.au

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

CENTRAL COAST GOJU-KAI KARATE
Traditional Karate & Self Defence for Teens & Adults
No Contracts, Cheap Rates
Wamboral - Mon 630pm
Kincumber - Thurs 715pm
0417 697 096
www.centralcoastgoju-kaikarate.com.au

Woy Woy Judo Club
3 Classes every Tue, Thur & 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 Umina
2 Sydney Ave
Branch Meetings
2nd Wednesday 10am
Craft & Friends
Wednesdays 9.30am
2nd and 4th Sundays 12.15pm
0416 193 070 - 4340 1746

Country Women's Association Woy Woy
Opposite Fisherman's Wharf
Craft & Friendship
1st and 2nd Wed 10am
Meetings 4th Wed 10.30am
4324 2621

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



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



Inside the Palm House at the Botanic Gardens, Marijke Greenway with her exhibition

Exhibiting at the Botanical Gardens

Pearl Beach resident and artist, Ms Marijke Greenway is currently her 10th exhibition at the Palm House in the Royal Botanical Gardens.

The exhibition, running from May 1 to 18, is called Australian Gold.

Ms Greenway describes it as a "cohesive, colourful and interesting exhibition".

"I have been painting now for about 34 years and this is my 10th year at The Palm House," she said.

"It is the first glass house that was built in the gardens and is about 150 years old and has the most beautiful even light you could wish for.

"After my first exhibition there in 2008, which was For Love of Trees, I felt that my choice of subject matter through the following years was just complementing the inside of The Palm House with the outside of the gardens.

"I became a plein air painter after settling in Pearl Beach and joining a large group of similarly minded artists.

"Over the next 17 years my friend Pim Sarti and I painted at every beautiful location around the Central Coast, really getting to know the area.

"My focus became the trees, I sought out so many special tree friends, especially on Mt Ettalong

and the Arboretum in Pearl Beach, so close to home.

"The holidays that John and I took were mainly the outback, great loops around the Kimberley, the Red Centre, Western Australia, always with a roll of canvas and my paints, setting up our tent right in front of the subjects.

"The inspiration of those places still keeps me going and the local floral subjects are still beckoning, so my focus shifts from the one love to the other.

"I guess I am a landscape painter with the botanical added on," she said.

SOURCES:

Media statement, 1 May 2017
Marijke Greenway, Pearl Beach



Marijke Greenway is a landscape artist with the botanical added

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 5217
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

Monday, May 15

Australian Red Cross Mobile Blood Service visiting Woy Woy Hospital, 10am to 3pm

Friday, May 19

Jeff Lang album launch tour, Hardys Bay Club, 8pm

Hardys Bay Community Church Cancer Council Biggest Morning Tea, 10am

Sunday, May 21

Umina Beach markets, Peninsula Recreational Precinct, 9am to 2pm

Jam Session with Pat and Vanessa, Hardys Bay Club, 2pm

Friday, May 26

Rumours by Neil Simon by Woy Woy Little Theatre, Peninsula Theatre until June 11

Tim Rogers, Hardys Bay Club, 8pm, bookings essential

Saturday, May 27

Lime and Steel at the Troubadour Folk and Acoustic Music Club, Woy Woy CWA Hall from 7pm

Sunday, May 28

The Deck Sessions featuring

Broads, Hardys Bay Club, 2pm

Sunday, Jun 4

Films and photographs, A Singular Woman (Marie Byles) and Peninsula Paradise, A Bouddi Society event, Wagstaffe Hall, 1:30pm

Sunday, Jun 11

Pretty Beach Markets, Pretty Beach Public School, 9am to 2pm

Killcare Surf Life Saving Club 75th anniversary reunion, at Killcare SLSC from 2pm followed by a reunion dinner at 6pm

Sunday, Jun 18

Umina Beach markets, Peninsula Recreational Precinct, 9am to 2pm

Sunday, Jul 16

Umina Beach markets, Peninsula Recreational Precinct, 9am to 2pm

Friday, Aug 11

Agatha Christie's A Murder is Announced by Woy Woy Little Theatre company, Peninsula Theatre until August 27

Sunday, Aug 20

Umina Beach markets, Peninsula Recreational Precinct, 9am to 2pm

Sunday, Sep 10

Pretty Beach Markets, Pretty Beach Public School, 9am to 2pm

Sunday, Sep 17

Umina Beach markets, Peninsula Recreational Precinct, 9am to 2pm

Friday, Oct 27

The Anniversary by Bill MacIlworth, by Woy Woy Little Theatre, Peninsula Theatre until Nov 12

Sunday, Dec 10

Pretty Beach Markets, Pretty Beach Public School, 9am to 2pm

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

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

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

BUILDER

MGL CARPENTRY

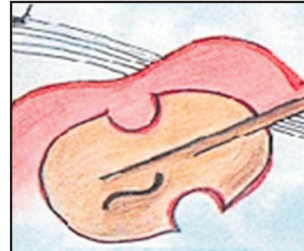
Carpenter & Joiner
40yrs Experience
Decks, Pergolas, Doors, Windows etc
Fully Insured - Call Gary
0458 130 829
4341 1346
no labour & materials over \$1000

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

ENTERTAINMENT



The Troubadour
FOLK AND ACOUSTIC MUSIC CLUB
SAT MAY 27
AT 7PM
LIME AND STEEL
CWA HALL WOY WOY
ENTRY: \$10, \$13 AND \$15
www.troubadour.org.au
4342 6716

KITCHENS

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

PAINTER

BUCELLO'S
Painting Services
• Residential and Commercial
• Interior and Exterior
• New Work and Repairs
Free Quotes
All work guaranteed
0410 404 664
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Antenna sales and installations
TV and Audio Repairs
4341 8860 - 4341 7332
0473 468272
23 Wallaby Street, BLACKWALL

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

SMALL BUILDING JOBS

Carpentry, repairs, renovations, maintenance and alterations
Call Jes
0415 294 009
Lic 7428c

ELECTRICIANS

BKW

Electrical Services
Lic No:248126C
Lights - Fans - Power - Reno's
Switchboards - Security lights
No job too small
Call Ben on
0404 093 299

YOUR LOCAL ELECTRICIAN

Same day service
Guaranteed
Lighting, Power Points, Phone & Data, Fault Finding,
No job too small.
Seniors Discount.
Lic number 265652C
4308 6771

ENTERTAINMENT

BLUESANGELS

Your total acoustic blues/roots package, top to toe, and then some. Minnie the Moocher to Eagle Rock and on into indie roots, beatnik jazz, backhills bluegrass and prog folk. Available as duo, trio or band negotiable for your party, event or venue.
tomflood@hotmail.com
4324 2801

FENCING

BLUEPRINT FENCING

All types of fencing, gates and retaining walls
Call Luke
Free quotes
0401 347 247

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
Lic 164237c

GUTTERING

WHIRLYBIRD SPECIAL May Only!

Sky Lights, Guttering and Downpipes, metal Roofing and Leak Detection.
FREE QUOTES
PH: Terry 0414 801 157
howly@live.com.au
Lic. 167380c

HANDY MAN

Handyman Gardening

Weeding & Yards Clean Ups
Odd Jobs around the home
Fully Insured
Ph: William
0478 672 079

DEEPWATER

Plumbing & Gas Solutions
Gas installations
Hot Water Systems
Appliances
Portable Heater Servicing
Drainage and all aspects of plumbing
Senior's discount
Call Brent 0422 080 936
Lic 286937c

ASBESTOS REMOVAL

Asbestos Removal

Fully licensed and insured asbestos removals from houses, garages, sheds, bathrooms etc.
Ph: Tom 0422 653 794
or 4393 9890
Safe Work NSW Lic. AD212564

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

CRAG CAN!
All aspects of small building work and property maintenance
25 years building experience
0414 486 515
NSW Building Lic #215846c

CABINETMAKER

CABINETMAKER

- Cupboards
- Shelving
- Furniture
- Kitchen Updates and Robes

Call Jens
0418 993 994

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

clean white bear
Furniture & Interiors
Cleaning & Care
FABRIC | LEATHER | TIMBER | CARPET |
cleanwhitebear.com.au
1300 646 099
Phone Peter on 0430 150 454

Classifieds advertising rates - in print and on-line

Classified advertising is the cheapest form of newspaper advertising. This newspaper is published on line on the night before publication date, and is read that way by hundreds of people. All advertisements, including these classified advertising pages, appear in full on-line as an additional benefit for free.

See www.CentralCoastNewspapers.com or www.CentralCoastNews.net

Central Coast Newspapers' advertising rates are relatively much lower than in other newspapers and at the same time much larger than in other newspapers, with the minimum size being 50mm X 42mm. Approximately 16,000 copies of each newspaper are printed and distributed every fortnight.

Personal and Not For Profit Organisations

As Central Coast Newspapers are community newspapers, the cost of advertising not for profit organisations' events is subsidised. This makes them the same rate as non business advertisements.

A mono 5cm advertisement only costs \$33. Each additional cm costs \$6.60 as does colour, and/or a photograph or a logo. Private advertisements need to be paid for at the time of booking.

Business rates

The minimum size of 5cm X a single column only costs \$40 + GST in mono and an extra \$8 + GST for colour, a logo or a photograph, every two weeks. Most businesses choose to advertise on an ongoing basis and discounts apply for multiple bookings, if they are paid for in full, in advance.

Having an advertisement run for 3 months only costs \$215 + GST, for 6 months it is \$385 + GST, and for 12 months advertising, the total cost is only \$700 + GST - Approximately \$14 per week.

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

To advertise here call **4325 7369**
NEWSPAPERS
central coast

POSITIONS VACANT

Experienced Tilers wanted!

Start
Immediately
0439 589 426

The Grand Pavilion Indian Restaurant

"Looking for
Restaurant Manager,
Office Manager,
Cook, Wait Staff and
delivery drivers"
tgp.aarth@gmail.com

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



RENDERING



Specializing in all
aspects of
**CEMENT RENDER
BAGGING &
CONSTRUCTION**

Call John
0410 676 776
Lic 171650c

TILING



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

Bowling club holds rescheduled charity day

Woy Woy Bowling Club rescheduled its April charity bowls day due to the weather.

"Forty eight bowlers attended our rescheduled event, which was held in fine weather," said organiser Mr Ken Dixon.

"The Woy Woy Leagues Social Club also turned up in good numbers.

"We raised another \$1300 for Central Coast Kids in Need which included a contribution of \$210 from the Social Club.

"We are now well over

\$5000 for the year to date," he added.

Mr Dixon also thanked sponsors who donated raffle prizes for their ongoing support.

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

"Most of these children are cancer patients, others with organ transplants and premature babies with life threatening issues," Mr Dixon said.

"The money is used to defray the costs of accommodation for the families while the children are receiving their treatment.

"The funds raised are also used to cover travel costs, equipment and pharmacy accounts for these children."

The next Charity Day will be held on May 21.

SOURCE:

Newsletter, 1 May 2017
Ken Dixon, Woy Woy Bowling Club

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The winning team Glen Simington, Brendon Knight, Jarrod Bates and Lee Patterson (Skip)

Men's Fours

The final of the Umina Beach Men's Bowls Club Fours Championship was held on Sunday, April 30.

The championship was played between Lee Patterson's team of Glen

Simington, Brendon Knight and Jarrod Bates and Peter Springett's team of Don Stephens, Roger Twells and Col Mew.

Although considered to be the underdogs, Peter's team put up a spirited battle and it was looking bad when Lee's team broke away to lead 21 to 11 after the 16th end.

However, not to be denied, Peter's team won three out of the last five ends, scoring nine shots, to go down valiantly 24 to 20.

The game was played in good spirit and watched by an enthusiastic group of spectators.

SOURCE:

Media release, 10 May 2017
Ian Jarratt, Umina Beach Men's Bowls

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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.

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NEWSPAPERS
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Sport



Lorna Buckworth Shield played at Umina

Umina Beach Women's Bowling Club hosted the Lorna Buckworth Shield on Monday, April 24.

The four bowling clubs on the

Peninsula - Umina, Woy Woy, Ettalong and Everglades - battled it out on a beautiful sunny day. To be eligible to enter the competition, bowlers were required to have been bowling for

less than five years with each team consisting of eight players from each club. The match is always played at the club which last held the shield. The day started with morning tea in the club, after which bowlers went out to the greens to contest the first two games. This was followed by a lunch comprising of fresh sandwiches and cake.

After lunch, the last game was played. Then it was back into the club for the presentation and the drawing of the money tree raffle. The 2017 Shield was won by Woy Woy with 66 points and runners up were Ettalong with 64 points. Third place went to Everglades with 54 points and in fourth place were Umina Beach with 47 points.

SOURCE: Media Release, 30 Apr 2017 Carol Hadley, Umina Women's Bowling Club

First win to Woy Woy

Round 4 of the Central Coast Rugby Union competition saw Woy Woy claim its first win of the season over The Lakes on May 6.

The Lakes had the home ground advantage at Slade Park but that was not enough to halt a dynamic Woy Woy which was able to cross for six tries by halftime, carving out an early lead with 28 points to 12.

They continued their try scoring

in the second half.

The Lakes certainly gave it their all, scoring four tries to keep the scores close, only down 35-24 late in the second half, but a late try to Woy Woy sealed their win.

Forwards Matt Graham and Blake Arahill both had great games for Woy Woy.

SOURCE: Media release, 8 May 2017 Larry Thomson, Central Coast Rugby Union

Stableford competition at Everglades

Woy Woy Rugby League Football Club's Circle Golf Club was in action at the Everglades Country Club on April 30, with around 30 members attending the Stableford competition.

Stableford involves scoring points based on the variance from a fixed score rather than the number of strokes taken at each hole.

With more points awarded

for a better performance, unlike traditional scoring methods, the aim is to have the highest score.

Mr Mark Silvia took out the competition with 39 points followed by Mr Adam Hyde on 38 Points.

The Pink Ball, awarded to the player with the lowest score and therefore last place, was awarded to Mr Gary Cross.

The next game is at Everglades Country Club on Sunday, May 21.

SOURCE: Media release, 2 May 2017 Mark Smith, Circle Golf Club

Zac wins Rookie award

Zac Webb has won the Jim McFadyen Most Active Rookie Award for 2016-17 at the Killcare Surf Life Saving Club's Nippers end of season presentation.

"Zac's always been the first to put his hand up for every opportunity and responsibility that comes with being a Rookie and has

logged 190 hours on patrol," said club president Mr Peter Bagnall.

Mr Bagnall said all Killcare Nippers achieved their age awards for the season.

"It was a terrific rollup to the end of season celebrations," he said.

SOURCE: Newsletter, 5 May 2017 Peter Bagnall, Killcare SLSC

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

15 MON	0511 0.54 1110 1.33 1640 0.70 2309 1.68	16 TUE	0556 0.57 1156 1.30 1724 0.75 2352 1.63	17 WED	0645 0.60 1247 1.28 1815 0.79
18 THU	0043 1.58 0740 0.61 1345 1.29 1915 0.81	19 FRI	0141 1.55 0836 0.59 1448 1.33 2026 0.80	20 SAT	0245 1.54 0930 0.55 1548 1.42 2136 0.75
21 SUN	0348 1.56 1020 0.49 1642 1.53 2241 0.66	22 MON	0447 1.60 1108 0.43 1730 1.66 2340 0.54	23 TUE	0543 1.64 1155 0.38 1819 1.80
24 WED	0036 0.42 0637 1.66 1242 0.35 1907 1.93	25 THU	0130 0.32 0731 1.66 1330 0.34 1956 2.02	26 FRI	0225 0.24 0828 1.63 1418 0.36 2045 2.08
27 SAT	0320 0.21 0924 1.59 1510 0.41 2137 2.08	28 SUN	0415 0.22 1021 1.54 1602 0.47 2230 2.04	29 MON	0514 0.27 1119 1.48 1658 0.55 2323 1.95

APPROX. TIME LAG AFTER FORT DENISON

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

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Volunteers wanted for Nippers with special needs

Killcare Surf Life Saving Club is looking for volunteers to run a Nippers' inclusion program for children with special needs in the 2017-18 season.

"The inclusion program is a four to six week nippers program for kids with extra needs," said committee member Mr Craig Sheppard.

"That could cover autism spectrum, vision impairment, all sorts of things that often limit what these kids can get involved in," he said.

"And it's not just the kids; caring for them is something most of us can't imagine and that can leave their parents comparatively socially isolated.

"The impact of this program on the kids, the parents, the volunteers and the club can't be overstated.

"The push to expand the program across the Coast depends members' generosity.

"It's a 1:1 situation where a Bronze or SRC is teamed with one of the kids for the course of the program which runs in conjunction with regular nippers, although

starting a little earlier or later simply because some of the kids can get overwhelmed by crowds and noise.

"Running for one to one-and-a-half hours, they go through similar activities to 'regular' nippers with appropriate modifications.

"We'd would really love to get this up at Killcare and need some BM/SRC's to help on the day.

"Consistency with these kids is key, so you'd need to be able to commit (as best you can) to the whole program.

"There are continual imposts on your time. We're all volunteers and we're always asking for more.

"We get that, but this one is pretty important.

"There'd be some training involved in how to relate to the kids and they're matched to volunteers pretty carefully and of course the parents, as experts in the behaviours and needs, are heavily involved.

"The number of volunteers is the number of kids we can accommodate," he said.

SOURCE:
Newsletter, 5 May 2017
Craig Sheppard, Killcare SLSC

Cycling medals for Hugh Gray

Empire Bay local Hugh Gray has returned from the World Masters Games in New Zealand with four bronze medals in cycling.

Mr Gray has been in love with the sport since his brother first introduced him to the Masters Games at Homebush Bay 20 years ago.

"From my first race, I was hooked.

"I won my first medal in 1999 on the track.

"I love competing and I love speed," Mr Gray said.

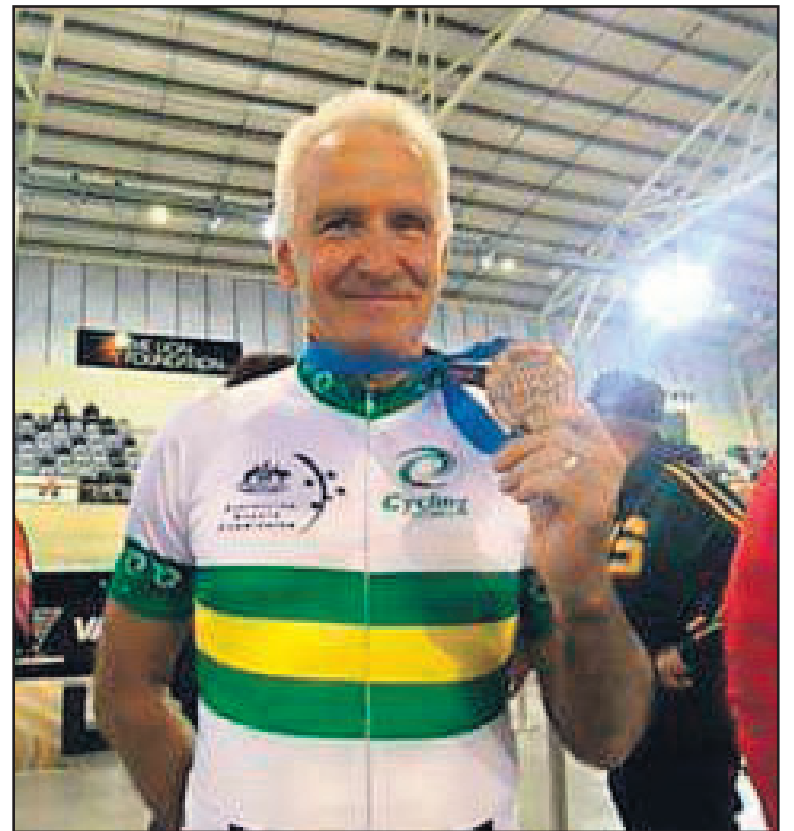
According to Mr Gray, the Masters Games are a friendly event open to all cyclists but attract some of the highest calibre athletes in the sport.

This year's Games were held in Auckland and Cambridge, with the former hosting the road events and the later the track events, with the whole program ranging from April 22-30.

Mr Gray secured his first bronze of the 2017 Games in the criterium on the road and secured his other three on the track in the individual pursuit, points race and sprint events.

Mr Gray is a member of the Central Coast Cycling Club and a veteran of the Games having competed in Melbourne in 2002 and Sydney in 2009.

"I ride regularly around the Coast not for fitness but training for the Games, where you're up



Hugh Gray brought home four medals at the 2017 World Masters Games in New Zealand

against world class cyclists is a true test of your ability," Mr Gray said.

"This year I raced against former Olympians and Commonwealth Games athletes and I felt immensely proud to be representing my club and country," he said.

Since returning to Empire Bay,

Mr Gray has no plans to slow down this Winter.

He has already begun his preparations for the World Masters Track Cycling Championships in Los Angeles this October.

SOURCE:
Interview, 10 May 2017
Hugh Gray, Empire Bay
Reporter: Dillon Luke



The winners were Ann Grayden, Julie Sadler (standing) Janet Clarke and Di Coates

Bridge winners

The Brisbane Water Bridge Club recently conducted the Club Teams Championship in conjunction with Country Teams Club Qualifying.

The competition attracted a quality field which was

demonstrated by a high standard of play.

The winners were Ms Di Coates, Ms Janet Clarke, Ms Anne Grayden and Ms Julie Soden with five wins and a draw closely followed by Ms Denise Nisbet, Ms

Sylvia Foster, Ms Karen Ody and Mr Jaan Oitmaa with five wins and a loss.

SOURCES:
Media release, 5 May 2017
Laurie Powell, Brisbane
Water Bridge Club



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