

Sporties' \$37.2 million redevelopment proposed

A \$37.2 million development application has been received by Central Coast Council for the redevelopment of Woy Woy Sporties bowling club at the corner of North Burge and Brick Wharf Rds, Woy Woy.

The redeveloped site would consist of seniors housing, independent living units, a new club, retail tenancies and a basement car park.

The proposal is seen as a way for the club to meet losses of \$800,000 accumulated over the past 12 years.

The applicant was listed as Woy Woy Holdings Pty Ltd, care of Barker Ryan Stewart Pty Ltd.

The number of units proposed, according to the application, was 87 over five storeys plus the basement parking.

The gross floor area of the new building work would be 20,557 square metres.

The NSW Office of the Environment and Heritage Aboriginal Heritage Information Management System recorded 15 aboriginal sites near or in the location of the proposed development.

An environmental noise assessment, submitted in support of the application, which concluded that, subject to recommendations being implemented, the redevelopment would meet the Liquor and Gaming NSW and the EPA's acceptable noise limits at all nearby residential and passive recreational locations.

According to supporting information provided by the developer: "The proposal is an opportunity to invest in and upgrade the existing site and will complement recent growth and development in Woy Woy."

"The development responds to population growth and the need for additional, high quality accommodation for seniors in proximity to the town centre of Woy Woy," the statement, made in support of the application, said.

"The proposal is compatible with recent infill development and the desired future character of the



An artist's impression of the proposed redevelopment

area.

"The proposal will stimulate the local economy, complement nearby commercial developments; provide additional housing for seniors and provide additional employment opportunities during and after construction.

"WT Martin and Associates have prepared a profit and loss statement from June 30, 2005, to June 30, 2016, showing that the club has traded at a loss every year since 2005 with cumulative losses of approximately \$800,000.

"It is not financially viable for the club to continue trading at a loss.

"The proposed redevelopment will therefore enable retention of the club within a new building and ensure its long term financial viability through the co-location of compatible seniors housing and cafe tenancies.

"The proposed Woy Woy Sporties will be orientated to the north east with views towards Brisbane Water and the Lions Park.

"The proposal will include a

bistro, auditorium, entertaining areas, deck and 'all-weather' bowling green.

"The club will be accessed from North Burge Rd and will have facilities to accommodate 300 people.

"The proposal is setback from the waterfront and will not cause substantive view loss or privacy issues for nearby residential developments.

"The proposal includes five retail tenancies and associated bathrooms.

"Retail tenancies were approved by Gosford Council on December 17, 2014 (DA 4596/2014).

"The proposed development achieves appropriate separation between the club, retail tenancies and residential units, with well-defined primary access points for each area.

"Residential units will have pedestrian access from street level off both Brick Wharf Rd and North Burge Rd and lift access from the basement car park to residential floors.

"Retail tenancies will be accessed via the boardwalk fronting Lions Park.

"The basement car park will be accessed from North Burge Road with internal lift and stair access to residential floors.

"One hundred and thirty eight basement car parking spaces are proposed, including 14 accessible spaces and 18 visitor spaces.

"The redevelopment of the Woy Woy Sporties Club will retain existing trading hours, operating from Monday to Sunday from 5am to 12am.

"The redevelopment will enable Woy Woy Sporties to continue to operate from the site and ensure the clubs long term financial viability.

"Recreational pursuits will be retained by providing a new meeting area for the local fishing club and an all-weather bowling green.

"The development will not detract from the natural environment for recreational purposes and the development is

consistent with the desired future character of the area and includes an integrated architectural design to reduce visual impact, protect scenic values and promote view sharing.

"The proposed development responds to population growth and the need for additional, high quality accommodation for seniors.

"The proposal will provide additional housing choice in the form of two-bedroom, three-bedroom, sub-penthouse and penthouse units; and the development includes an integrated architectural design and landscaping to protect scenic value, promote view sharing and casual surveillance.

"The proposal represents rational, orderly, economic and sustainable use of the land and should therefore be supported," the developer's statement concluded.

SOURCE:

Gosford DA Tracker website, 18 Jul 2017
DA52491/2017, Central Coast Council

THIS ISSUE contains 59 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.

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All accepted contributions also appear on our website.

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A truly dry July

Dry July has continued on the Peninsula with just four days in the first three weeks of the month.

The area continues its tradition of receiving less rain in July than June, with the Peninsula receiving 187.4mm in the first 21 days of June.

July however has received 2.5mm in the same amount of time, with no days experiencing above 5mm of rainfall and only one day reaching above 1mm of rainfall.

The Peninsula is experiencing a rainfall average drop of 96.4% with experiencing 2.5mm in 21 days, compared to July 2016 where the Peninsula experienced 102.5mm in 21 days.

Following on from an above average rainfall for June, the Peninsula is experiencing its driest July since 2014.

However, the area continues to be above the 12-year average yet still does not reach the monthly average of 69mm.

This is leading the area slip into below average rainfall for the year.

Month	2014	2015	2016	2017	12Yr Avg
1	100	350	350	100	150
2	200	450	450	200	300
3	300	600	600	300	450
4	400	800	700	400	600
5	450	1000	800	500	750
6	500	1100	900	600	900
7	550	1150	1000	700	1050
8	600	1200	1100	800	1200

SOURCE: Rainfall data, 21 Jul 2017
Jim Morrison, Umina

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Peninsula News and Connect PR have two double passes to give away to see Love is Love at The Art House, Wyong, on Friday, August 11.

Inspired by the greatest Shakespearean stories revolving around love, lies, family and betrayal, popular Australian dance company Dance Editorial Productions is proud to be showcasing their latest production Love is Love.

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Love is Love tells a series of individual stories of a certain family member and the type of love they are experiencing.

The dancers explore the relationships through a particular dance style – including hip hop, contemporary, dance hall or fusion.

For your chance to win one of the double passes write your name, address and daytime telephone number on the back of an envelope and mail it to Peninsula News Love Is Love

Competition, PO Box 1056, Gosford, NSW, 2250 before 5pm Thursday, August 3.

The winners of the Meguiar's MotorEx Sydney competition were Shawn Rowan of Gorokan, Sandra Pilling of Bensville and Cheryl Mulroe of Umina.

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Cashed-up baby boomers 'cause' homelessness crisis

Cashed up baby boomers renovating or replacing the Peninsula's housing stock are fuelling a housing crisis that is resulting in exponential growth in the community's rates of homelessness, a program manager at Mary Mac's Place at Woy Woy has said.

Catholic Care's Ms Kim McIntyre said there had been an increase in homelessness on the Peninsula during the past eight years.

The homeless were sleeping in their cars in local carparks, living in parks and reserves, sleeping under boats and shop awnings; Woy Woy Library and Stadium; Brick Wharf Rd and Lions Park, Blackwall Rd and Ettalong, she said.

"Homelessness is a crisis and the Peninsula is an interesting case because a lot of families and older people made their way to the Peninsula when it was less expensive and now many of those people are finding it is no longer working for them," she said.

Retiring baby boomers who sell their family homes in Sydney are moving to areas like Ettalong because of their beauty and lifestyle.

"But those areas used to be



Sleeping rough at Woy Woy

Photo: Jackie Pearson

where the cheap rentals were and now they have either been done up or knocked down.

"Rents have gone through the roof.

"You used to be able to find a garage with a bathroom or a granny flat that you could afford but now you can't find a granny flat

to rent for less than \$250 to \$300 a week.

"It is pushing the local people out," she said.

Ms McIntyre said the majority of the Peninsula's homeless no longer matched the stereotype of "transients and people sleeping in the park".

She said many were aged 50 or older.

"If you have an elderly couple and one dies, the other can no longer afford to pay the rent or if one has an illness they will pay for the treatment before they pay the rent," she said.

Disability pension and

unemployment benefit recipients made up a proportion of the homeless but the ranks were also being increasingly being filled with the community's working poor.

The Department of Housing had long queues and there was rental assistance available but finding an affordable market rental was an insurmountable challenge for many, she said.

Mothers with children fleeing domestic violence were another sub-sector of the Peninsula's growing homeless population.

"There are great practices and works being done in other areas to increase the stock of affordable housing including container house options but the people coming to the Peninsula from Sydney don't want affordable housing in their streets or suburbs," she said.

Ms McIntyre said Mary Mac's Place assisted between 80 and 100 people per day and had provided help to 126 children during the past six months.

"A lot more people are coming in because they have lost employment or due to illness or domestic violence," she said.

SOURCE:

Interview, 20 Jul 2017
Kim McIntyre, Catholic Care
Reporter: Jackie Pearson

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8.00am till 1.00pm Rain, Hail or Shine.**

Gosford City Farmers' Market
Gosford Racecourse,
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Train changes bad news for commuters, says Tesch

Government plans to stop North Shore line trains at Hornsby and to take guards off inter-urban services will be bad news for Woy Woy commuters, according to Member for Gosford Ms Liesl Tesch.

"The government is not giving us any information about the new timetable and there has been no community consultation so we won't even know what is in store for the Peninsula's commuters until the government decides to introduce the timetable and we don't know when that will be," she said.

"The new trains from Korea are being rolled out first on our line, so it is a disaster on every level," she said.

Ms Tesch said she considered any proposal to remove guards from the trains servicing the Central Coast to be a major public safety concern.

"The guards are the ones who often help elderly travellers and those with disabilities on and off our trains," Ms Tesch said.

"They are the ones with the capacity to take action in an emergency because they are all trained in first aid and they are the ones authorised to drive the train to the next station if something happens to the driver.

"Does the government propose to make public announcements asking if there is a doctor on the train?" she said.

"And that is without considering the loss of something like 300 jobs on our line alone," she said.

"The government needs to consult, our community can't just be dumped with the changes," she

said.

Peninsula commuters who use Woy Woy station are likely to be the hardest hit, according to Shadow Minister for the Central Coast, Mr David Harris.

"We have real safety concerns because if there was an accident, there would only be one employee on the train, and if the driver was involved in the accident, there would be no one to take control of the situation," Mr Harris said.

"We are also waiting for confirmation on the Government's decision to abolish the Central Coast's North Shore Line services," he said.

The Sydney Harbour Bridge rail crossing, which has only one line in each direction, restricts the number of trains that can run on the North Shore Line at any one time.

When the new North-West Line between Epping and Chatswood opens, clients wishing to continue from Chatswood into the city may need to be accommodated by cuts to other North Shore Line services.

Mr Harris said he believed that the NSW Government intended to abolish the North Shore Line services that currently start and finish at Wyong.

"It will go back to how it used to be when Central Coast commuters who wanted to travel on the North Shore Line had to change trains at Hornsby," he said.

He said he had not seen any proposals from the NSW Government as to how they would cater for the volume of commuters that would be crowding on to main north line services between Sydney and Newcastle if the Wyong-North Shore services were abolished.

He said this would be a particular concern at Woy Woy, the last Central Coast stop where carriages on both Newcastle and Wyong services were packed from early in the morning and the city-bound platform was already crowded to capacity.

"The Government is saying that when the new trains arrive from South Korea, they will have 10 cars instead of eight, and that is how they will provide the service needed.

"If that happens, they will carry 2200 people when full, potentially without a guard," he said.

Greens council candidate Ms Kate da Costa said she believed the driverless trains that would operate on the Chatswood-Epping line were intended to disrupt the existing system and were a step towards privatisation of the whole NSW train network.

"My understanding is the platforms at Chatswood are not big enough to cope with the additional service so other services will have to be stopped," Ms da Costa said.

"If commuters will be forced to travel via Strathfield or change at Hornsby that will be enough for some people to say 'well, I will take my car'," she said.

"This is another slap in the face to Coast commuters who are already spending four to five hours of their day travelling to and from work."

SOURCES:

Interview, 13 Jul 2017
David Harris, Shadow Minister for the Central Coast
Interview, 18 Jul 2017
Kate da Costa, The Greens
Interview, 20 Jul 2017
Liesl Tesch, Member for Gosford
Reporter: Jackie Pearson

Leisure centre users still waiting for refund

Regular users of the Peninsula Leisure Centre are still waiting for refunds for the closure of the pool one month after the pool reopened.

They are unlikely to see any money for another week.

Access to some areas of the centre was limited while it was upgraded, and the pool hall was closed from Monday, June 19, to Sunday, June 25.

The users who have their fees regularly debited from their bank account were notified that the pool would be closed and that they would be credited for this.

However, despite planning the closure in advance, the council did not reduce the deducted payment accordingly.

Instead, it told the users it would take their normal deduction for June and keep the money for another two months before providing a refund.

Council chief Mr Rob Noble said this was "to ensure accuracy, and ensure customers were not impacted by any unforeseen changes to the timeline of the works".

"All affected members were communicated with well in advance of the closure, and were automatically credited for the full length of the closure period, or given the opportunity to 'timestop' their membership for this period," he said.

"Annual, upfront paying members also had their current membership extended by seven days.

"In the instance of the shutdown period, no members approached

management to express concern about the proposed crediting approach."

However, at least one resident did contact the Leisure Centre to complain, and were upset to learn that their complaint had not been recognised because they had not approached "management".

Based on Mr Noble's response, they again called the Leisure Centre, this time asking to speak to management.

The resident was told that no-one from management was available to take their call, and that if a call was put in to Council, the caller would only be referred back to Leisure Centre.

The Leisure Centre did not report complaints to the council.

If the caller wanted a complaint recognised, it would have to be put in writing.

Mr Noble said: "In June, the Peninsula Leisure Centre carried out a host of improvement and upgrade works, as part of Council's \$500,000 investment into one of the region's premier recreational facilities.

"As a result of the works, members and visitors can now enjoy the refurbished sauna, steam room and showers, while the program pool has also been fitted with a new heating system.

"Other general repairs and painting were also undertaken during the upgrade, and new lighting was installed in the popular sports hall."

The work has now been completed with all areas of the centre reopened to the public.

SOURCE:

Media statement, 19 Jul 2017
Rob Noble, Central Coast Council
Reporter: Dillon Luke

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Council receives 27 objections to 160-bed nursing home

Twenty seven objections have been registered with Central Coast Council in response to a proposal to build a \$27.58 million, 160-bed nursing home on ecologically sensitive land in Veron Rd and Hillview Street, Woy Woy.

The Section 96 application is currently being assessed by a council planning officer and has not yet been assessed.

Many submissions urged Central Coast Council to ensure the decision to accept or reject the proposal be made at a public meeting even though the current requirement is for 50 substantial objections before an application could be referred to a public council meeting.

The majority of objectors were angered that the developer had made the application using a Section 96 amendment, which they saw as a "radical departure" from the 10-year-old development consent Gosford Council had granted, via the Land and Environment Court, for a 37-unit retirement village on the land.

A Section 96 amendment is meant to be used to make minor alterations that ensure



An artist's impression of the proposed development

the development remains "substantially the same" as that already approved.

Ms Christina Paris of Woy Woy said she objected to the Section 96 application due to the extremely

rare vegetation, the Umina Coastal Sandplain Woodland (UCSW), and potential habitat for the Bush Stone Curlew, present on the site.

"Please consider the moral implications of this development and bring the DA to the Council

meeting to enable due, honest process," Ms Parris said.

"It is vital that unbiased scientific consultation, combined with the community's best interests be considered," she said.

An anonymous objector said

the Section 96 variation "should be rejected for many reasons including the substantial change from the original development application" and the use of five-year-old reports to justify the new concept.

"The Environmental Impact Statement is lacking protection measures during construction and for the ongoing maintenance of the endangered ecological community," the submission said.

"The final building, with its increase in height and bulk will create a negative impact on the UCSW from construction, shading and fragmentation.

"Then there is the issue of 7000 vehicle movements a day on Hillview St ... and when additional trucks, ambulances and visitors start to impact this road with its high traffic volumes which can create lengthy traffic cues due to commuter traffic and the locality of two schools in the vicinity.

"This application should be put out to the community as a brand new Development Application for community consultation," the anonymous objector said.

Continued P6

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News

Council receives 27 objections to 160-bed nursing home

From P5

Another objector pointed out that one of the original conditions of consent was that regular bushcare took place on the land and that signs were maintained alerting people to existence of UCSW on the land.

"As far as I am aware, no regular Bushcare takes place on the land, nor have the signs been maintained and the poor excuse for fence-line protecting the UCSW is dilapidated and ineffectual.

The author also questioned whether the developer had "commenced" work in the development approved in 2007 within the five-year consent period.

"Although the schedule of costs in the application shows preliminaries to cost \$2.8 million, with this amount of moneyspent any work on the site would be evident, yet no substantial commencement can have occurred on the site and the proponent's description of its commencement is 'commercial in confidence'.

"It is my considered opinion without any substantial commencement or complete implementation of the LEC conditions this DA would have lapsed in 2012 and the development should not be allowed to proceed.

"The original conditions have been breached in such a substantial way that its continuance should not be entertained.

"The proponents have shown themselves to be ineffective in

achieving their original intention of protecting the UCSW.

"This is not a Section 96 variation but effectively a major change of use, requiring a new Development Application.

"The current application attempts a change of use from what was originally an up-market retirement village to what could only be called a factory nursing home.

"This meets neither the objectives of the zone, nor good nursing home design, and is totally out of character with the surrounding area.

"There will be an enormous impact on the vegetation by overshadowing which clearly will affect this endangered ecological community.

"The floor space ratio has

increased from 0.44:1 to 0.79:1 considerably increasing the building footprint over the site and impacting on the remnant vegetation which will be further fragmented," the submission said.

Another submission described the land as "an irreplaceable patch of unique and rare vegetation and needs to be free from development".

Ms Sue Ellis, one of the Peninsula's active Bushcare participants, said: "I submit that the original DA has lapsed and this amendment can therefore only be refused.

"There is no physical commencement on the site.

"It is completely unacceptable and contrary to the principles of transparency and natural justice for the proponent to claim its

submission on commencement is commercial in confidence.

"As this is one of the major legal claims of the developer, it needs to be tested against other evidence from the community.

"It is clear from an inspection of the site that commencement, as defined, has not occurred.

"The change in use from independent units in a retirement village to a residential care facility ... is a very substantial change of use, particularly in relation to staffing and other services and required as well as other legal requirements which apply to this changed use.

"The proposal shows increases in height in places of more than four metres (50 per cent) higher in places (from 8.5m to 13m) mostly 3m (35 per cent, to 11.5m) for most

of building," Ms Ellis said.

"The intensification of use on the site to a "care" facility including amongst other things: 24-hour staffing, service vehicles and higher visitor numbers, requires a completely new DA," she said.

A submission from the Community Environment Network added: "This development has a long history with a lot of community concern, court cases and issues around the Endangered Ecological Community.

"As such, we request that this item be brought to a public meeting for consideration to ensure transparency and accountability in the decision making process."

SOURCE:
Gosford DA Tracker
website, 19 Jul 2017
DA30219(07)/2007, Central
Coast Council

Council candidate opposes nursing home application

Central Coast New Independents candidate Mr Gary Chestnut has said that a proposal to build a 160-bed nursing home in Woy Woy should not be approved.

He said he did not believe Thompson Health Care's Section 96 application to build the nursing home at the corner of Hillview St and Veron Rd should be approved.

"Without a doubt, if I was still an officer of the Council, I would not be able to support the application," Mr Chestnut said.

He said Council needed to examine the Section 96 application against the content of the original development application to determine whether the proposed changes to its 2007 consent represented "minor modifications".

"It is all open to interpretation

but, in my opinion, it is way outside the parameters of a Section 96 amendment," he said.

"It is clear to me the application should be refused."

Mr Chestnut also said the ecological sensitivity of the land at Hillview St meant Central Coast Council's rule requiring 50 substantial objections before a development application went to a Council meeting should be waived.

"More to the point, this is an issue that should be deferred until there is an elected council.

"This would be a key example of when an application should be called up by councillors to be considered in public," he said.

SOURCE:
Interview, 20 Jul 2017
Gary Chestnut, New Independents
Reporter: Jackie Pearson

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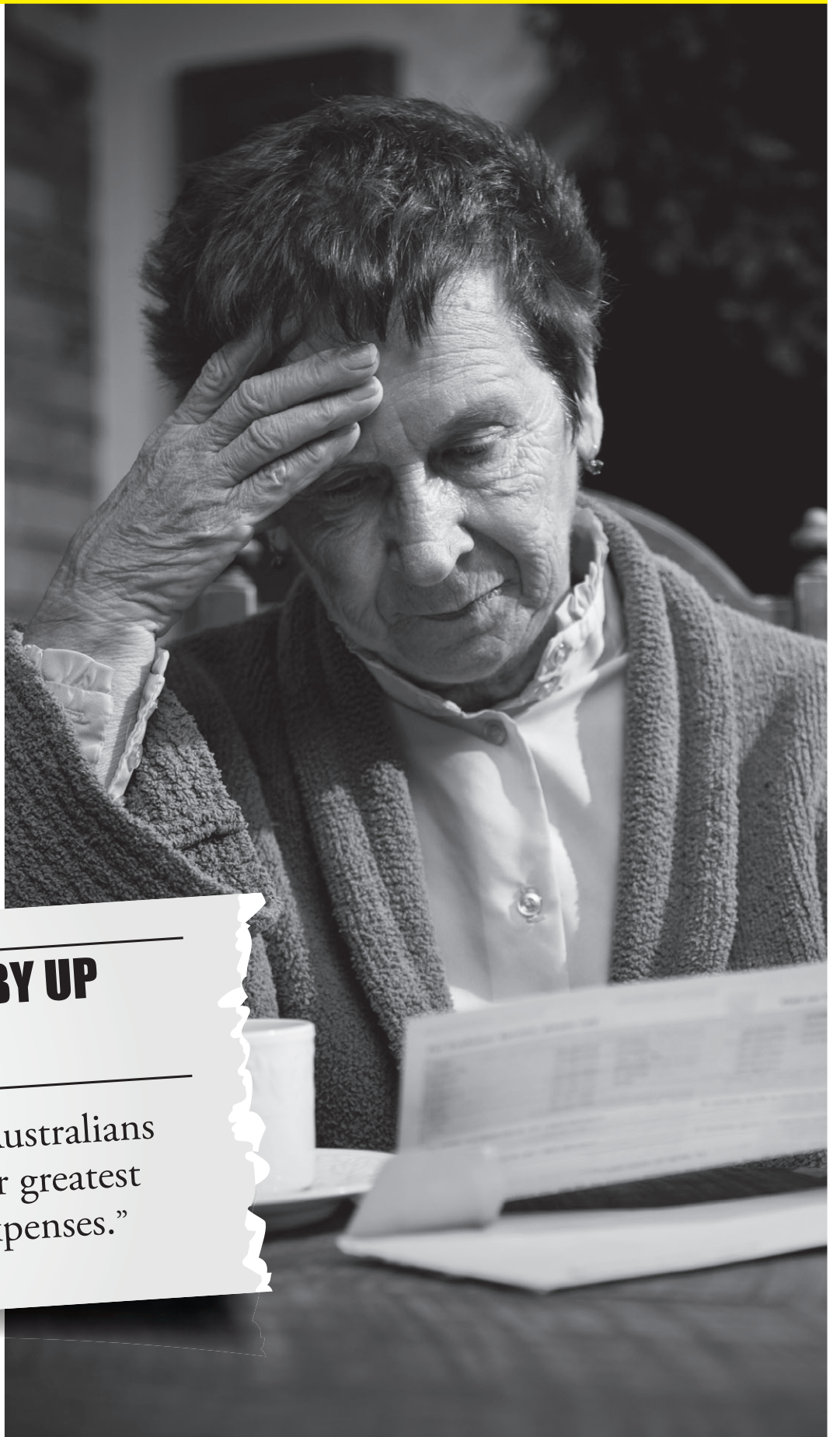
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Choice, 22 June 2017



Parks service protects rare plants from its own crews

The National Parks and Wildlife Service has marked sections of track within the Brisbane Water National Park to protect vulnerable species from its own maintenance crews.

Yellow roadside markers have been installed on a section of Warrah Trig track with QR codes, describing "restrictions on management actions" due to "threatened flora".

"All proposals and activities must be reviewed and approved by the NPWS Area Manager prior to works."

"Individual threatened plants must be temporarily tagged and excluded from weed spraying, road-side slashing, grading/roadworks and parking of vehicles, machinery or construction materials."

Excavation is prohibited within the marker posts at all times without prior NPWS approval.

"All trimmed limbs must be removed from within marker posts at all times."

One local ranger advised that the public should be aware that the markers are located close to vulnerable species and they also need to take care not to disturb habitat or damage plants.

This was the first time the practice had been trialled in the Park, according to Environment NSW public affairs spokesperson Ms Angela Read.

"Yellow roadside markers, containing important management information are placed near rare populations of endangered plants to assist NPWS staff in protecting the plants."

"The yellow posts with the QR code highlight the presence of a threatened plant and provide actions to NPWS staff when conducting activities within the reserve and assist in the protection of this plant."

"These roadside markers were installed last month as part of the NSW Government's Saving Our Species program which is aiming to save specific plants and animals from extinction."

"The name of the threatened plant has been purposely left off the QR code as the focus of the



One of the yellow markers used by National Parks as part of the Saving Our Species program
Inset: *Astrotricha crassifolia* on Warrah Trig Track, 2007

post is for use by NPWS staff.

"To help protect threatened plants in the park, we encourage visitors to stay on the formed tracks and report any illegal activities in the area such as illegal dumping."

A Umina bushwalker who brought the Service's attention to the existence of the threatened species *astrotricha crassifolia* (thick-leaf star-hair) at this location at Warrah Trig about 15 years ago, Mr Mark Snell, welcomed the move, but believed it may be a case of "shutting the door after the horse has bolted".

He said that there had been no evidence of the species at the location for many months and that it had been subject to roadside slashing by the service on a number of occasions.

"Having formal road marking compelling maintenance crews to first contact area management is important for the protection of threatened species."

"If nothing else, this is a good awareness-raising exercise."

He was critical of the service for being unwilling to identify the species at the location.

"If there is anything we have learnt about protecting threatened species, it is that public education and support serves to help their conservation."

"It was public knowledge that brought the Service's attention to these plants at this location in the first place."

"It will be continuing public awareness and interest that will ensure that the marker posts will effectively serve a useful purpose into the future."

"And it will be the public expressing its support for the protection of threatened species that will ensure they have ongoing legal protection and the best chance of long-term survival."

Mr Snell said that, apart from species which had a commercial value such as waratahs, the wanton vandalism of threatened species by members of the general public was rare.

He said the challenge with the star-hair was that it was difficult to spot when not in flower.

Its leaves and structure were similar to many of the other heath plants in the area.

While its flowers were distinctive, they could be easily overlooked among other more striking flowering bush plants during its flowering season, he said.

The roadside markers were installed with funding from the NSW Government's Saving Our Species program.

The program encourages the public to register sightings of any of the listed species in a special section of the Environment NSW website.

"How is the public expected to identify plants if they don't know what they look like or are unaware of the habitat they are likely to be found in?" Mr Snell asked.

Astrotricha crassifolia and *darwinia glaucophylla* are threatened species identified on the Environment NSW website as existing in the Patonga area.

The NSW and Commonwealth conservation status of *astrotricha crassifolia* is "vulnerable" and the conservation project's aim for the species is to secure it in the wild for 100 years and maintain its conservation status under the

Threatened Species Conservation Act.

It is a shrub that grows to 2.4 metres in height, described as a root-suckering with branchlets that have a deep, firm covering of dense hairs.

Its leaves are stiff, broad and linear, between two and six centimetres long and 0.25 to 0.4cm wide with a blunt apex and entire margins that are rolled under so the leaf is convex.

The upper surface is shiny and smooth and the lower surface is densely covered in brownish hairs.

The flowers are small, five-petalled and white or cream with mauve anthers.

Activities planned to assist the species include ensuring that roadside and powerline easement maintenance and weed control activities are planned and conducted sensitively to the presence of the species and to avoid damaged individual plants as well as potential habitat.

The program also intends to protect known habitat from clearing, fragmentation, disturbance and modifications to drainage patterns.

The species is also being researched to determine appropriate fire-free intervals and other guidelines for fire management.

Darwinia glaucophylla is listed as vulnerable in NSW but not listed by the Commonwealth.

Site-specific information is, again, restricted due to its sensitive nature.

It is a spreading, prostrate shrub with ascending branchlets to 15cm high.

Its leaves are compressed to the side, eight to 17cm long without hairs or scales and blue-grey with a white bloom and often tinged purple.

Fire management, sediment control programs, guidelines for the maintenance of trails and tracks to minimise disturbance to habitat and restrictions on vehicle access are some of the measures being taken by rangers to protect the species.

SOURCE:
Website, 18 Jul 2017
Saving Our Species, NPWS NSW
Media statement, 20 Jul 2017
Mark Snell, Umina

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Bays' survey reveals desire for more social events

The Bays Community Group has found that 53 per cent of those surveyed in The Bays said they wanted more social events organised.

Popular suggestions were events that could be hosted in local parks or near waterways such as spring fairs, outdoor concerts and cinema, and a pontoon performance space.

The Bays Community Group's 2017 community survey focused on events and social activities, special projects and environment and bush care.

Bays Community Group president, Ms Cathy Gleeson, said 40 surveys were returned and that the responses were creative and informative and were a big help for the Group's planning for the coming year.

Other popular ideas were the establishment of a Bays boating regatta and heritage bush walks including Indigenous heritage.

More events planned in the Community Hall were also requested such as a Happy Hour, a trivia night and a Christmas in July event.

In the special projects category, 78 per cent of the surveyed

supported the idea that the Community Group push for a walkway to be established around all three Bays into Woy Woy.

A small bus service was the second most supported project with 60 per cent for the idea and 58 per cent of the surveyed also supported having the speed limits within the Bays lowered.

Other important issues raised from this category included: garbage bins; road repairs; and improvements to or installation of children's play areas.

Suggestions included strategies to remove rubbish bins left on the roadside; including suggestions for a bin enclosure at the end of Taylor St and a request for more bins for Monastir Rd; the clean-up of rubbish left on Woy Woy Rd, and a change of speed limit and signage in Woy Woy Bay to 40km on Taylor St and 30km on Woy Woy Bay Rd.

Improvements to Bulls Hill were also raised, including the issue of water over the road and the cleaning of drains.

The closure of the railway level crossing; a proposal for better repair of Woy Woy Rd (not just superficial filling of potholes); improving the safety of the entrance

into Woy Woy Bay Rd, a request for a bitumen surface on Monastir Rd and more installation of play equipment and/or improvements/repairs to existing play areas and equipment in each of the Bays, were also all raised.

Other matters raised included: the state of Gurdon Reserve, Woy Woy Bay, more bus services that operated both earlier and later and the matter of a public wharf and the yellow boat shed for Horsfield Bay.

Stricter noise controls for boaters was also mentioned.

It was also suggested that the Bays Group work with residents to develop a strategy or set of priority projects for each Bay.

In the Environment and bush care section 45 per cent of the surveyed said they supported bush regeneration activities, 50 per cent supported a Clean-Up Australia Day project and 50 per cent wanted to see an estuary management project developed.

Ms Gleeson said very few residents raised specific concerns or suggested other environmental projects.

SOURCE:
Newsletter, 17 Jul 2017
Cathy Gleeson, The Bays Community Group



Dredge work observed

Members of the Wagstaffe-Killcare Community Association have observed the dredge work at Lobster Beach.

Members documented the Palm Beach Ferry navigating around the dredge as it worked to dig up and reposition sand in the channel on June 19,.

In the accompanying photograph, the dashed yellow line indicated the edge of the sandbank that has been constricting the channel.

The red circle indicates where the dredged sand is being deposited.

SOURCE:
Newsletter, 17 Jul 2017
Peta Colebatch, WTKCA

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Matthew Wales and crew from Advanced Skin Spa, winners of the Chamber Excellence in Small Business

Presented with business awards

Woy Woy lawyer Mr Darrell Pannowitz, Peninsula Village chief Mr Shane Neaves and Brisbane Waters Private Hospital community relations manager Ms Petrina Waddell have been presented with business awards by the Peninsula Chamber of Commerce.

The President's Award for Community and Business Excellence was presented to Mr Darrell Pannowitz for his tireless effort over 30 years to the legal profession and his community work with Peninsula Village and the Men's Shed."

Other notable winners were Mr

Shane Neaves from Peninsula Village and Ms Petrina Waddell from Brisbane Waters Private Hospital, both winners of two awards.

Mr Neaves won both the Business Leader (aged 36 plus) award and, for Peninsula Village, the Employer of Choice award.

Ms Waddell accepted the Excellence in Innovation Award and the Excellence in Business Award on behalf of the hospital.

Peninsula Chamber president Mr Matthew Wales congratulated the nominees and winners of the awards.

"The calibre of entries this year was exceptional and highlights then diverse range of high quality

businesses that are successfully operating on the Peninsula."

Mr Wales said the Peninsula business community was fortunate to have such high quality business in each of the areas three town centres.

The Peninsula award winners will advance to the Regional Business Excellence Awards in September.

From there they will have a chance to progress to the NSW Business Awards later in the year.

The Peninsula judging and presentation night was held at Ettalong Diggers Memorial Club.

SOURCE:
Media release, 19 July 2017
Matthew Wales, Peninsula Chamber of Commerce

Department cancels school markets

The Pretty Beach Public School Markets have come under threat from the Department of Education, according to the school's principal and its parents' group.

In a letter to stall holders, principal, Ms Deborah Callender and Parents' and Citizens' president, Ms Dana Dela Paz, announced that policy changes with the NSW Department of Education had resulted in the cancellation of the September and December Pretty Beach Public School Markets.

The pair wrote: "It has recently come to light, due to policy changes within the NSW Department of Education, that our Pretty Beach Public Schools P and C can no longer run markets on school grounds for the remainder of the year.

"Under the Department of Education policies and procedures, the P and C can only hold markets in the current format on the school site twice a year.

"The P and C have consulted with the school, Department of Education representatives and local Council on several occasions, to look at the requirements necessary to enable the continuation of the markets on a regular basis.

"While we found that the requirements would be onerous and require substantial funds, the running of markets on the school site would not meet Department of Education requirements.

"In light of this, we, the P and C, regret to inform you that the September and December markets are unable to go ahead.

"We appreciate your support of our school markets for which the funds raised go directly to the benefit of the school and students.

"We apologise for any inconvenience this may cause you and your business.

"Thank you for your understanding."

SOURCE:
Letter, 30 Jun 2017
Deborah Callender and Dana Dela Paz, Pretty Beach Public School

Police car in crash while responding to car fire

A police vehicle has been involved in a collision in Patonga on Thursday, July 13.

The police vehicle was responding to a car on fire off Patonga Rd, Patonga, at about 8:25pm, when it was struck by a third vehicle.

NSW Ambulance paramedics

attended the scene and treated two senior constables who had been in the police vehicle - a 40-year-old man and a 27-year-old woman.

They were taken to Gosford Hospital where they are reported to be in a stable condition.

The 21-year-old man driving the third vehicle was not injured.

He was taken to Gosford Hospital for mandatory blood and urine testing.

The car fire from the original incident was extinguished.

There was no one inside that vehicle.

The Crash Investigation Unit is investigating the collision and Brisbane Water Local Area Command is investigating the vehicle fire.

Inquiries are continuing on both incidents.

SOURCE:
Media release, 14 Jul 2017
Daniel Sullivan, NSW Police Media



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Claim that rare woodland has 'fallen through the cracks'

Care for the remnants of the Peninsula's rare and protected Umina Coastal Sandplain Woodland appears to have fallen through the cracks during the 14 months since the sacking of Gosford Council, according to a local resident.

A fenced-off area in the Peninsula Recreational Precinct, Umina, was signposted by the former Gosford Council as "a natural treasure right on our doorstep" but it is being overtaken by invasive species and Council does not consider its care a high priority.

The site is on public land managed by Council but mapping does not indicate the presence of any threatened species or EEC.

The sign said: "This reserve contains a vegetation community known as Umina Coastal Sandplain Woodland.

"Apart from a few remaining pockets on the Peninsula and nearby areas, it is not found anywhere else in the world.

"It is unique because of the special mix of species that make up this community.

"Some of the species that occur together at this site are the bangalay/southern mahogany (eucalyptus botryoides), rough-barked apple (angophora floribunda) and old man banksia (banksia serrata).

"With less than 10 per cent of this unique vegetation community remaining, less than 10 hectares in total, the NSW Government has listed the Umina Coastal Sandplain Woodland as an Ecologically Endangered Community (EEC).

"Gosford Council has fenced this area off so that the Umina Coastal Sandplain Woodland can regenerate and flourish for future generations to learn from and enjoy," the sign concluded.

The amalgamation of Gosford and Wyong Councils appears to have resulted in the neglect of the fenced off area at Umina.

Pearl Beach resident Ms Kay Williams said she had been attempting to get Central Coast Council to take action to weed invasive species from the fully-fenced area.

Ms Williams initially contacted Central Coast Council to inform it that thistles and other foreign weeds were invading from the perimeters



Fenced area at Umina in need of weeding and care

of the fenced remnant of Umina Coastal Sandplain Woodland on Crown Land managed by Council, adjacent to Umina Public School and the Recreation Precinct to the west and east and bordered by Sydney St and Melbourne St to the north and south.

She received a response from Council team leader Mr Russell Clews that: "Due to recent restructuring and now the amalgamation, Council is unable to undertake the maintenance in this area of the reserve as resources are not available".

"Thus far they say it is not a priority for their maintenance or weeding program," Ms Williams said.

She subsequently wrote to the Council administrator Mr Ian Reynolds to ask him why the Council was not actively preserving and protecting the rare vegetation.

"I wrote to Mr Reynolds to inform him that I could not believe, from Council's initial response to my inquiry, that he was aware of the importance of this endangered vegetation area.

"I asked him to confirm that he was aware of its significance and Council's preservation responsibilities," she said.

Ms Williams referred the administrator to a 2007 NSW Department of Environment and Climate Change Restoration and Rehabilitation Management Plan for the EEC.

That plan referenced the threats posed by clearing for development, weed invasion, fragmentation, lack of knowledge of the significance of

the community and too-frequent fires.

"Weed invasion and spread is one of the most significant threats to the ongoing viability of UCSW," the plan said.

"Weeds can dominate native vegetation and prevent native species from germinating and growing.

"Most weed species that occur in UCSW have originated from suburban gardens by accidental spread of seed and plant material, as well as by deliberate dumping of garden waste.

"Common weed species in UCSW include ground asparagus (asparagus aethipicus), lantana (lantana camara), bitou bush (chrysanthemoides monilifera), five-leaf morning glory (ipomoea cairica), yellow bells (tecoma stans), vasey grass (paspalum urvillei), farmer's friends (bidens pilosa), feathertop (pennisetum villosum), coreopsis (coreopsis lanceolata) and panic veldtgrass (ehrharta erecta)."

The Restoration and Rehabilitation Management Plan said weed control programs were to be a high priority and responsible parties were to be the Council, Bushcare groups and the Department.

The NSW Scientific Committee, established by the Threatened Species Conservation Act, declared the UCSW an endangered ecological community in December 2002.

The Committee found that "The UCSW was the name given to the ecological community

characterised by the following assemblage of species: acacia elata, acacia floribunda, acacia irrorata, acacia longifolia, acacia suaveolens, acacia ulicifolia, adiantum aethiopicum, allocasuarina littoralis, allocasuarina torulosa, angophora floribunda, aotus ericoides, banksia ericifolia, banksia integrifolia, banksia serrata, billardiera scandens, bossiaea ensata, breynia oblongifolia, caesia parviflora, cassytha glabella, cayratia clematidea, cheilanthes sieberi, clematis glycinoides, clerodendrum tomentosum, commelina cyanea, cymbopogon efractus, dianella caerulea, dodonaea triquetra, duboisia myoporoides, echinopogon ovatus, elaeocarpus reticulatus, entolasia stricta, eriostemon australasius, eucalyptus botryoides, eucalyptus paniculata, eustrephus latifolius, exocarpus cupressiformis, glochidion ferdinandi, glycine clandestine, gompholobium latifolium, gonocarpus teucroides, hakea sericea, hardenbergia violacea, hibbertia scandens, hibbertia vestita, imperata cylindrical, isolepis nodosus, kennedia rubicunda, lasiopetalum macrophyllum, leptospermum polygalifolium, leptospermum trinervium, lomandra longifolia, macrozamia communis, melaleuca quinquenervia, monotoca elliptica, notelaea longifolia, pandorea pandorana, persoonia levis, persoonia linearis, phyllanthus hirtellus, pittosporum revolutum, platysace lanceolata, podocarpus spinulosus, pomax umbellata,

pseuderanthemum variabile, pteridium esculentum, papanea variabilis, pestio tetrphyllus, sarcopetalum harveyanum, smilax glycyphylla, stephania japonica, themeda australis, veronica plebeian, viola hederacea, xanthorrhoea arborea, and xylomelum pyriforme.

"At any one time, above ground individuals of some species may be absent, but the species may be represented below ground in the soil seed banks or as dormant structures such as bulbs, corms, rhizomes, rootstocks or lignotubers.

"UCSW is a low woodland dominated by trees of eucalyptus botryoides and angophora floribunda with a diverse understorey of sclerophyllous shrubs species including banksia integrifolia, banksia serrata, monotoca elliptica, macrozamia communis, acacia ulicifolia, platysace lanceolata, acacia suaveolens and allocasuarina littoralis.

"The woodland was described in 1952 by Burges and Drover who described eucalyptus botryoides as predominating immediately behind the beach with angophora floribunda predominating for up to 2km from the beach.

"UCSW is currently only known from three small areas at Umina, at Umina Oval, McEvoy Oval and Umina High School and at a tiny remnant at Little Patonga Beach.

"The total area still surviving in 2002 was estimated at less than 2 hectares."

At that time the Scientific Committee was of the opinion that the ecologically endangered community could become "extinct in nature in NSW unless the circumstances and factors threatening its survival or evolutionary development cease to operate."

Peninsula News has asked Central Coast Council for more information about its protection and management of the areas of UCSW known to still exist.

SOURCE:

Website, 18 Jul 2017
NSW Office of Environment and Heritage, Threatened Species final determination Document, Jun 2007
Umina Coastal Sandplain Woodland Restoration and Rehabilitation Management Plan Interview, 12 Jul 2017
Kay Williams, Pearl Beach Reporter: Jackie Pearson

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Election

Kate da Costa to stand as Greens candidate

Ms Kate da Costa of Umina will stand as the Greens candidate for the West Gosford Ward in the council elections.

She said she wanted Central Coast Council to deliver better community consultation, better public transport, better solutions to sea level rise and better town planning.

She said the first thing she would work to change if elected to the council would be the ward system.

The Woy Woy Peninsula is part of the Gosford West Ward which also includes the Hawkesbury River towns of Spencer and Gunderman and the rural areas around Mangrove Mountain, most of Gosford CBD and some of Narara.

The northern boundary of the Gosford West Ward is at Bucketty.

"The Greens are not convinced the ward system will give what people need.

"What you will get is a fight between the three councillors who represent Gosford West and the three who represent the Budgewoi Ward, for instance," Ms da Costa said.

"It will not lead to a proper recognition of where resources should be spent," she said.

"Councillors who are elected to a ward will pay attention to the needs of that ward but they also have an influence over the whole local government area.

"We would like to see better, embedded community consultation processes," she said.

Ms da Costa said she would like to see precinct committees established where councillors and senior Council staff members were required to attend meetings and the precinct committees' opinions were sought and structured in to the decision-making process.

Before any proposal relating

to the Peninsula could be voted on by Council, for example, its precinct committee would need to be consulted and its report would be required to be tabled and considered as part of the process that informed council's decision making, she said.

"The Peninsula is the size of a large country town which would have a council of its own.

"We rarely had councillors who came from the Peninsula," she said of the representatives on the former Gosford Council.

According to Ms da Costa, the concentration of the population of the Gosford West Ward on the Peninsula, should ensure it has at least one local representative elected to the new council.

"But a councillor from the Peninsula would still have no procedural power to represent the interests of any particular community, there is nothing mandated in place to determine the interface between the councillors from a ward and the larger Central Coast Council," she said.

"In terms of restoring our local government democracy, precinct committees for all major areas should be built in to the decision making from the beginning," she said.

Ms da Costa, who was a community member of the Heritage Committee, said she considered the committees of the former Gosford Council "a joke".

"We met once every two months and that was far too often for council staff," she said.

Gosford Council did not act upon any of the decisions made by the Heritage Committee until the minutes had been ratified at a council meeting and, according to Ms da Costa, that could take up to four months.

On one occasion, she said, minutes were altered and it was "never made clear" who was

responsible for attempting to change the record of what occurred at the Heritage Committee meeting.

"As a process, those committees were pretty ordinary," she said.

Ms da Costa said she believed the newly-elected council would also need to review its meeting practices to facilitate more community participation.

She said she would like to see no limits on the number of residents who could speak for or against an agenda item.

Holding meetings on weekends when people would be available to attend was also something she would favour if elected.

Ms da Costa also questioned the role of the recently-appointed Central Coast Coordinator-General, Ms Lee Shearer.

"Why go through the whole process of monsterring two councils to amalgamate so the planning would be more streamlined and then appoint a coordinator-general?

"Can't we be trusted to make decisions for ourselves?" she said.

"The community needs to understand that in order to ensure

the State Government doesn't get a 'rubber stamp' council, it needs to elect a broad range of representatives."

Ms da Costa said the general emphasis, at both local and state level, was "still too road focused".

She would aim to change the way the NSW Government funded bus services to have a combination of charges based on passenger numbers and distances travelled to ensure a better range of services between the Peninsula and "work hubs".

Utilising existing community and club shuttle bus services to run scheduled services with stops close to people's homes would also work on the Peninsula, she said.

The utility bike plan completed but not implemented by Gosford Council in 2014 should also be put into action, Ms da Costa said.

"The Peninsula, because it is flat, could be set up so would could use its laneways and secondary streets to set up bike streets," she said.

More transparency around costing infrastructure projects would also be something Ms da

Costa would argue for if elected to Central Coast Council.

"Why did it cost \$6 million to build the Woy Woy pedestrian underpass that no-one uses?" she said.

"Did they gold plate the concrete?"

"I understand commercial in confidence during the tender process but once the contract is signed there is no need for commercial in confidence and as a rate payer I want to know what I am paying for a bag of concrete.

"If a contractor or a department within the Council repairs a road and pot holes appear again within 12 months there should be consequences," she said.

She wants to see a total cultural change within Central Coast Council to leave behind what she said was the existing "culture of secrecy, closed books and harassing of citizens who ask questions".

Source:
Interview, 18 Jul 2017
Kate da Costa, Central Coast Greens
Reporter: Jackie Pearson

Neal seeks Labor pre-selection for council

Former State and Federal Labor MP and one-time Gosford councillor, Ms Belinda Neal, of Woy Woy Bay, is seeking Labor pre-selection for the Gosford West Ward in the first Central Coast Council election.

Ms Neal said her passion for the local community and desire to keep representing its people had prompted her to nominate for Labor pre-selection.

The pre-selection was due to be determined on Sunday, July 23, with voting to take place at the CWA Hall in Woy Woy.

Ms Neall said she had assembled an all-Peninsula team to run as a Labor Party ticket in the Gosford West Ward if preselected.

Her number two candidate would be Mr Brad Ernst from Woy Woy and her other running mate would be Pauline Savelberg, also of Woy Woy.

"I still have a great passion for the local area and for looking after the people in the area so I am not ready to hang up my shoes yet," she said.

Ms Neall was a councillor on Gosford Council from 1991 to 1995.

She has also held a Legislative Council seat in the NSW Parliament, was a Senator and was Federal Member for Robertson.

She said she believe she achieved more for the Robertson electorate in her three years as Federal Member than had been achieved in the 10 years prior to her election.

Cleaning up the Peninsula's drinking water quality, securing funding for closed circuit television in the Peninsula's town centres, and for the sea wall between Woy Woy and Ettalong along with money for bike tracks were just some of the "wins" she claimed from her time in Federal Parliament.

"I have the skillset, experience and stamina to hold out against the centralised agenda that is currently being set by the bureaucrats in Sydney," she said.

"Community groups being required to pay market rates for the use of community facilities is absurd," she said.

"We need to look at how to build our social capital and have the attitude that things like volunteers, community halls and seniors' centres have a value that is more important than money," she said.

The Gosford West Ward's size and the diversity of communities included in it did not faze Ms Neal's desire to represent it

"If elected I would seek to have resident's clinics in every key location within the ward at least monthly.

"My attitude would be 'come and talk to me', because many people in the community are not comfortable with everything being in writing and all communication being electronic," she said.

"I would hope to reflect the priorities of the community in my decision-making because residents don't want their money wasted.

"I hope residents would have the good sense to select genuine people to represent them when they vote for the new Council, and certainly, if I see improper or untoward behaviour on the new Council I will be a whistle blower," she said.

SOURCE:
Interview, 20 Jul 2017
Belinda Neal, Woy Woy Bay
Reporter: Jackie Pearson

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Cafe owner stands as independent

Umina cafe owner Ms Gabby Greyem has declared she will run as an independent candidate in the September 9 council election.

Ms Greyem, who operates the Jasmine Greens kiosk, described herself as a longstanding community advocate with a commitment to sustainable development.

She said that, in 2016 and 2017, she had won sustainable development awards for her business.

She also got a Council community grant to establish a community garden at Jasmine Greens, but the grant expired on June 30 before Council had allocated her the funds.

She won the tender for the cafe at Woy Woy stadium in 2016, but said that she was still awaiting its lease being finalised by Council.

Ms Greyem said her platform for election in the Gosford West Ward included "making the Central Coast the best region to live in in Australia; providing real and fulfilling opportunities for young people, families and our aging population; and local jobs".

She said she stood for "sensitive and strategic urban development for our increasing population, development which builds and encourages healthy and liveable communities; and preserving the character and charm of our local communities through sensitive development control plans".

She wanted to improve the Ward's and the Coast's public transport options and wants to strive for "environmental, social and economic sustainability for the Central Coast".

Ms Greyem's platform also offered support for local businesses and primary producers.

She wanted to see climate change mitigation and adaptation, preservation of national parks, coastal open spaces and reserves.

Another of her platforms was to "ensure Central Coast Council is a customer service orientated, accountable, professional and transparent organisation, serving its residents and using our resources for the best long-term outcomes for our community," she said.

SOURCE:

Flyer, 28 Jun 2017

Gabby Greyem, Jasmine Greens

Residents encouraged to enrol for elections

Central Coast Council is encouraging residents to verify their enrolment with the NSW Electoral Commission before Monday, July 31.

Council administrator Mr Ian Reynolds said: "The NSW Electoral Commission has a simple verification tool on their website to ensure you are enrolled, and at the correct address.

"The new Central Coast Local Government Area has been divided into five wards: Gosford

West, Gosford East, The Entrance, Wyong and Budgewoi.

"Residents will be required to vote within their ward, so taking the time to get to know which ward you are in and the candidates in your ward will help you cast your vote on 9 September."

Nominations to stand for election as a councillor open on Monday, July 31 and close at midday on Wednesday, August 9.

SOURCE:

**Media release, 19 Jul 2017
Matt Townsend, Central Coast**

Gary Chestnut runs for council

Former Gosford Council employee Mr Gary Chestnut will lead the Central Coast New Independents group in the Gosford West Ward in the council elections.

Mr Chestnut's running mates in the Gosford West Ward will be Ms Lisa Wriley and Ms Jean MacLeod.

The lead candidate in Gosford East will be Community Environment Network chief Ms Jane Smith, along with Mr Mitchell Lawler and Ms Sue Chidgey.

"I worked for Council for 25 years and enjoyed making a difference for people and for the community I live in," Mr Chestnut said.

Mr Chestnut held the positions of town planner, environment officer, head of the council's environment department, which he built from scratch, and development manager.

He has also completed a Bachelor of Natural Resources, a Science Masters, a Legal Studies Degree and a Masters of Business Administration.

Mr Chestnut successfully challenged his 2014 dismissal from Gosford Council in the NSW Industrial Commission and received monetary compensation.

He now works as a full-time carer.

"I would love to share my corporate knowledge of council with the other councillors if elected," Mr Chestnut said.

"Over the years there have been senior managers who have treated council as their own little fiefdom and kept the councillors in the dark.

"They would not lie but they wouldn't give their whole knowledge to the councillors so they could make fully informed decisions on behalf of the community," he said.

The Peninsula's flooding issues, caused by inadequate drainage, would be one of the major issues he would fight for within the new council, if elected, Mr Chestnut said.

"The community put forward its concerns about local flooding and the council ignored it," he said.

"I know flooding is a major issue for the Peninsula because it is built on a sandplain.

"When it was first developed most of the blocks contained single residential dwellings and the water drained into the sand.

"Then when the zoning was



changed to permit residential flat buildings, there was no drainage system in place and no Section 94 developer contributions put in place to solve the drainage issues while developments were being built.

"If you look at old aerial photos of the area you will see that it was a series of sand dunes so in some places the houses are lower than the roads.

"It also had a natural creek system that drained from the west to the east but then council allowed the Everglades golf course and covered that creek replacing it with a man-made creek [Everglades Main Drain] that runs to the north so the entire drainage system on the Peninsula has been corrupted," he said.

"There is an engineering solution that could be used to solve the problem but it would have to be recognised as a regional project to allow the implementation of a drainage design for the whole Peninsula," he said.

Mr Chestnut said retrofitting the Peninsula with the drainage system it needed would be far more expensive than having put Section 94 contributions in place and doing the work upfront.

"It would need council, state and federal funding but if other areas of the Central Coast get regional projects the Peninsula needs its flooding issue to have that status," he said.

Mr Chestnut said another issue he would work on if elected was the combination of worsening erosion on the Peninsula's beaches but a build-up of sediment in the

Brisbane Water channel.

Mr Chestnut said, as a Gosford Council employee, he had worked on the first coastal erosion plan for the area and the first plan of management for Brisbane Water.

"I understand the science but now we need to find practical solutions," he said.

He said he also wanted to make sure that, given a high percentage of the population of the Gosford West Ward was concentrated on the Woy Woy Peninsula, it should receive an adequate share of the new Council's expenditure, on a per capital basis.

"At the end of this administration period, my skill set means I can challenge what has been forward during the period when there have been no elected councillors," he said.

For example, he said even state significant projects only required 25 objections before they were referred to the Minister for Planning but the new Central Coast Council under Administration had declared that only those DAs with 50 or more substantial objections would be referred to Council.

"Here we have an administrator who considers himself more important than a Minister," he said.

"The new councillors will need to question what has been put in place and then benchmark those decisions against what has been applied in other local government areas," he said.

Mr Chestnut said he urged residents, when voting to "look at my skills and the other candidates skills and select those who will best represent the needs of the community.

"I look forward to working with Liberal, Labor and independent candidates to do what is best for the community because I have seen the destruction caused when councillors look after their own self-interests instead of the community," he said.

SOURCE:

**Interview, 20 Jul 2017
Gary Chestnut, Central Coast New Independents
Reporter: Jackie Pearson**

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News



Ettalong Beach Tourist Resort

Peninsula Tourism body is started by Chamber

A new tourism body to be known as Peninsula Tourism has started as a sub-committee of the Peninsula Chamber of Commerce.

Peninsula tourism operators, including the Ettalong Beach Tourist Resort and the Mantra at Ettalong, have decided not to wait for the Central Coast Council's new regional promotions strategy before joining the body.

Mr Larry Alta Villa, from the Ettalong Beach Tourist Resort, said: "We have set up Peninsula Tourism as a sub-committee of the Peninsula Chamber of Commerce and are already working on our own initiatives here on the Peninsula."

He said the Ettalong resort had been a member of Central Coast Tourism "a very long time ago but we ceased our membership due to productivity and performance issues."

"We thought it was about time Council took a new direction and replaced Central Coast Tourism," he said.

Mr Alta Villa was referring to the decision by Central Coast Council to outsource its tourism marketing to a consortium of three companies to be called Affinity.

The new arrangement commenced on July 1 but Mr Alta Villa said he had not yet heard from the new organisation.

"I know of them and we will let them settle in and then we will get in touch with them to sit down across the table and see what they have to offer," he said.

Mr Alta Villa said he had received no personal contact from Central Coast Council about its new arrangements.

He said he believed the Peninsula had a strong appeal for tourists and the resort at Ettalong had two particular markets it targeted: traditional overnight stays and then, between Sunday and Friday packages for elderly travellers through private clubs and retirement villages.

Ettalong Beach Tourist Resort had an occupancy rate of around 75 per cent but Mr Alta Villa said Peninsula Tourism was looking for ways to increase that trade.

"We want to increase the number of people staying, the traffic through our retail space and more bums on seats in our cinemas," he said.

One of the initiatives Peninsula Tourism had already put in place

was to work with Palm Beach Ferries to extend their hours to do twilight cruises.

"We are looking forward to meeting with the new tourism team and we would welcome any assistance from Council so we are open to working with them to provide more local jobs in tourism," he said.

The Peninsula's tourism appeal may also be helped along by the announcement that the head office for the NSW Government's new Destination Sydney North tourism network would be located in Gosford.

The Destination North area spans from the Blue Mountains to the Upper Hunter Valley.

NSW Parliamentary Secretary for the Central Coast, Mr Scot MacDonald announced on Friday, July 21, that Mr Glenn Caldwell had been chosen as general manager of the network.

"As Tourism Manager for the Coffs Coast, Mr Caldwell successfully delivered the first regional Destination Management Plan, including a review of visitor services, tourism rebrand and the delivery of comprehensive major event strategy so we are delighted to have him on board."

SOURCE:

Interview, 19 Jul 2017
Larry Alta Villa, Ettalong Beach Tourist Resort
Media release, 21 Jul 2017
Kit Hale, Office of Scot MacDonald MP
Reporter: Jackie Pearson

Gosford garden competition opens

Gardeners in the Peninsula will be eligible to enter the upcoming Gosford District Garden Competition.

The competition will be run by a group of volunteers with a grant from the Central Coast Council.

The suburbs of Hardys Bay, Woy Woy, St Huberts Island and Umina were noted by the new committee for their beautiful gardens and winning contributions to previous competitions.

The competition organisers said they encouraged new and enthusiastic gardeners from these suburbs to enter.

Umina resident Ms Alva Bell was the winner of the Champion Residential Garden under 1000 square metres in 2016.

The competition is free to enter with all gardens judged by Garden Clubs of Australia certified garden judges.

There will be special categories for school and tertiary gardens in which students assist in the maintenance of them.

There will also be a category for community gardens maintained by community volunteers.

The competition will culminate with a presentation evening on October 27.



Alva Bell in her award winning garden

There will also be a day trip to visit the winning gardens on October 29.

Entries close Friday September 29.

SOURCE:
Media release, 20 Jul 2017
Dorothy Kite, Gosford Garden Competition

Reports of mail theft

The Bays Community Group has had reports of mail theft in Phegans Bay.

Group president Ms Cathy Gleeson urged Bays residents to remain vigilant with their mail and to report any suspected mail theft immediately to Australia Post.

Ms Gleeson also listed advice from Australia Post on how to minimise the risk of having mail stolen.

This included: securing mailboxes with a lock and regularly collecting mail from it, rather than letting mail pile up.

The shredding of any personal

or financial mail was also advised.

Australia Post also recommended having a trusted person collect your mail should you be unable to do so or to arrange a mail hold with Australia Post if you will be away from your mailing address for an extended period of time.

When changing your address, Australia Post suggested notifying important organisations such as banks immediately to ensure sensitive mail is redirected to the new address as soon as possible.

SOURCE:
Newsletter, 17 Jul 2017
Cathy Gleeson, The Bays Bulletin

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Volunteers hard at work in Turo Park.

Volunteers plant native species at Wagstaffe

Volunteers have begun planting native species as part of the Turo Park Extension at Wagstaffe.

The planting is the culmination of work started in March to remove weeds that had established a foothold which meant they were difficult to remove.

Volunteers removed lantana, Paddy's lucerne, asparagus fern, naked lady, honeysuckle and paspalum.

The Wagstaffe-Killcare Community Association footed the bill for the removal of the paspalum and the purchase of the plants.

Ms Kate Consterdine lent her expertise to the project which added to its success.

"Thanks are extended to Kate and the other volunteers who have worked so hard to make the park an attractive place to visit," Ms Peta Colebatch said.

"The volunteers have done great work, getting rid of the noxious plants from the Turo Extension.

"Levelling of the ground at the back, by Council will improve the amenity, and this will be followed by the addition of more sandstone blocks, to replace those that were removed during the creek remediation works.

"We are hoping that this work can be done during the cooler months, so that the concrete bridge will be then painted by some local children, and any additional landscaping can take place.

"We will then go to the next stages, introducing sculptures, installing a footbridge from the picnic area across the creek, and encouraging greater use of the area," Ms Colebatch concluded.

SOURCE:
Newsletter, 17 Jul 2017
Peta Colebatch, WTKCA

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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

JULY 13, 2017

YOUR INDEPENDENT COMMUNITY NEWSPAPER - PH: 4325 7369

ISSUE 162

Historic moment for Gosford CBD

Mr John Singleton declared it an "historic moment" when he officially broke ground on his Gosford CBD development, Bonython Tower, on Thursday, June 29.

Independent report calls for more safeguards for Mangrove Mountain landfill II

The Community Environment Network (CEN) and Mountain Districts Association (MDA) have called for Central Coast Council to require a new Development Application (DA) and a new Environmental Impact Study (EIS) before consenting

"Secrecy" surrounding monies held in trust by Council may be queried in Parliament

NSW Shadow Minister for Local Government, Mr Peter Primrose, said he would ask questions in budget estimates in August regarding the "secrecy" surrounding monies held in trust by Central Coast Council.

\$750m Council Operational Plan adopted

Central Coast Council adopted its first integrated Operational Plan with \$551 million in essential services and \$207.9 million on capital works rolled out from July 1.

Current status of three former Gosford City Council Trusts unclear

The Greens Central Coast have demanded that the Central Coast Council administration explain the whereabouts of the assets and accounts of three former Gosford Council Trusts containing more than \$1.5m for environmental and social

BaptistCare Point Clare development receives nearly 200 objections

BaptistCare is planning to develop \$12 million worth of community and affordable housing on land adjacent to the BaptistCare Orana Centre on Brisbane Water Dve, Point Clare, but some local residents are concerned about the proposal.

Proposed composting facility seen as a major biosecurity risk

Forty-eight submissions have been received by Central Coast Council in response to a development application for an integrated composting facility at 222 Grants Rd Somersby.

Proposed parking fee increases scrapped

Council has reconsidered a fee increase for the Gosford City Car Park in Baker St, following community feedback on its draft Operational Plan and budget for the 2017-18 financial year.

Community expresses support for new development proposal

With uncertainty about the future of Peat Island continuing, Member for Gosford, Ms Liesl Tesch, convened a meeting with residents of the Hawkesbury River community to discuss the future of the development.

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 121
July 18, 2017

Your independent community newspaper - Ph: 4325 7369

People power has a win over Wyong Hospital privatisation

A public-private partnership to redevelop and manage Wyong Hospital will not go ahead.

Ourimbah boarding house returns to Land and Environment Court

The latest proposal to develop a \$5.4 million boarding house at 2-4 Glen Rd, Ourimbah, will be determined by the Land and Environment Court over three days from July 18.

Battle to gain access to documents

Mr Laurie Eyes and Central Coast Council have found themselves back in the NSW Civil and Administrative Tribunal (NCAT) over Council's refusal to provide copies of documents relating to its arrangements with Amphibian Aerospace Industries (AAI).

Flood mitigation work will have significant impact on Lakes' largest wetland

The Community Environment Network (CEN) will take legal advice if Central Coast Council fails to adequately justify flood mitigation work in progress along Sparks Rd, Warnervale.

Greens announce candidates for Budgewoi Ward

Ms Sue Wynn of Mannering Park has the number one position on The Greens ticket for the Budgewoi Ward.

Candidate to stand because "we have had really poor leadership"

Louise Greenaway has been watching Wyong Council for 20 years and thinks the new Central Coast Council could do better.

STL launches coast wide campaign for local government elections

The re-branded Save Tuggerah Lakes Party has launched its campaign for the September 9 local government election naming a candidate in each of the five Central Coast Council wards.

New Independents' group to run in Wyong Ward

A team of independent candidates has put itself forward for the September 9 local government election as being "focused on truly representing the interests of local residents".

Labor Party preselection process still underway

Nominations for Labor Party preselection for the September 9 local government election closed on Friday, July 14.

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

'Leisurely does it' is council watchword

"Leisurely does it" seems to be the watchword at Central Coast Council.

The latest announcement that the Woy Woy Town Centre Master Plan will be completed in June 2020 ("Town plan, coastal works and library project scheduled", July 10) is typical.

This is three years to complete a job that any competent planner could do in nine months at the outside.

It is characteristic that, after 15 months of administration, we still do not have an integrated operational structure, an integrated website or an integrated development control plan, although we are assured that "many service and management strategies are in their formative stages."

Formative after 15 months?

Surely, the task of the administrator was to have all of those issues dealt with before the new Council took office, so that councillors could focus on critical decision-making and not on picayune matters of organization.

Forum

LETTERS TO THE EDITOR

should be sent to:

Peninsula News

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

See Page 2 for
contribution conditions

The Council seems to be obsessed with such matters as the Chinese fun-fair fiasco and the Warnervale airport fantasy and not concentrating on the long-term needs of the Central Coast as a whole.

Incidentally, when are we going to hear something from our Co-ordinator-General whose appointment was announced with much fanfare some time back?

It seems, as I predicted, that

this will turn out to be just another excuse for a bureaucratic talkfest, full of sound and promises, signifying nothing.

Perhaps, the administrator could use his weekly newspaper column to fill us in on the issues of importance that we are facing rather than confine himself to self-congratulatory platitudes.

Roll on September.

I had high hopes for the administrator when he took office, but we obviously have to put our trust in a new elected Council to take the reins and give the region some direction.

When are the talented individuals that we need going to step forward?

Email, 12 Jul 2017

Bruce Hyland, Woy Woy.

Forum

Why won't government finish underpass job?

Forum

incomprehensible to me that the government will not support this project.

Already many millions of dollars have been spent preparing for this project to proceed; what an indictment on a government that prides itself in building infrastructure for the future of this state.

The Peninsula is part of this state.

I hope that the Parliamentary Secretary for the Central Coast and the Member for Gosford get together and reverse the decision about the underpass for the safety of all who currently have to make the crossing every day and for the future of the Peninsula and this region.

Email, 11 Jul 2017

Bob Puffett, Woy Woy Bay

The wonderful news about the State Government's reversal on Wyong Hospital got me thinking what about a reversal on the Bulls Hill rail underpass for those of us on the Peninsula.

The Berejiklian Government proudly boasts about a \$4 billion surplus, some of which came from stamp duty of property sales on the Central Coast, yet they will not honour their commitment to the rail underpass for us on the Peninsula.

Woy Woy Rd is the gateway to the Peninsula and is used by many thousands of commuters every day to go to work and pay their taxes.

Why is it then that the government will not finish the job they started on the underpass?

This bit of infrastructure is vital to the future of those living in this part of the coast.

There have been fatalities on the rail crossing and it seems

Thanks for the article

We would just like to say thank you for the generous article (Seven artists at The Bays art show) that you presented in Edition 423.

We were very appreciative both of the time that you gave us for the interview, and the comprehensive article that you then wrote in the Peninsula News.

The feedback from the artists after reading your article has been very positive.

Your contribution will go a long way to helping our community event be a success.

Email, 13 Jul 2017

Danny Moscatelli, Bays Community Group

Jim retires after more than 10 years

Forum

South Public School.

Mr Cassidy will stay on as vice president and help guide the newcomer in the running of the bowls club.

Woy Woy is the second oldest club on the Central Coast and will celebrate 85 years in 2018.

Email, 8 Jul 2017

John Orme, Woy Woy

Mr Jim Cassidy has, after more than 10 years as president of the Woy Woy Men's Bowling Club, retired from the position.

Mr Cassidy, a retired painter, has seen a lot of changes over his period as president and also as chairman of the Sporties.

At the Club's AGM on the July 1, he handed the reins over to Mr Edmund Burgess a recently retired schoolteacher from Woy Woy

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As you walk through the city,
you'll see rubbish that remains;
It's the stuff we left behind, from yesterday.
And you'll think it's not an issue
for one cup, one core or tissue
But the planet's yelling:
"Hey!! It's time to pay!"

Now I know ... you didn't drop it
But WE really need to stop it
Take the lead

and put three items in the bin
It's the attitude that gets me
"Let the Council pick that up!",
but the Council's busy doing other jobs;
and we can't afford to pay 'em,
to be everywhere it's dropped.
We must start to live like humans,
not like slob.

Now I know ... you didn't drop it
But we REALLY need to stop it
Take the lead and put three items in the bin

"It's too convenient to alter!" ...
then your climate starts to falter,
and you wish you started sooner than today.
Well that cup, from which you're drinking,
has to start your mind to thinking
"Is our future worth the trash we throwaway?"

Now I know ... you didn't drop it
But we really need to STOP it
Take the lead and put three items in the bin

Email, 17 July 2017
Richard Grimmond, Horsfield Bay

Better to have a small group of workers

It is now less than two months from the Council elections and the candidates are approaching the starting barrier.

We are about to be bombarded with bumf in our letterboxes and huge advertisements in our local papers extolling their virtues and promising us the world.

We all know that the main reason many of them (not all) want to get into Council is to get their snouts in the trough and both trotters too, if they can.

Their promises are like those of the average political candidate, and let's be fair dinkum, some of them are very average.

They will be forgotten before they have their first celebratory libation.

The infrastructure backlog will be spoken about and the need for immediate action on our roads, kerbing and guttering will receive serious consideration but, as has happened for the past 20 plus years I have lived in Woy Woy, nothing actually is done.

Mr Reynolds recently conducted a survey to prioritise those roads most in need of repair.

Forum

We are still waiting for the results, but more importantly some action, and I can guarantee you that we will still be waiting this time next year.

Our old mate Blind Freddy (no relation) can feel the abominable condition of Blackwall Rd as it passes through our CBD, with its giant potholes and urgent need for re-surfacing.

It is a disgrace, but nothing is done and nobody seems to care.

I saw an interview with a concerned ratepayer on NBN the other night bemoaning the overall reduction of total Councillors from 20 to 15.

Our problem is not with quantity but quality.

It is far better to have a smaller group of workers than a horde of do-nothings.

If a candidate is really going to work for the community he or she is promising to serve they should be prepared to make a commitment to have interview times at specified places, say Deepwater Plaza, once a month, where we can actually say hello to them and let

them know what is really on our minds - not a free-for-all but a desk where we can sit down at a specific time and tell them our thoughts and hear what Council is doing, and more importantly when.

For years with no councillor representing a particular ward, all you ever heard from past councillors was "Sorry, I don't represent you," as they rapidly disappeared down the street.

This is our chance to get some real workers into our council who are prepared to listen, act on our behalf and keep us informed about what and when things are happening.

If we re-elect those who have failed to serve us before, and you can bet your bottom dollar they will not have changed their spots, we have only ourselves to blame when nothing changes.

The roads will continue to deteriorate, the potholes will continue to be filled in the same inefficient manner and many of our streets will continue to flood.

The ball is in our court.
Are we going to elect Roger Federer or Bernard Tomic?

Email, 19 Jul 2017
Fred Charles, Woy Woy

Council should advertise in this newspaper

Council must advertise now in Peninsula News as the community is not getting access to information.

The Central Coast Express Advocate newspaper went from Wednesdays and Fridays to Thursdays only and its distribution seems to have dropped.

The same withdrawal of public access to Council information and required public notices

Forum

has happened throughout the Peninsula.

Council must change its advertising to Peninsula News, which has a thoroughly accessible distribution network to all local communities.

Email, 11 Jul 2017
Kay Williams, Pearl Beach

Malcolm Turnbull has amended the job description of the PM to include AFL involvement.

With the PM's recent actions in AFL matters, it must be accepted that the Liberal Party has closer ties with the AFL than ever before and the border between politics and sport no longer exists.

It is now conceivable for an AFL player to nominate for the position of PM.

I believe an outstanding elite player such as Gary Ablett would be a worthy candidate for the position of PM.

Gary Ablett's character and achievements are superior to the Prime Minister's.

During a recent televised AFL match the commentators referred to the "niggle" Gary has had to deal with all of his AFL career, yet he keeps returning to play a role week after week.

How would Malcolm Turnbull deal with expected, constant questionable tactics over the long term and still perform above average?

Gary Ablett for PM!

Letter, 30 Jun 2017
N Harris, Umina

Forum

LETTERS TO THE EDITOR

should be sent to:

Peninsula News

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

See Page 2 for
contribution conditions

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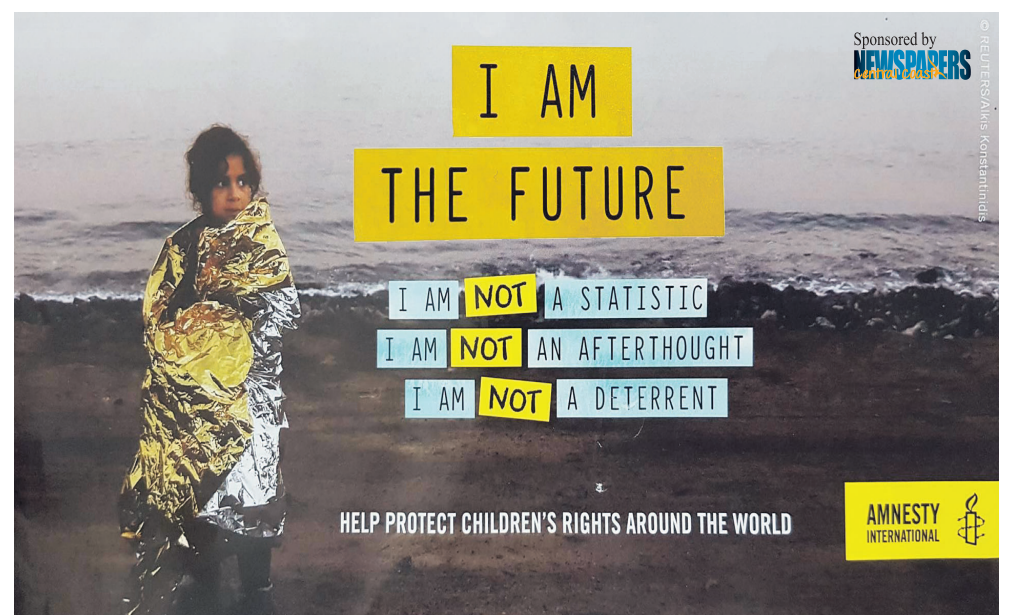
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Rotary brings health care to Uganda

A local Rotary Club has helped provide medical care to over 3000 people in Uganda during a two-day medical camp in June.

The Rotary Club of Woy Woy visited the Buikwe district of Uganda on June 14 and 15.

The camp, which was jointly

funded by Woy Woy Rotary and with the Pink Umbrella Foundation, brought health professionals from Gosford's Holden St Clinic and Rotarians to the Ugandan community.

Dr Debbie Allen and registered nurse Mr Michael Williamson, together with members from the Rotary Club, Ms Sue O'Neill, Ms Joan Redmond and Ms Di

Schwarzl, went to Uganda and formed the nucleus of the medical team that conducted the services for the local people.

In two days 3856 patients turned up and received treatment for common illnesses that included: malaria, skin diseases, colds and flu, toothache, diarrhoea, typhoid, eye problems, hypertension, ulcers, family planning, gynaecology, cervix cancer testing, HIV testing and counselling, and many other health related issues.

Assisting in the activities were 17 experienced health workers from Ugandan hospitals, Mulago Hospital in Kampala and Jinja Hospital.

"Living in Australia we don't realise how lucky we are with our health services.

"It was a pleasure to be able to help others less fortunate than ourselves," said Rotary team leader Ms Sue O'Neill.

SOURCE:

Media release, 11 Jul 2017
Vic Deeble, Rotary Club of Woy Woy



Woy Woy Rotarians, Gosford health professionals and Ugandan health professionals came together to provide a two day medical camp to a Ugandan community

Three new doctors start

Three new doctors have started work on the Peninsula, including a new General Practice surgery opening at Umina and a new GP at Ettalong, according to the Member for Robertson Ms Lucy Wicks.

The former surgery of Dr Ray Martin was reopened by two doctors in May and the third doctor has started work at the Ettalong Family Practice, she said.

"This is an important outcome for the Peninsula, a region that has experienced serious issues accessing GP services," Ms Wicks said.

"Above all, this is a win for our community, who have been strongly advocating for more GPs, including at a major community

forum earlier this year where we heard directly from local families," she said.

"It's great we can deliver on our commitment to take action on this issue."

She said that many local practices had previously closed their books to new patients

An expert working group set up to respond to community concerns about access to doctors in the Peninsula region had found there were fewer younger doctors and doctor registrars available to step into the shoes of the doctors nearing retirement, she said.

Ms Meagan Simmonds from the Primary Health Network said: "We are thrilled with how the community on the Peninsula has come together to help address the GP workforce issues.

"Family Medicine Umina Beach opened recently and the new GPs, Dr Chelladurai and Dr Graham, have both taken on 61 new patients in May, and 68 new patients in June totalling 129 new patients in the period since the practice started operating," Ms Simmonds said.

"This is a great development for the wonderful community of the Peninsula," she said.

"Thanks to the collaborative efforts of the local GPs, the local member, the PHN working group, and organisations such as GP Synergy, we are starting to make some real progress.

"This ensures the local community of the Peninsula continue to have access to effective and comprehensive primary health care."

SOURCE:

Media release, 17 Jul 2017
Tim Sowden, Office of
Lucy Wicks MP



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Headaches and their possible causes

Many people endure headaches and today we're not just talking about migraines.

We're instead going to talk about that good old fashioned low-grade nagging headache that just puts a damper on your day.

A large percentage of the population endure these on an ongoing basis and struggle to identify the cause.

The difficulty is because there are so many predisposing factors involved in a headache.

If we consider these factors, then we may have a way of eliminating or reducing the impact of these on our body and decreasing the chances of a headache occurring.

The big word here is "Stress", but stress comes in so many forms.

Which ones should we consider with headaches?

The first thing that comes to mind here is hydration.

Your body is roughly 60% water, so it makes sense that if you do not have sufficient water in your system, this is going to place stress on your body.

Of course, there are all the usual things associated with stress - finances, relationships, family and work.

However, there is one simple thing that as chiropractors we often find leads to stress on your body that is often overlooked, and that is difficulties with your vision.

It's important to have your eyes professionally tested to ensure you are aware of their health status and this enables you to act on any problems quickly and prevent unnecessary damage to your eyes.

Common causes of eye strain leading to headaches includes screen time, screen brightness and

the ergonomics of how you have your screen set up.

At the end of the day, to minimise headaches, we need to minimise stresses on the body.

Sometimes it will help to have a professional assist in identifying the stressors so you can make lifestyle changes and choices that will lead to a happier healthier life.

Painkillers are an effective way to manage a headache, however, on an ongoing basis, it makes much more sense to identify and treat the underlying cause of any ongoing headaches rather than just dealing with the symptoms.

Your chiropractors at Umina Chiropractic Centre have years of university training and regularly complete ongoing education to ensure that they are up to date with the latest ways to deal with your headaches, so please call us to book an appointment to identify and manage the structural



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Dialysis patients, Ms Loraine Chambers and Ms Sue Dangerfield receiving treatment in the Big Red Kidney Bus at the Ocean Beach Holiday Park

Kidney bus provided dialysis at Umina holiday park

A new travelling dialysis treatment service visited Umina on June 26.

The Big Red Kidney Bus, a new service that provides mobile lifesaving dialysis treatment for regional patients, visited the Ocean Beach Holiday Park.

Ms Sue Dangerfield, who travelled from Berkeley Vale to receive treatment, said she was very impressed with her first visit to the bus.

"Kidney Health Australia has come up with a fantastic initiative which will help bring more meaning to people's lives," Ms Dangerfield said.

"It will give people like me the opportunity to travel more and experience a new-found sense of freedom.

"I'm hoping to go away to Nelson Bay and now that I know the bus will visit there this year I'm really looking forward to it," she said.

Brisbane resident Ms Loraine Chambers was enjoying a holiday by the beach during the recent stopover at the Holiday Park and said the new service had made

travelling much easier and stress-free.

"I love it.

"The staff are great and they look after you so well," Ms Chambers said.

Central Coast Local Health District's renal services nurse manager Ms Joanne Kemp said almost 180 local patients were treated for haemodialysis services at home and across four specialised units found throughout

the region.

"Dialysis patients are often restricted by their condition, but Kidney Health Australia's Big Red Kidney Bus is helping change all of that," Ms Kemp said.

The service is a partnership with Kidney Health Australia and Royal North Shore Hospital.

SOURCE:
Media release, 14 Jul 2017
Clare Graham, Central Coast Local Health District

Community service celebrates with prestigious dinner

A voluntary community service which started in Umina 50 years ago to deliver hot meals to elderly residents will hold a "prestigious" black tie dinner at Terrigal to celebrate its anniversary and expansion to cover the Central Coast.

Meals on Wheels Central Coast has evolved to deliver convenient and nutritious frozen meals, as well as provide social support and community restaurants, according to its head, Mr Dennis Taylor.

"Every month, around 15,000 meals are delivered by some 350 volunteers to local elderly and people with disabilities, offering them not only a nourishing feed but also social interaction, a helping hand and safety and wellness checks.

"Additionally, the service provides over 1,000 hours of direct social support each month through its various other community programs."

Mr Taylor said: "Our service makes it possible for our clients to remain living healthily and independently in their own homes where they are happiest.

"The service also gives older people and their loved ones much-needed peace of mind and delays or eliminates altogether the need for costlier home-based or residential aged care.

The black tie Gala Dinner, to be held at Crowne Plaza Terrigal on Wednesday, August 30, coincides with National Meals on Wheels Day.

SOURCE:
Media release, 19 Jul 2017
Pip Wilson, Meals on Wheels Central Coast

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School focuses on four emotional states

St John The Baptist Catholic Primary School, Woy Woy, has completed its Wellbeing Week in Term 2 with a focus on social and emotional learning.

Using a "Zones of Regulation" system, a cognitive behaviour approach is used to teach self-regulation by categorising all the different ways of feeling and states of alertness into four concrete zones, according to principal Ms Nicole Cumming.

The system provide strategies and tools to teach students to become more aware of, and independent in controlling their emotions and impulses, managing their sensory needs, and improving their ability to problem solve and deal with conflict, she said.

Red, yellow, green and blue zones were each used for a different area of emotional learning and wellbeing.

The red zone was used to describe extremely heightened states of alertness and intense emotions.

A person may be elated or experiencing anger, rage, explosive behaviour, devastation, or terror when in the red zone.

The yellow zone was also used to describe a heightened state of

alertness and elevated emotions.

However, one has some control when they are in the yellow zone.

A person may be experiencing stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness when in the yellow zone.

The green zone is used to describe a calm state of alertness.

A person may be described as happy, focused, content, or ready to learn when in the green zone.

This is the zone where optimal learning occurs.

The blue zone is used to describe low states of alertness and down feelings, such as sadness, tiredness, sickness, or boredom.

"The zones can be compared to traffic signs," Ms Cumming said.

"When given a green light or in the green zone, one is 'good to go.'

"A yellow sign means be aware or take caution, which applies to the yellow zone.

"A red light or stop sign means stop, and when one is the red zone, this often is the case; and the blue zone can be compared to the rest area signs where one goes to rest or re-energize," she concluded.

SOURCE:

Newsletter, 28 Jun 2017

Nicole Cumming, St John The Baptist Catholic Primary School



Students to decorate gum boots

Umina Beach Public School students and their families have been encouraged to decorate a gum boot for the school's book fair.

The family challenge is to decorate a gum boot in sparkle or shine and to plant a rainforest plant in it.

The 10 winning children will receive a \$10 gift voucher to be spent at the book fair.

The book fair will help with fundraising as the school will receive around 30 per cent of the profit from sales as commission.

The school library will be open for purchases from 8:45am to 4pm

each day while the book fair is running.

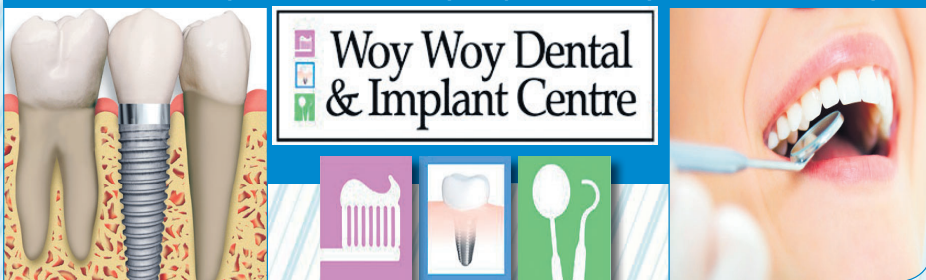
The fair will start on Monday, July 24, and will continue until Thursday, August 3.

SOURCE:

**Newsletter, 18 Jul 2017
Lyn Davis, Umina Beach Public School**

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Education



Sensory activities at Woy Woy

Children in the early intervention program at Woy Woy Public School have been enjoying sensory activities.

This form of play was important as some children had difficulty in using the information that was collected through their senses in

their daily lives, according to acting principal Mr Dan Betts.

"Most people are born with the ability to take in sensory information," he said.

"For children with sensory processing difficulties they are unable to organise sensory

signals and are unable to respond appropriately.

"These activities help children develop their sensory skills in a safe and supportive environment."

SOURCE: Newsletter, 29 Jun 2017 Dan Betts, Woy Woy Public School

Connecting with nature

Woy Woy South Public School students will connect with nature for Planet Ark's Schools Tree Day on Friday, July 28.

Schools Tree Day aims to teach children from a young age how to care for and protect the natural environment.

Students also learn about the important role nature plays in the life of the planet and why it must be protected.

"It's an opportunity for students to plant and care for the seedlings as they grow, and a hands-on experience which also beautifies school grounds," said National Tree Day manager Ms Debbie Agnew.

She said that participating in

Schools Tree Day was a fun and exciting way for students to have an authentic nature experience and benefit from learning outside.

"Planet Ark's research shows that students who take part in outdoor learning programs develop key skills like emotional intelligence, grit or resilience and problem solving.

"They also perform better in reading, writing, maths and science, with 77 per cent of teachers reporting student improvement in standardised tests.

"Time spent in nature also reduces stress, and enhances concentration and creativity," Ms Agnew said.

SOURCE: Media release, 13 Jul 2017 Carol Warwick, Planet Ark

Call for parents to teach ethics

Woy Woy Public School is seeking expressions of interest from parents and carers who are interested in teaching ethics lessons.

Ethics classes are taught by volunteer ethics teachers to students from Kindergarten to Year 6, who have opted out of scripture.

Parents and carers who would like their child to learn these lifelong skills should consider participating in the program so the school can offer it to students, according to acting principal Mr Dan Betts..

The classes would be held between 9-9:30am for Years 3-6

and 9:30-10am for years K-2 each Wednesday.

An ethics teacher facilitates a conversation between the students about a topic in the curriculum.

The curriculum is already written.

As a volunteer teacher, you would be provided with a script, activities and stories.

All lesson plans and materials are provided by Primary Ethics, so you don't need to create your own lessons.

You don't need to be a traditionally qualified teacher.

Ethics teachers receive full training through online modules and a comprehensive two-day training course.

SOURCE: Newsletter, 29 Jun 2017 Dan Betts, Woy Woy Public School

Free onsite dental services at St John's

St John the Baptist Catholic Primary School, Woy Woy, is offering onsite dental services under a free Federal Government child dental benefits schedule.

The scheme grants all eligible parents with \$1000 Medicare benefit which can be used towards dental expenses per child, over a

two-year period.

"Smiles Onsite can do almost everything that your local dentist can do on board their unique mobile clinics," said principal Ms Nicole Cumming.

"If you would like them to see your child for a scale and clean, fillings, fissure seals and so on, these services can be offered with

no gap payable.

"This service is a great opportunity to get kids into the habit of good oral hygiene, and we hope you're as excited about it as we are," Ms Cumming said.

Eligible parents should receive a confirmation letter and the Smiles Onsite can check eligibility on completion of their consent form which will go out with students in Term 3.

SOURCE: Newsletter, 28 Jun 2017 Nicole Cumming, St John The Baptist Catholic Primary School

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Pretty Beach celebrates 90 years

Pretty Beach Public School is having a birthday celebration at the Killcare Surf Club on September 2.

Members of the Pretty Beach community, past and present, will celebrate 90 years of Pretty Beach Public School.

In honour of the school's opening in 1927, guests will be

encouraged to dress in their most flamboyant 1920s costumes for the occasion.

This is a ticketed event with the ticket release date to be announced soon.

SOURCE:
Newsletter, 17 Jul 2017
Peta Colebatch, WTKPA



Selected for choral festival

Two Ettalong Public School students have been selected for the Central Coast Choral Festival.

Rebecca Hooke and Nick Apalis were both selected to perform in the upcoming festival.

Rebecca will be performing a

solo act and Nick will be acting as an MC.

The festival will be held in October at The Art House in Wyong.

SOURCE:
Newsletter, 18 Jul 2017
Lynn Balfour, Relieving Principal
Ettalong Public School

Early Australia day at Umina

Year Four students at Umina Beach Public School took part in Early Australia Day on Wednesday, June 28.

The students participated in traditional activities that would have been done when the new

colony was formed.

The day was part of the school's First Contact History Unit.

Some experiences of the day included a traditional classroom setting, a right hand only handwriting lesson and making

traditional paper dolls.

The students also tried some traditional damper.

SOURCE:
Newsletter, 18 Jul 2017
Lyn Davis, Umina Beach
Public School

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Glee club to perform show at Pearl Beach

The Pearl Beach Glee Club will be performing their show Showbiz at the Pearl Beach Memorial Hall in August.

The Pearl Beach Glee Club was originally formed in the 1950s to raise funds to complete the Pearl Beach Memorial Hall and put on a number of Grand Concerts during their times.

The Glee Club Singers was re-formed in 2010 by a group of local music lovers to celebrate the 60th

anniversary of the original Glee Club.

The success of the anniversary concert encouraged the tradition to continue and each year members have maintained the pleasure of regular meetings around the piano.

Showbiz 2017 promises to build on the tradition and the program will surprise and delight with a great variety of local talent performed by extraordinary musicians, young and old, amateur and professional,

according to Dr John Irvine, Master of Ceremonies.

Included will be vocal and instrumental items, guest performers and community singing.

"We are delighted to feature a number of special guests and some of the best youth talent discovered in the recent Pearl Beach Youth concerts," Dr Irvine said.

SOURCE:
Media release, 15 Jul 2017
Lynne Lillico, Pearl Beach Progress Association

Library to have revamp

The Ettalong Public School library will be receiving

a revamp including new furniture and new books.

As part of the process, some of

the older books in the library need to be sold.

The books will sell for 20 cents each and will be available for purchase at lunchtimes and after school until 3:10pm.

All profits will be used to buy new books for the library.

SOURCE:
Newsletter, 18 Jul 2017
Lynn Balfour, Ettalong Public School

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School summarises term two sport

Woy Woy Public School have released their term two school sports report.

"Our students have achieved some great sporting results in term two, according to relieving principal, Mr Dan Betts.

The PSSA Zone Cross Country Carnival was held on Friday, May 26, at Umina Oval.

Woy Woy Public had three students - Lara Butler, Henri Dehe and Chris Flower - make it to the Sydney North Carnival.

The Boys' Soccer Team reached Round 4 of the PSSA State Knockout Competition.

"The boys were unlucky and did not progress to the next round as they lost 1-0.

"Mr Graham is very proud of how much improvement they made this year and is excited about coaching the boys team in 2018," Mr Betts said.

The Girls' Soccer Team played brilliantly this semester, advancing to Round 4 of the PSSA Knockout Competition.

"The girls have played with great skill and displayed excellent sportsmanship.

"Our last game was against Ettalong Public School and the girls won 4-1.

"Our next game is against Kincumber Public School early in Term 3," Mr Betts said.

In Term 2 Woy Woy Public students, Molly Maberley and Emma Cooley, were selected with other girls from the Central Coast to represent at Zone in soccer.

The girls travelled to Hornsby on June 7, where they played four games that were cut short due to extreme weather.

"They performed very well under the circumstances but unfortunately did not make it to further selection.

"We look forward to seeing more Woy Woy girls trying out next year for Sydney North," Mr Betts continued.

The Senior Boys' Cricket Team came up against a very accomplished Gosford East Public School team on Monday, May 22.

The boys batted first and compiled a competitive score, with Zak Graham batting through the innings and playing some fantastic shots.

Unfortunately, Gosford East were able to surpass their score and went on to win the match knocking Woy Woy out of the competition.

"The boys displayed sportsmanship throughout the game and represented the school with pride.

"The boys have represented the school very proudly this year, showing tremendous sportsmanship in every game.

"They have had a tough season meeting some formidable opposition at each tournament.

"Each player in the team has made great improvement in many areas of the game.

"The team has played in the Central Coast 7's, Woy Woy Woy Cup, Classic Shield and are eagerly waiting to play in the Central Coast All Schools Knock Out," Mr Betts said.

On May 30, the Year 5-6 Girls' Netball Team participated in a knockout Gala Day against other local schools.

The first game was a tough game against Brisbania and Woy Woy lost 24-14.

"In our second game we played East Gosford and won 29-15.

"All girls played with enthusiasm and displayed great sportsmanship towards each other and the other teams.

"Our Boys' and Girls' Basketball Teams participated in the NSW Primary School Sports Association Basketball Knockout Competition at Niagara Park on May 19.

"Our Boys' team put up a valiant fight but was unfortunately defeated in Round 1.

"Our girls did a marvellous job defending and attacking all day, winning two games before finally being pipped at the post in the last game.

"We are already looking forward to competing next year," Mr Betts said.

On Friday, June 23, the school held their Athletics Carnival at Adcock Park.

"The day was lovely and we were very proud of the student participation this year.

"A parent information pamphlet for the carnival was included with student records and some parents said this was a great addition.

"The last of the events will be completed back at school and the ribbons will be handed out at the beginning of Term 3.

"PSSA Zone Athletics Carnival is in Week 6 on August 21," Mr Betts concluded.

SOURCE:
Newsletter, 29 Jun 2017
Dan Betts, Woy Woy Public School



In times of crisis,
you can give

H  **PE**

where it's needed most

Please donate now

13 SALVOS | SALVOS.ORG.AU

Artist exhibits at Hardys Bay

Hardys Bay Art Space at the Hardys Bay Club has announced the works of Ms Treena Lowe will be on show for six weeks at its gallery.

Ms Lowe has exhibited locally and throughout the Central Coast, including at the Five Lands Walk.

Ms Lowe joins the other exhibitors in the gallery: artist Ms Meg Lewer, sculptor Mr Colin Tapping with his magnificent timber

sculptures, and photographers Dale Montgomery, and Brendon and Jude Weston.

Over 100 works will be on display and for sale throughout the club, and gallery.

The Art Space is open from 5pm to 7pm Fridays, and 12pm to 6pm on Saturdays and Sundays.

SOURCE:
Newsletter, 17 Jul 2017
Peta Colebatch, WTKCA



Ettalong's Lee Trethowan and Aron Sherriff win three Central Coast Open Pairs in a row

Folk club performers play at Newcastle

Peninsula artists who normally play at the Troubadour folk club are going to Newcastle Folk Club on Saturday, August 5, to perform from 7pm.

"It will be a great night with the best of the Troubadour floor spots and sessions performing for the people in Newcastle," according to

club president Mr Michael Fine.

Performers will include Sue Robinson, Linda Campbell, Christie Chen, Arte, Ian Smith and The Troubadukers.

Newcastle Folk Club Concerts are held at the Wesley Centre Hall, 150 Beaumont St, Hamilton.

SOURCE:
Media release, 19 Jul 2017
Ina Fine, The Troubadour

Ettalong Bowling Club's Lee Trethowan and Aron Sherriff have continued to rewrite the record books by winning the Bowls Central Coast Open Pairs for the third consecutive year.

They played fellow club mates

Dave Derrick and Sam Chapman who had performed well throughout the sectional rounds to reach the final but found the Trethowan and Sherriff combination were just too strong on the day.

Having won the title in 2015 and 2016 and gone on to win the respective State titles, Trethowan

and Sherriff now have their eyes set on a third State title and the opportunity to progress to the inaugural Australian Championship titles to be played at Club Sapphire, Merimbula in November.

SOURCE:
Media release, 16 Jul 2017
Kevin Dring, Bowls Central Coast

HOTEL GOSFORD

BLUES AND ROOTS

FIRST SATURDAY OF THE MONTH
RESIDENT BAND
BLUES ANGELS

Special guest
artist
Michigan Water

Aug 5 - 7pm till 11pm

FREE ENTRY

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

STARRING
ROB PALMER.....

GOOD AFTERNOON ETTALONG PRESENTS:
OF BING I SING

& GLENN AMER

SATURDAY 15 JULY
MEMBERS \$20 | GUESTS \$25
SHOW STARTS AT 2.30PM

Maestro Glenn Amer knows every one of Bing's chart-toppers and together with TV star Rob Palmer (Australia's favourite chippie on Better Homes and Gardens and winner of 2010's Dancing with the Stars) performs all the wonderful Bing Crosby hits.

SO MANY REASONS TO CHOOSE
ETTALONG DIGGERS
FOR YOUR FAMILY
DINING EXPERIENCE

- ◆ \$12 FAVOURITES
- ◆ DAILY CHEF SPECIALS
- ◆ A LA CARTE MENU
- ◆ KIDS MENU

& WE HAVE THE KIDS COVERED
WITH AN IPAD ZONE, ARCADE
& PLAY ZONE

Good 25 July
Morning Ettalong Show

XMAS IN JULY SPECIAL SHOW
ELVIS & FRIENDS
John 'Elvis' Collins & Di Solomon take you on a nostalgic journey with some of the world's most iconic performers from the 50's, 60's & 70's. An interactive and fun show with a touch of Xmas!
Doors open: 10.30 for 11am Show
Tickets: \$8 Members / \$13 Guests

Ettalong BEACH DIGGERS ...your Destination

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

ATM & COURTESY BUS SERVICE

Directory - Not for profit Community Organisations

Art & Culture

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

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

**Ettalong Beach Art
& Crafts Centre**
Adult classes in Pottery
Watercolours, Oils, Acrylics,
Pastels, Silvercraft,
Patchwork & Quilting
4341 8344
www.ebacc.com.au
ebacc.email@gmail.com

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

Bushwalking

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

4389 4423 & 4332 7378

Community Centres

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

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

**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

**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@blueweliving.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@dansw.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 eduction 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

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

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.
wwwcphousie@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
Drysedale 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.ccowhc.com.au



Umina SLSC had a glorious run at the NSW State Pool Rescue Championships

Lifesavers at pool rescue championships

More than 30 Umina Beach Surf Life Saving Club athletes attended the NSW State Pool Rescue Championships at Ryde Aquatic Centre on July 8 and 9.

The two-day event attracted 36 members of Umina Surf Club, who competed against 350 other individuals representing 18 clubs from around NSW.

Umina had an excellent showing, placing second in the Youth category, third in the Masters and fourth in the Opens.

The under-15 Boys Team won

gold in all three team events with the team consisting of Australian surf team members Lachlan Braddish, Lachlan McCleod, Blake Hessel and Brock Ray.

Umina had some great achievements with individual gold medal winning performances by: Rachel Wood (four medals), Jemma Smith (three), Lachlan Braddish (three), Kaylah Homes (three), Blake Hessel (two), Tom Rodham (one) and Richard Vaughan (one).

SOURCE:

Media release, 11 Jul 2017
Richard Braddish, Umina SLSC

The Peninsula Diary of Events

For events in post code areas 2256 and 2257

Tuesday, Jul 25

Good Morning Ettalong Show, Ettalong Diggers, doors open 10:30am for 11am start

Wednesday, Jul 26

Scrabble at Peninsula Community Centre, McMasters Rd, Woy Woy; 6:30pm until 9:30pm beginners welcome

Thursday, Jul 27

Community Expo and Bring Your Bills Day, Peninsula Community Centre, 93 McMasters Rd, Woy Woy, 9am to 3pm

Pastels workshop with Gwynneth Boyce, Ettalong Beach Arts and Crafts Centre, registration necessary, and July 29

Saturday, Jul 29

Bob Bongo Starkie and Band present Million Dollar Riff, Ettalong Diggers, doors open 8pm for 8:30pm show

CWA Variety Show, Christmas in July, singing, dancing, light refreshments, CWA Hall, 2 Sydney Avenue, Umina, 2pm tickets from Stephens Real Estate 4/330 West St or available at the door

Stepping Forward interactive and educational workshop

for families and friends of alcohol and other drug users, Peninsula Community Centre, 93 McMasters Rd, Woy Woy, 9:30am to 4:30pm, bookings essential

Sunday, Jul 30

Of Bing I Sing starring Rob Palmer and Glen Amer, Ettalong Diggers, doors open 2pm for 2:30pm show

The Bays Community Breakfast, The Bays Community, 19 Woy Woy Bay Road, Woy Woy Bay, 8:30am to 10:30am.

Saturday, Aug 5

Wild Australia Wine Appreciation Dinner, Everglades Country Club, bookings essential Grizzlee Train, Hardys Bay Club, 14 Heath Road, Hardys Bay.

Troubadour Trip to Newcastle, Wesley Centre Hall, 50 Beaumont Street, Hamilton. 7:00pm.

Sunday, Aug 6

Blues Jam, Hardys Bay Club, 14 Heath Road, Hardys Bay, 2pm

Friday, Aug 11

Agatha Christie's A Murder is Announced by Woy Woy Little

Theatre company, Peninsula Theatre until August 27

Saturday, Aug 12

TC3, Hardys Bay Club, 14 Heath Road, Hardys Bay, 7:30pm.

Saturday, Aug 19

Jackson Beasley, Hardys Bay Club, 14 Heath Road, Hardys Bay, 7:30pm

The Bays General Meeting, The Bays Community Hall, 19 Woy Woy Bay Road, Woy Woy Bay, 7:30pm

Sunday, Aug 20

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

Shane Nicholson, Hardys Bay Club, 7pm

Friday, Aug 25

There's No Business Like Show Business presented by Pearl Beach Singers and Friends. 7:30pm Friday and 2:30pm Saturday, August 26; Pearl Beach Memorial Hall, Bookings recommended.

Saturday, Aug 26

Ami Williamson, Troubadour Folk and Acoustic Music Club, CWA Hall, Woy Woy, 7pm

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

Peninsula directory of services, contacts and support groups

Ambulance, Police, Fire 000

Emergency

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

Aboriginal & Torres Strait Islander Organisations

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

Accommodation

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

Animal Rescue

Wildlife Arc 4325 0666
Wires 1300 094 737

Community Centres

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

Counselling

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

Family and Relationships

Centacare Gosford 4324 6403
Central Coast Family Support Service 4340 1099
Horizons (For men with children) 4351 5008
Uniting Care Burnside Gosford 1800 067 967

Health

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

Legal & Financial Help

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

Libraries

Gosford district:
Umina Beach 4304 7333
Woy Woy 4304 7555

Problems, Habits & Addiction

Alcoholics Anonymous 4323 3890
Narcotics Anonymous 4325 0524

Professional support phone services:

Mental Health Line 1800 011 511
Beyondblue 1300 224 636
Domestic Violence Line 1800 656 463
Lifeline 13 11 14
Kids Help Line 1800 551 800
Griefline 1300 845 745
Suicide Call Back Service 1300 659 467

Transport

Taxi 131 008
Busways 4368 2277
City Rail 131 500

Welfare Services

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

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

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

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

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

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

Carpenter

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

BUILDER

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

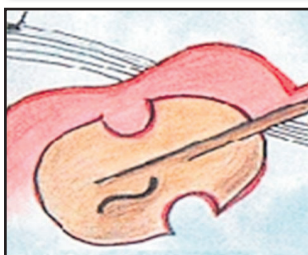
CABINETMAKER

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.
Marianne
0403 505 812

ENTERTAINMENT


The Troubadour
Folk and Acoustic Music Club
Aug 26 at 7pm
AMI WILLIAMSON
CWA Hall - Woy Woy
Price \$10, \$13 and \$15
www.troubadour.org.au
4342 6716

FENCING

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

LOST & FOUND

On Sunday 26-7-2017, I visited Ettalong Markets with some friends. Somewhere in the vicinity of the markets I lost a much loved 20 year old gold bracelet that I had worn every single day. If someone perhaps found it could they please phone
02 9661 5021
Reward given

MOBILE MECHANIC

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

PLUMBING

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

POSITIONS VACANT

The Grand Pavilion Indian Restaurant
Looking for Restaurant Manager, Office Manager, Cook, Wait Staff and delivery drivers
452 The Esplanade St, Warners Bay
& **17 Church Street, Terrigal**
tgp.aarth@gmail.com

PAINTING & DECORATING

ALL INTERIOR AND EXTERIOR PAINTING
Always reliable, clean and of the highest standard
We use only the best quality paints and materials
CALL JONATHAN NOW ON 0466 966 547
Dulux Trained Applicator / Fully licenced / insured
SENIOR SPECIALS & PAST CUSTOMERS 50% OFF JULY
TELL YOUR FRIENDS, DON'T MISS OUT!
FREE copy of our professional glossy magazine full of DISCOUNTS from local business

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

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

HANDY MAN

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

KITCHENS

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

LAWN MOWING

O'Brien Lawn Mowing
Trustworthy & Reliable
Covering the Peninsula & surrounds
Insured - Free Quotes
Call Nathan O'Brien
0481 725 646

PAINTER

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

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

YOUR LOCAL PLUMBER

Same day service Guaranteed
Blocked drains, Leaking taps and toilets, Hot water and all aspects Of plumbing drainage and gas fitting.
Lic number 265652C
4346 4057

POSITIONS VACANT

Experienced Tilers wanted!
Start Immediately
0439 589 426

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


TILING

Homes2NV
Tiling Wall & Floor
Property Maintenance
0439 589 426
homes2nv@gmail.com

TREE SERVICES

Eyecare

Tree and Stump
Grinding Services
Mulching Available
Fully Insured
Call Jamie
0413 088 128
www.eyecarelawnmowing.com.au

TUITION - DANCE

Gosford
Scottish
Country
Dancers

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

To advertise here
call **4325 7369**

THE SHAME FILE

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

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

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

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

TUITION - MUSIC

Learn to play
harmonica at your
own pace at my
place or

Skype at yours

www.harmonicatom.com.au
phone 02 4324 2801
email tom@tomflood.com.au
\$40 hr or \$25 1/2 hr
Skyperharp: pay by PayPal
SPRINGFIELD, NSW

TUITION - SCHOOL

Vacancies now
in alternative school
in Kincumber for
students in Yr 8 to
Yr 12. No exams.
More sport and art.
Free pick up service.
We are a registered
school but we do
not run ROSA. No
fees. Call Donna on
0459188618

NEED TUTORING?

Offering private High
School tutoring for
English, Geography
and Business Studies.
PRIVATE TUTORING
OFFERED: •Private
tuition for English
students from
years 7 - 12
PRICING
Private Tuition \$30/h
0478 980 724
annikaberana@outlook.com

A not for profit sporting organisation has connected Woy Woy primary school children with senior golfers in their community through a free golf skills day.

Jack Newton Junior Golf organised the day with Woy Woy South Public School and the Everglades Country Club on June 29.

Mr Jack Steed of John Newton Junior Golf said the day was a success.

"The children got to learn all about golf etiquette and interact with senior members of their community while driving, putting and chipping the ball across the green," Mr Steed said.

Primary children
introduced to golf

Mr Steed, who grew up on the Peninsula, said the point of the golf day was to show a younger generation that golf is a great sport to keep active and engaged with the community no matter your age.

"Jack Newton Junior Golf

is a non-profit organisation whose primary objective is to introduce more young people to the game of golf, thus providing them with essential life skills, an alternative option of physical activity and most importantly enjoyment.

"We deliver golf to boys and girls under 18 all across

NSW and so far we have introduced the sport of golf to over 250 students at Central Coast schools.

"For many, it was their first time picking up a golf club or going to a golf course and the fact that so many kids enjoyed themselves enough to inquire about the Junior Golf Clinics at Everglades is fantastic to see," Mr Steed said.

The Club's Junior Clinics will run on Monday's and Thursday's and provide a full introduction to the sport of golf.

Places are limited and must be booked through Everglades Country Club.

SOURCE:
Media release, 12 Jul 2017
Jack Steed, Jack
Newton Junior Golf

WANTED



CASH PAID
for good quality
Swords, Knives and
War memorabilia.

For large collections
home visit available

Shop 12 - Ebbtide Mall
155 The Entrance Rd
The Entrance

4333 8555

PUBLIC NOTICES

Car Boot
Sale

Woy Woy Peninsula Lions Club

July 30
7am to 1pm

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

FOR SALE

**Well-loved timber
cubby.** Flat pack
disassembled
and ready to
move. Original
price \$1200,
yours for \$100.
Ph 0402 402 295

Run it 'til you sell it*

*To run in all three papers and on line for a maximum of 3 months if not sold before

Client Name: _____

Phone: _____ Email: _____

20 words \$22 ☐ Photo \$5.50 yes ☐ no ☐

Extra words at \$1.10 per word

Card: _____

Expiry: ____/____/____

Office use only:
Commence with edition: _____ End with (if not sold) edition: _____

Reference Number _____

Renewing: yes ☐ no ☐ If yes, new ending edition if not sold _____

Sport



Team wins zone finals

The Grade Seven team from Woy Woy Bowling Club has won the Zone 15 finals.

Victories against Norah Head and Bateau Bay at Budgewoi meant the Woy Woy team won the finals for Zone 15.

The team will travel to Engadine Bowling Club on August 4 to face finalists from other zones.

Other zone finalists include Wiseman Park, Wollongong, Soldiers Point and Cabravale Diggers.

If victorious Woy Woy will compete in the state semi-finals and finals at Taren Point Bowling Club on Sunday, August 6.

SOURCE:
Media release, 18 Jul 2017
John Orme, Woy Woy Bowling Club

Canterbury bowlers attend charity day

The Canterbury Leagues Travelling Bowlers from Punchbowl have attended the Woy Woy Leagues Club charity bowls day, along with the Woy Woy Leagues Social Club on July 16.

The amount raised came to \$1500, which will all go towards local charity Central Coast Kids in Need.

The charity raises money to assist families with children

suffering prolonged illness.

The money is used to defray costs of accommodation for parents while children are receiving treatment and to cover travel costs equipment requirements and pharmacy accounts for the children.

The Charity Day is held monthly with the next two being held on Sunday, August 20, and Sunday, September 17.

SOURCE:
Newsletter, 16 Jul 2017
Ken Dixon, Woy Woy Bowling Club

Woy Woy moves into top four

Woy Woy has entered the top four of the Central Coast rugby union competition thanks to a 41 to 12 Round

13 win against The Lakes at Woy Woy Oval.

Woy Woy were always ahead on the scoreboard in the match, held on Saturday, July 15 and

deserved the victory.

They crossed for seven tries in a great team effort.

The first half was quite an even affair, and the score at the break was only 12-7 in favour of the home side.

However the second half saw Woy Woy go on and record a deserving win.

Best players for Woy Woy were Alifeleti Atiola, Mitch Hyde and Jake Cucek.

A feature of the match were the two tries scored by Tevita Tangi-Noa.

The Lakes were in the match for quite a while but faded the longer the match went on.

Source:
Media release, 15 Jul 2017
Larry Thomson, Central Coast Rugby Union

Umina bowler captures veterans' title

The Veteran Singles final between Wyong's Alan Carpenter and Umina's Roger Twells, was played at Munmorah United Bowling Club on Friday, July 7.

The match turned into a tight tussle with both bowlers poised to take out the title.

Alan Carpenter, who trailed 15-8, clawed his way back into contention at 15-17 and both bowlers were within reach of the magical 21 target at 18-20.

Alan Carpenter was then holding game with three shots sitting behind the jack only to see Roger Twells draw the absoluter

with his last bowl to snare the title 21-18.

It was an entertaining game befitting of a final and both bowlers put down some lovely draw bowls.

However, Roger Twells was on target with his last bowl and more times than not converted when he was down, as indeed he did with his last bowl to take out the title.

Mr Twells, who is 73, only took up the game since he retired a few years ago and was proud to capture his first bowl's title, especially at Zone level.

SOURCE:
Media release, 7 Jul 2017
Kevin Bring, Central Coast Bowls

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

24 MON	0254 0.15 0855 1.50 1437 0.35 2104 2.02	25 TUE	0342 0.17 0945 1.50 1529 0.38 2153 1.95	26 WED	0429 0.22 1034 1.49 1620 0.43 2240 1.84
27 THU	0514 0.29 1123 1.47 1711 0.51 2326 1.70	28 FRI	0558 0.38 1212 1.45 1803 0.59	29 SAT	0012 1.55 0640 0.46 1300 1.43 1859 0.66
30 SUN	0059 1.41 0723 0.54 1352 1.42 2001 0.71	31 MON	0152 1.29 0809 0.59 1446 1.43 2110 0.72	1 TUE	0254 1.22 0900 0.62 1543 1.46 2219 0.69
2 WED	0400 1.19 0954 0.62 1638 1.50 2320 0.63	3 THU	0502 1.20 1046 0.61 1728 1.56	4 FRI	0011 0.56 0556 1.24 1134 0.58 1813 1.62
5 SAT	0054 0.49 0642 1.28 1218 0.55 1853 1.68	6 SUN	0131 0.42 0722 1.32 1259 0.51 1930 1.73	7 MON	0207 0.37 0800 1.35 1338 0.48 2008 1.77

APPROX. TIME LAG AFTER FORT DENISON

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

In view of the variations caused by local conditions and meteorological effects, these times are approximate and must be considered as a guide only. They are not to be relied on for critical depth calculations for safe navigation. Actual times of High and Low Water may occur before or after the times indicated

Smoking Dragon

Swords, Knives
Smoking Accessories
WAR MEMORABILIA WANTED

Shop 12 Ebtide Mall
150 The Entrance Rd
The Entrance 2261
Ph: 02-4333-8555

[illegible]

JULY Catalogue Out Now



\$9⁹⁹
ea

Codral PE Day and Night 24 Tablets*



\$6³⁹
ea

SAVE \$3.60
OFF RRP †

Betadine Sore Throat 36 Lozenges
selected products on sale in store*



\$12⁹⁹
ea

Bisolvon Chesty Forte and Dry 200ml*



\$7⁹⁹
ea

SAVE \$6
OFF RRP †

Curash Baby Wipes Fragrance Free and Soap Free
3 x 80 Wipes range on sale in store*



\$1⁹⁹
ea

SAVE 10c
OFF RRP †

Betadine Soar Throat
Gargle 120ml*



UP TO
**60%
OFF**
RRP † on selected
products*



\$3⁹⁹
ea

SAVE \$6
OFF RRP †

Cold Power Top and Front Loader Powder and Liquid 1kg*



\$14⁹⁹
ea

SAVE \$8.96
OFF RRP †

Cenovis Once Daily Men's Multi 100 Capsules*



\$14⁹⁹
ea

SAVE \$8.96
OFF RRP †

Cenovis Once Daily 50+ Multi 100 Capsules*



\$14⁹⁹
ea

SAVE \$7.96
OFF RRP †

Cenovis Magnesium 200 Tablets*



**Fastest
Craving
Relief***

*compared to other NICORETTE® products

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NICORETTE® products contain nicotine. Stop smoking aid. Always read the label. Use only as directed. ®Registered Trademark



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nicotine (mg spray)
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Contains 13.6 mg/mL

779616

Nicorette QuickMist Mouth Spray

**SAVE
35%
OFF**

\$39⁹⁹
ea

SAVE \$21.50
OFF RRP †

UMINA BEACH 315 West St, Umina Beach, NSW 2257

Ph: 4341 1488

Mon - Fri: 8:30am - 5:30pm

Saturday: 8:30am - 3pm

Sunday & Public Holidays: 9am - 3pm

you save
CHEMIST

On sale until 31/07/2017 or until sold out. % off is on everyday store prices and may vary at each store and online. * RRP – the save prices listed are calculated from supplier RRP at time of preparation. YouSave Chemist may not have previously sold the product at the RRP due to our discount policy. * We reserve the right to limit quantities, and correct pricing and print errors. Ask our Pharmacist or healthcare professional whether this preparation is suitable for your condition. Always read the label and use as directed, if symptoms persist see your health care professional. Incorrect use could be harmful. Vitamin supplements are not a substitute for good nutrition or balanced diet. Weight loss products are only beneficial when taken in conjunction with sensible lifestyle factors. ^ Breastfeeding is best for babies. Please consult your health care professional for advice before using this product.