

## Peninsula identified as having high gambling risk

The NSW Government has identified the Peninsula as having a high gambling risk and will cap the number of poker machines at current levels.

The Peninsula has 768 poker machines or around one per every 46 people based on a population of around 36,000.

NSW Minister for Racing, Mr Paul Toole, who announced the caps on March 6 said, "Local community caps are an appropriate response to concerns that some areas have too many gaming machines."

"Local community caps are part of a package of reforms that represent the most significant changes to gambling regulation in NSW for a decade," he said.

Under proposed changes to the scheme, classifications will move from using local government area boundaries to Statistical Area Level 2 (SA2) boundaries.

SA2s are geographical boundaries set by the Australian Bureau of Statistics.

Each area will be classified as Band 1 (low risk), Band 2 (medium risk) and Band 3 (high risk and subject to an area cap).

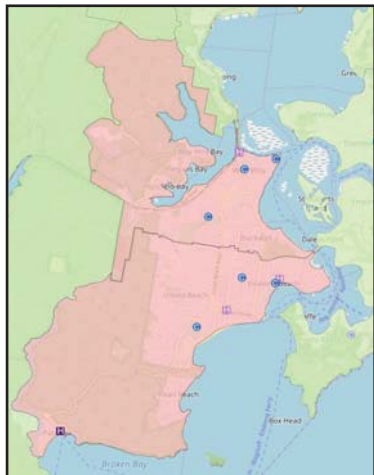
The whole area of the Peninsula has been classified as Band 3 high risk so poker machines will be capped at current numbers.

In the area classified as Umina, Booker Bay and Patonga, there are three clubs and three hotels with 504 poker machines across 10 permits.

Woy Woy-Blackwall has three clubs and two hotels with an entitlement of 250 machines spread across four permits.

"The reforms include an overhaul of the Local Impact Assessment (LIA) scheme that regulates gaming machine movements," Mr Toole said.

"These changes will deliver more



This map indicates that all gaming venues on the Peninsula will be subject to a new local cap

transparency, more community consultation and greater certainty for industry," he said.

A leasing scheme will be introduced for gaming machines held by small hotels and clubs, providing a new pathway for them to go machine-free.

Regulation of clubs will be streamlined and tougher penalties introduced for directors who do the wrong thing.

"These reforms follow extensive consultation and represent a reset of the way gambling is regulated in NSW."

"They recognise concerns about gambling harm, while focusing regulation on where there is real risk," Mr Toole said.

The reforms come on top of changes in January to bolster the Responsible Gambling Fund to support responsible gambling and minimise the risk of gambling-related harm in the community.

**SOURCE:**  
**Media release, 6 Mar 2018**  
**Ashley Gardiner, Office of Paul Toole**

**Website, 7 Mar 2018**  
**LIA Band interactive map, Liquor and Gaming NSW**



A Umina grandmother has started a petition to get play equipment returned to the Brisbane Ave playground

## Petition calls on council to reinstate play equipment

**A Umina grandmother has started a petition for reinstatement of play equipment in the Brisbane Ave and Paul St playgrounds.**

Ms Margaret Myles of Umina has also called on Central Coast Council to "stick by" its adopted Playground Strategy.

"On Monday, February 19, Council sent letters to residents within a 400m radius of our local park at Brisbane Ave, Umina, advising that removal of playground equipment would begin on the same day," Ms Margaret Myles said.

"Both sets of swings were removed on February 19, before the community had any chance to object to the removal of the playground equipment," she said.

Ms Myles decided to start a petition on change.org and, by March 6, 230 people had signed it.

"This park was once a fabulous local park that my now-grown children loved playing in, with swings, slides and a whirly ball."

"This park has been neglected

to the point that prior to February 19, two old swing sets were all that was left.

"Despite this, my grandson loved to play at this park."

"This is the latest travesty of a Council that clearly places no importance on local recreation facilities for ratepayers."

"The Woy Woy Peninsula is already underprovided with local playground facilities."

"Why remove more?"

"Paul St is another playground that comes to mind that was much needed by the residents in the vicinity."

"Now this area has no local parks within Central Coast Council, it is not good enough to advise the community that we can travel 2km to the Umina Recreation Precinct if we want to visit a park."

"Some residents do not have vehicles, and travelling on foot or by bicycle is difficult with children, because the state of our roads is so poor, and we lack access to bike paths."

"Council should provide

a playground network that encourages more active lifestyles by offering well distributed and accessible recreation facilities.

"It is not good enough to not allow the community to have their say in the removal of these items."

"It is not good enough to claim that the removal was due to safety issues."

"If Council was genuinely concerned about safety in this park, it would have acted on the numerous complaints about tree branches overhanging the swings where children play."

"This was the only safety concern within this park."

"The swingsets were in good condition."

"It is not good enough to prepare a Playground Strategy and not stick by it."

"Bring back the playground at Brisbane Ave, bring back the playground at Paul St and prioritise community-building over profits," she said.

**SOURCE:**  
**Website, 6 Mar 2017**  
**Margaret Myles, Umina**

THIS ISSUE contains 51 articles - Read more news items for this issue at [www.peninsulanews.info](http://www.peninsulanews.info)

# NEWSPAPERS

central coast

**Office:** 120c Erina Street, Gosford  
**Phone:** 4325 7369  
**Mail:** PO Box 1056, Gosford 2250  
**E-mail:** [editorial@centralcoastnews.net](mailto:editorial@centralcoastnews.net)  
**Website:** [www.centralcoastnews.net](http://www.centralcoastnews.net)





News

Peninsula News

Community Access

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

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

See [www.peninsulanews.info](http://www.peninsulanews.info) for all editions published

**Editor:** Mark Snell

**Commercial Operator:** Cec Bucello for Central Coast Newspapers

**Journalists:** Jackie Pearson, Dillon Luke

**Graphic Design:** Justin Stanley

**NEXT EDITION: PENINSULA NEWS 441**

**Deadline:** March 22    **Publication date:** March 26

**Email:** [editorial@centralcoastnews.net](mailto:editorial@centralcoastnews.net)    **Ph:** 4325 7369

**Peninsula News focusses on post codes 2256 and 2257**

**Contributions**

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

All accepted contributions also appear on our website.

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

**Central Coast Newspapers is the commercial operator of Peninsula News**

ISSN 1839-9029 - Print Post Approved - 100002922

Printed by Spotpress Pty Ltd Marrickville

Woy Woy Community Media Assoc Inc

2018 Membership Application

Peninsula News is unique in being owned by a voluntary community group. Being a member is a great way to show support for the newspaper and to help ensure its continued independence

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Suburb: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

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

Still more rain needed

A wet conclusion to February resulted in the Peninsula's rainfall for the second month of 2018 being 8.8 per cent above average but more rain is needed to keep drought at bay.

Umina resident, Mr Jim Morrison, recorded 25.6mm of rain during the first nine days of March. The greatest rainfall was recorded on March 6 when 22.5mm fell.

The other 3.1mm were recorded on March 7.

According to Mr Morrison's records the average March rainfall for the Peninsula is 151mm so there's a deficit of 125.4mm to make up over the remaining 22 days.

March 2017 set a healthy precedent when 485.2mm fell during the month.

Mr Morrison recorded 280.1mm of that total in the final 18 days of the month.

March, April and June are the months when the highest

Monthly Rainfall

| Month | 2015 | 2016 | 2017 | 2018 | 13Yr Avg |
|-------|------|------|------|------|----------|
| 1     | 350  | 350  | 150  | 150  | 150      |
| 2     | 100  | 100  | 150  | 150  | 150      |
| 3     | 100  | 250  | 150  | 150  | 150      |
| 4     | 450  | 100  | 150  | 150  | 150      |
| 5     | 100  | 100  | 150  | 150  | 150      |
| 6     | 100  | 350  | 150  | 150  | 150      |
| 7     | 100  | 100  | 150  | 150  | 150      |
| 8     | 100  | 100  | 150  | 150  | 150      |
| 9     | 100  | 100  | 150  | 150  | 150      |

monthly rainfall is recorded on the Peninsula so they need to be on track to ensure the annual cumulative average of 1289mm is achievable for 2018.

**SOURCE:**  
Spreadsheet, 9 Mar 2018  
Jim Morrison, Umina

YOUR CHANCE TO WIN

CENTRAL COAST  
Regional Show  
14th - 15th April 2018

The Peninsula News and the Gosford Showground Trust Inc. would like to offer three lucky readers the chance to win a family pass to the Central Coast Regional Show.

This traditional Agricultural Show has been held at Gosford Showgrounds' Showground Rd, Gosford since 1888

Previously run as Gosford Regional Show it was considered appropriate, following recent amalgamation of the Gosford and Wyong Councils, that the name "Central Coast Regional Show" be adopted to reflect the changing demographic of the region.

The Show Committee of the Gosford Showground Trust has proudly conducted this community event over the past 20 years to provide an event that celebrates all the great aspects of life on the Central Coast.

The family pass will allow for two adults and two children under 16 to enter the show on either April 14 or 15.

For your chance to win the double pass, write your full name, address and daytime phone number on the back of an envelope and mail it to Peninsula News Central Coast Regional Show Competition, PO Box 1056, Gosford, NSW, 2250, before 5pm on Friday, March 23.

The winner of the War Boy Competition was Ms Jacky Kelly of Umina.

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

Get the most out of your advertising dollar

NEWSPAPERS

central coast

#thisisthelife

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

[www.centralcoastnews.net](http://www.centralcoastnews.net)

facebook

**Office:** 120c Erina Street, Gosford - **Phone:** 4325 7369 - **Mail:** PO Box 1056, Gosford 2250  
**E-mail:** [editorial@centralcoastnews.net](mailto:editorial@centralcoastnews.net) - **Website:** [www.centralcoastnews.net](http://www.centralcoastnews.net)

[www.peninsulanews.info](http://www.peninsulanews.info)



## Injured girl waits 24 hours for rescue

A 15-year-old injured girl has had to wait almost 24 hours in Brisbane Water National Park to be rescued in an operation involving police, NSW Ambulance and Fire and Rescue NSW on February 26.

The girl was on a school camping trip in the National Park near Wondabyne and suffered a possible neck injury during a bushwalk just after 1pm on February 25.

Due to the weather, rescuers could not retrieve the girl from the park that day.

The girl was treated at the scene by ambulance paramedics who stayed with her overnight.

She was airlifted from the site at about 12:30pm on February 26.

She was taken to Westmead Children's Hospital in a stable condition.

**SOURCE:**

Media release, 26 Feb 2018  
NSW Police Media

## 'Standards set out in DCP have not been complied with'

An application to build three townhouses in Augusta St, Umina, has been approved by Central Coast Council on March 2, with the application acknowledging that it did not comply with planning controls for setback and open space.

"It is clear that the numerical standards set out in the DCP have not been complied with on numerous occasions," the application stated.

"This DA relied on precedents, where the setback standards were not complied with in the Umina and Woy Woy areas.

"There is a lack of large sites and development is constrained to smaller sites where setback requirements are difficult to achieve with economic yield of dwellings.

"Consequently, the numerical standards may be viewed as overly restrictive for satisfactory medium density development to take place.

"It is therefore argued that the proposed development should be considered an acceptable proposal as it is in keeping with the DCP objectives."

The application claimed: "The



Site for three new townhouses

proposed development will make available affordable medium density residential housing for the community.

"The proposed setbacks are the most suitable solutions to the existing site constraints," it said.

"The proposal will rejuvenate the site and complement the desired form, orientation and scale

of surrounding properties.

"Recently the adjacent property 4 Augusta St has been approved for a multi-unit development with similar design, setbacks and site cover."

The site has a land area of 847 square metres and currently comprises a single storey brick house.

According to application, the first townhouse will have side entry on the ground floor.

The ground floor will include the kitchen, dining, living and master bedroom, laundry, guest toilet and storage.

The first floor will accommodate another lounge room, three bedrooms, linen and bathroom.

A ground floor courtyard will be accessed from the living room and the dwelling will have a double garage with internal access.

The second townhouse will also have side entry via a porch on the ground floor.

The ground floor will include kitchen and dining, both of which will have access to a courtyard.

A living room, laundry, guest toilet and storage will also be located on the ground floor.

The master bedroom, two other bedrooms, a lounge room, bathroom and linen cupboard will be on the first floor and townhouse two will have a single garage.

The third residence will have the same layout as townhouse one.

**SOURCE:**

Gosford DA Tracker, 7 Mar 2018  
DA53456/2017, Central Coast Council

## MATTRESS PLUS

- LAYBY AVAILABLE
- HUGE MARKDOWNS ON DISCONTINUED FLOOR STOCK
- CUSTOMISED LOUNGES AVAILABLE
- WALK OUT THE DOOR PRICES
- MASSIVE DISCOUNTS ON OUTDOOR AND LEISURE!!



Was ~~\$1999~~  
NOW ONLY **\$1300**

### 15 year Warranty



**up to 50% OFF**

Milford

9pc Outdoor Dining Set  
**LIMITED STOCK**

**Black Caviar Mattress**

Available in firm, medium, plush - Queen and King  
**"THE GOLD STANDARD OF MATTRESS"**

If it's not on the floor - we'll get it in the door

**4341 8727**

225 Blackwall Road Woy Woy

woywoy@mattressplus.com.au



## News

# Council grants six non-complying DAs in three months

**Central Coast Council has admitted it approved six development applications on and around the Peninsula between October and December that didn't comply with development standards.**

On October 18, Council approved a development application for alterations and additions to a home in Helmsman Bvd, St Huberts Island.

Approval required a variation to the standard for floor space ratio by 2.6 per cent.

It was justified by Council as minor and did "not affect the overall bulk and scale of the development".

Another residential alteration

at Killcare was approved on November 10 with a 25 per cent variation to the standard for building height.

It was justified on the basis that the "dwelling additions remained at the same height of the existing dwelling house, impacts considered acceptable".

An 11.7 per cent variation to the building heights standard was granted for a multi-unit project in Ocean View Rd, Ettalong, on November 17.

"In order to achieve suitable drainage across the site the height of the proposal has been increased," was the stated justification for the variation.

The standard for minimum lot

sizes for attached dwellings was varied to approve a multi-unit residential project in Hillview St, Woy Woy.

In this instance the 2.5 per cent variation was deemed minor "and the proposed development provides sufficient space for landscaping setbacks and amenity".

A 5.3 per cent variation to the standard for building heights was given to a project at 53 Greenhaven Dr, Umina, because "the slope of the land means it would be difficult to meet the building height development standard and there will be no impact on amenity of neighbours or streetscape and seeks to minimise the cut and fill

on the site".

In December, a single new home in Bay View Cres, Blackwall, was approved with a 15.3 per cent variation to the building height.

The justification was "the steep topography of the land makes it difficult to achieve moderate floor area without exceeding the height limits".

Developments on the Peninsula are still determined using the Gosford Local Environmental Plan 2014.

It permits some variations to standards provided they "achieve better outcomes for and from the development by allowing flexibility in particular circumstances".

"In each case, the relevant

development application must address the objectives of the development standard being varied," according to a report by staff to the February 26 meeting of Central Coast Council.

"Council requires that a written request to vary a development standard be considered in each case, which must address...why compliance with the development standard is unreasonable or unnecessary ... and that there are sufficient environmental planning grounds to justify contravening the development standard," the report said.

**SOURCE:**

**Central Coast Council agenda Item 2.1, 26 Feb 2018**

ADVERTISEMENT



## Community Environment Network

### Chairman's Report

Everyone needs clean drinking water, humans and wildlife alike. It is a food. Recent announcements on Wallarah 2 coal mine and the Kangy Angy Railyards are likely to be bad news for people and Platypus.

The Wallarah 2 approval provides for the discharge of large quantities of contaminated mining water into our drinking water catchment. It is claimed that the water will be treated by Reverse Osmosis (RO) to high standard to remove dissolved solids. RO is a water treatment technology which reduces contamination in one half of a water flow by increasing concentrations in the other half of a water flow. The health effects of drinking water from mines is unknown, uncertain and long term.

Meanwhile, the contracts have been let for the Kangy Angy Railyards. Platypus and frogs downstream are about to be subject to a major industrial development which will change and probably destroy their habitat. It permanently destroys approximately 16 Ha. of sensitive wetland being one of only three locations where Mahony's Toadlet is known to occur. The land was originally obtained by council and zoned E2 to permanently protect the wetland values.

In both cases Sustainability goes backwards as these developments have permanent and long lasting effects. Residents, their children and the natural environment will bear the legacy.

John Asquith, Chairman

### Do you need help managing bushland on your property?

The COSS Connections & Rehabilitation project aims to assist landholders in or near the COSS (Coastal Open Space System) to maintain and improve bushland on their properties. Through this project we are able to offer interested landholders tools to manage the environmental values of their land.

As a property owner you may be eligible to receive support from this project.

- Free or subsidised bush regeneration on your land
  - Free Workshops, Information and Training events,
  - Membership of Land for Wildlife (including free property assessments and reports, and LFW sign for your property)
  - Free training in wildlife monitoring and camera loan,
- To be considered to receive support from this project:
- You must have an area of bushland more than 0.5 ha (approx 1.2 acres) in size that you would like to manage for the conservation of native plants and animals (or be able to work with adjacent landholders to meet that requirement)
  - Be identified for COSS or near a "wildlife corridor".

**Contact Nicole Heta for more information: [coss@cen.org.au](mailto:coss@cen.org.au) or ph: 4349 4756**

**This project has been assisted by the New South Wales Government through its Environmental Trust.**



### Upcoming events

#### COSS Connections

#### Information Workshops :

Learn about nearly extinct animals living in your backyard and what you can do to help save them including the Long-nosed Potoroo, Yellow-bellied Glider, Grey-headed fox and Microbats  
**Wed 28th March, 2018**  
Bensville/Macmasters Scout Hall  
6 - 9pm  
Free

\*Includes refreshments  
\*Guided Spotlight Walk

#### Sat 21st April, 2018

Matcham Hall  
9.30am - 12.30pm  
Free

\*Includes refreshments  
\*Meet rescued flying foxes and microbats

Bookings are essential  
**FOR MORE INFORMATION AND TO BOOK - VISIT**

**[www.cen.org.au](http://www.cen.org.au)**

**P: 43494756**

**[habitatforwildlife@cen.org.au](mailto:habitatforwildlife@cen.org.au)**

### Wildplant Community Nursery Plant Sale Days

**17th March & 14th April, Saturday 10am—2pm**

**CEN Office, Ourimbah (access CEN office from Brush Road) Ourimbah**



Come along to our plant sale. We have a large range of local native plants available including ground covers and herbs, shrubs and trees, bush food, bird attracting, native bee attracting, frog friendly and screen plants. Cash Only. No EFTPOS

**The Nursery promotes and grows "local provenance" plants (native plants from our local area) to protect and improve biodiversity on the Central Coast.**

### Nursery Volunteers Needed

Assist our nursery coordinator with propagation and watering Mon - Fri  
Learn native plant propagation techniques and improve your native plant I.D. skills. No experience necessary, enjoy learning onsite. Attend when you can, do what you able and go when you want to. The nursery is located at Pioneer Dairy Wetlands, South Tacoma. Transport to the nursery can be provided from Wyong train station.  
For more information  
E: [nursery@cen.org.au](mailto:nursery@cen.org.au) P: 0243494756

## Our Central Coast - Worth Protecting

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

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

**[www.cen.org.au](http://www.cen.org.au)**

**Ph: 4349 4756**



## Construction certificate issued for multi-dwelling project

A construction certificate has been issued to enable commencement of a multi-dwelling housing project at 9 Priestman Ave, Umina.

Existing structures will be demolished on the 720 square metre block and replaced with three units with works estimated to cost \$550,000.

Approved by Central Coast Council in September 2017, the project required significant variations from the requirements of the Gosford Development Control Plan 2013.

According to Council's assessment report for the project, it required variations of between 40 per cent and 75 per cent to setbacks, a 38 per cent variation to car parking and a 29 per cent variation to articulation.

Each unit will contain two bedrooms and a single garage.

According to the assessment report, the applicant had submitted a written request stating that compliance with the development standard was unreasonable and unnecessary in this instance as the non-



An aerial view of the 720 square metre site on Priestman Ave, Umina

compliance would have no effect on adjoining properties and noting the variation would allow three two-bedroom units rather than two three-bedroom villas.

"In assessing the applicant's submission, it is noted that the proposal was well within the allowed floor space ratio and height limits under Gosford LEP 2014.

"The proposal is consistent with the development density,

scale and style of medium density residential development supported by Council on similar sized land parcels in the Peninsula.

"From the street, the proposal will have a similar appearance to surrounding developments.

"The proposal would be within the environmental capacity of the land and not be detrimental to the surrounding properties or the public domain.

"Despite the minor

variation, the development is not considered to impact on the amenity of residents or adjoining properties.

"Being single storey units, the development will not adversely impact on adjoining properties in terms of privacy or overshadowing.

"The proposal is generally consistent with development controls for multi-dwelling housing.

"It is considered that the

extent of the variation is insignificant and the lot size is adequate to accommodate the proposed multi-dwelling housing development without compromising external and internal amenity.

"The proposal is consistent with the objectives of the zone and character of the area, is of high quality design, incorporates articulation and detailing and is consistent with the bulk and scale of development on similar lot sizes in the area.

"The applicant's written request has adequately justified that compliance with the development standard is unreasonable and unnecessary in this instance and there are sufficient environmental planning grounds to justify contravening the development standard," the assessment report concluded.

SOURCE:

Gosford DA Tracker, 7 Mar 2018  
DA52242/2017, Central Coast Council

**INSTALLED IN A DAY!\***

**PRODUCT SATISFACTION 94.8%**

**CUSTOMER SERVICE SATISFACTION 93.3%**

# Stairlifts never looked this good

Designed to make your life easier when stairs start to become too much, a **Compact Lift** will easily fit into any home.

Often chosen as an alternative to cumbersome and unattractive stair lifts, a **Compact Lift** will transport 2 people comfortably so you can transform your life without moving home.

A **Compact Lift** is packed with sensors to keep everyone safe, it also plugs straight into a normal power point, runs very quietly and uses less energy than a toaster!

**CALL NOW AND QUOTE PN17 TO RECEIVE \$500 OFF YOUR PURCHASE!**

- Quick and easy to install
- Advanced safety features
- Small footprint
- Battery back up
- Flexible positioning options
- Wheelchair model available
- Two year guarantee
- Cost-effective and affordable
- Installed in a day\*

Open Door, Step In

Close Door, Press Up

Lift moves through floor

Arrive upstairs

**Please Call 1800 842 055**

or

**Visit [www.compactlifts.com.au](http://www.compactlifts.com.au)**

**for a FREE no obligation survey or for a FREE Brochure**

Compact Home **Lifts**

\* Wheelchair lifts can take up to 3 days to install in some locations.



# Endangered bushland is not ‘significant’ to Council

Endangered bushland on the Peninsula has not been recognised as regionally significant, despite being gazetted as endangered at a State level.

Umina Coastal Sandplain Woodland has been gazetted under Threatened Species legislation as an “ecologically endangered community”.

It only exists to any significant extent on the Peninsula, and is one of the smallest endangered woodland communities in the State.

A list of regionally significant vegetation adopted at the last meeting of Central Coast Council included 23 vegetation communities and sub-communities but did not include Umina Coastal Sandplain Woodland.

Council staff confirmed that the woodland was not included on the register.

Mayor Cr Jane Smith said that the woodland was not currently on the significant vegetation register but that it was defined as significant.

“It is not on that list but it is an Ecologically Endangered Community so it does have protection through other legislation and I think that is important to understand.



A sign erected by the former Gosford Council near Umina Oval called Umina Coastal Sandplain Woodland a natural treasure

“I would like it to be included a bit more prominently in our policy,” Cr Smith said.

Cr Richard Mehrtens, whose ward includes the Peninsula, has called for it to be included on the register.

The Ettymalong Creek Landcare Group called for the list of regionally significant vegetation to be expanded to include all ecologically endangered communities in the Central Coast including but not limited to the Umina woodland, Swamp Oak Floodplain Forest of the NSW Northern Coast Sydney Basin and SE corner bioregions, Swamp Schlerophyll Forest on Coastal Floodplains of the NSW North Coast Sydney Basin and SE

Corner Bioregions and Narrabeen Coastal Blackbutt Forest.

Cr Smith said she was hopeful that Central Coast Council would eventually have an urban forest policy.

“It is probably a bit premature but I am getting emails about Council building an urban forest policy including public land and street plantings,” she said.

“I know our staff are working on that kind of policy and I think that is a really important thing.”

#### SOURCE:

Central Coast Council agenda  
Item 2.2, 26 Feb 2018  
Interview, 27 Feb 2018  
Jane Smith, Central Coast Council  
Reporter: Jackie Pearson

## Article sources

Many newspapers do not reveal where or how they come across the information published in their articles.

It might be assumed that it is through the newspaper’s interest and investigation, or that they in some way endorse the information being conveyed in their articles.

This is not necessarily the case, at least not at Peninsula News.

Peninsula News includes “source lines” at the end of each article which aim to provide readers with information about where and how we came across the information, so that they might judge for themselves the veracity of what they are reading.

In some cases, such as with articles concerning council, they also provide a reference for readers to look at for themselves.

It should not be assumed that the article is a verbatim reproduction of the source. Often articles are edited for readability and reader interest and given different headings, and are consequently quite different from the source material.

Peninsula News usually receives its information in three ways: It is sent to us by someone wanting to promote their activities; it is sent to us in response to our inquiries; or it comes from a newsletter or other document to which we have access.

Source lines attempt to reflect this and are usually comprised of four parts: the format of the source document, the date written

or submitted, the author and the organisation (or, in the case of letters, the suburb).

Material sent to us unsolicited will usually be described as a **Media Release**, or in the case of Forum contributions **Email** if sent electronically and **Letter** if written on paper.

Material sent to us in response to our questions will usually be described as **Media Statement** if written, or **Interview** if verbal.

Where we gather information from a meeting (for example, of council), the **Reporter’s** name will usually be given.

Council reports will usually be attributed to an **Agenda item**, which can be read on the council website.

Reports about development applications may include both the **DA number** and fact it was sourced from the Council’s **DA Tracker** website.

Reports of activities in our schools and local community groups often come from a **Newsletter** or **Website** of these organisations, which are providing information to the public.

Occasionally, we will be sent or come across a document in another format, such as **Spreadsheet** or **Report** or **Letter** (between third parties) or other **Document**, upon which we will base an article. It is quite possible in these cases that these may be used without the knowledge of the author.

Mark Snell, editor

## Living & laughing with friends

### Join Eric & Enid at Peninsula Villages

Exclusive opportunities are available within our independent living community

Now available for sale are:

- 1 bedroom units at Peninsula Village
- 1 & 2 bedroom units at Cooinda Village

Enquire now. Phone Lisa on 02 4344 9199 or email lisad@penvill.com.au

Cooinda Village | 2-18 Neptune Street Umina Beach  
Peninsula Village | Pozieres Avenue Umina Beach







# LUCY WICKS MP LOCAL ROAD PETITION

Please sign the petition...

Dear Central Coast resident,

Wherever I am on the Central Coast, I keep hearing about the poor state of our local roads.

We've already seen funding quickly delivered to address the roads we promised to fix from the last election. Now, my commitment is to fight for more funding - with your help.

*Lucy*

**Lucy Wicks MP**  
Federal Member for **Robertson**



Level 3, 69 Central Coast Highway, West Gosford NSW 2250 4322 2400  
 [lucy.wicks.mp@aph.gov.au](mailto:lucy.wicks.mp@aph.gov.au) [lucywicks.com.au](http://lucywicks.com.au) [LucyWicksMP](https://www.facebook.com/LucyWicksMP)

If you agree that it's time for Central Coast Council to take a closer look at your street, please sign this petition and ask all your neighbours to do the same. **Send it back, and I'll fight for you!** Alternatively, fill in the survey online at [lbr.al/lwrs](http://lbr.al/lwrs) or take a picture of the survey and email it to [lucy.wicks.mp@aph.gov.au](mailto:lucy.wicks.mp@aph.gov.au)

Why does your street need to be fixed?

Title

Name

Address

Home ph

Mobile ph

Email



# Liberal and Labor lobby for position on dredge purchase

**Liberal and Labor councillors are claiming the moral high ground after a motion to take steps to purchase a "super dredge" was defeated at a council meeting on February 26.**

Liberal Cr Jilly Pilon has called on the Central Coast Council to take ownership, responsibility and action to fix Brisbane Water channel by buying the dredge.

Labor Cr Richard Mehrtens, while claiming to support the intent of the motion, said: "Committing to buy a dredge is a major decision and one that shouldn't be taken lightly."

"A late-night motion, with no cost or budget plan, doesn't set a good precedent for future decisions."

Cr Pilon and Cr Greg Best moved the motion that called for Council to note "with alarm the likely closure of the Brisbane Water channel due to mass tidal sand migration".

The motion asked Council to "recognise the imperative of dealing with the issue urgently due to the likely impact on the environment, tourism and flooding risks".

They called on their fellow councillors to "in principal agree to

acquire a suitable sea-going super dredge to deal with the Brisbane Water Channel and estuaries".

The dredge would also be used to service the channel to Tuggerah Lakes at The Entrance.

The motion asked for staff to report on suitable dredge options, the acquisition process and budget requirements for 2018-19.

Central Coast Ferries owner Mr George Conway addressed the meeting but could not persuade councillors to vote in favour of acquiring a dredge.

"Consistently vessels are running aground in the channel," Mr Conway said.

"Masters are having problems where they are grounding on a daily basis and they are in a position where they are frightened to report because they are facing prosecution from the Australian Maritime Safety Authority," he said.

He said there appeared to be no permanent solution for keeping the channel open even though it was a transport corridor to Sydney and spoke of the anxiety being suffered by his professional ferry masters and those employed by Palm Beach Ferries.

"One hundred years ago, they were dredging channels with old technology and we have modern

technology able to do the work for modest cost," he said.

"I feel sure there are options for the material to be removed entirely from the channel between Box Head and Half Tide Rocks that could be taken and used to replenish beaches around the Central Coast."

"The operation last year removed material from the unnatural channel but it is likely to go back to where it was removed from," Mr Conway said, calling the NSW Government's emergency dredging a "band aid fix".

He said his vessels were also touching bottom daily at the entrance to Woy Woy channel.

Mr Conway said the Ettalong Channel was basically closed at low tide as Palm Beach ferries had to divert to Patonga.

"These ferries are bringing prosperity to the area. They are bringing people to Ettalong," he said.

During the debate of the motion, Council director Mr Mike Dowling said the council did not have licences to dredge some of the areas identified.

He said the council had made three grant applications to the NSW Government including the purchase of a dredge but there

had been "no reply from the State Government".

Mr Dowling said the Brisbane Water channel was a State responsibility.

He said the minimum cost to purchase a dredge would be between \$12 million and \$20 million.

"If the resolution directed Council [staff] to purchase a dredge it could be any amount of money depending on the size of the dredge needed to complete the operation," he said.

Mayor Cr Jane Smith said the matter should be deferred for a detailed briefing.

"I get the feeling councillors are not across the issues here," she said.

Cr Smith said the matter of whether the channel was a State or council responsibility remained "in dispute".

"There are letters flying around the place for both sides of the argument," she said.

Cr Best and Pilon lost the vote on the floor and Cr Smith's suggestion to defer the matter was carried.

However, after the meeting, Cr Pilon issued a media release stating that the current situation in the Brisbane Water estuary and

the Ettalong channel has resulted in uncertainty for businesses, ferry operators, commuters, fisherman, tourists and residents who used the waterway.

"We cannot ignore the adverse effect this issue is having on people's lives and the economy," Cr Pilon said.

Our choked waterways at Ettalong are affecting tourism, employment, transport and land values on the Coast as well as adding to the flood risk of homes around our waterways," she said.

Cr Pilon, who is a Liberal Councillor, said that NSW Minister for Lands and Forestry, Mr Paul Toole had confirmed, dredging of the Ettalong Channel was the responsibility of Central Coast Council and that the New South Wales Government was not responsible for maintaining local waterways.

She said the Ports and Maritime Administration Act 1995, clearly stipulated that as the Central Coast had no commercial ports or state-owned maritime infrastructure, the waterways were the responsibility of local government.

Continued page 10



**Liesl Tesch MP**  
Member for Gosford

## How can I help?



**Schools and education**

**Community Recognition Awards**

**Anniversary & birthday messages**

**Fair Trading**

**Hospitals and health**

**Main roads**

**Police and Emergency Services**

**Public housing**

**Trains and public transport**



📍 20 Blackwall Road, Woy Woy NSW 2256

@ Gosford@parliament.nsw.gov.au

☎ (02) 4342 4122



# **When the Liberals win, our kids lose.**



**Malcolm Turnbull  
and Lucy Wicks  
are cutting \$1,874,265  
from**

**Brisbane Water  
Secondary College**

**Sign our petition to tell the Liberals our schools deserve better.**

**[alp.org.au/StopSchoolCuts](http://alp.org.au/StopSchoolCuts)**

**Labor**



[www.facebook.com/SenatorDebONeill](https://www.facebook.com/SenatorDebONeill)

Email: [senator.o'neill@aph.gov.au](mailto:senator.o'neill@aph.gov.au)

Authorised by Senator Deborah O'Neill, 4 Ilya Avenue, Erina 2250



# Liberal and Labor lobby for position on dredge purchase

From page 8

"Our waterways, effectively, are no different to our roads," she said.

"Much like the road system, where we pay for registration and licence fees, there are roads that are a Federal responsibility, roads that are a State responsibility and roads that are a local government responsibility.

"It's been stated by some councillors, that because the Roads and Maritime Services collects boating fees and charges for maritime activities, that the State Government is responsible for dredging and a dredging machine.

"That argument is flawed in the same way the State collects fees for road licences and registrations.

"Council still has its own local roads it is responsible for just as it has local waterways it is responsible for, including the Ettalong Channel.

"The NSW Government has a Coastal Dredging Strategy.

"Twice in the last year, the State Government has provided funds for emergency dredging works at Ettalong."

Cr Pilon said she thanked the State Government for the assistance but it was a "band-aid fix" and Council needed to take additional responsibility.



Emergency dredging at the mouth of Brisbane Water, September 2017

"It is therefore imperative that our Central Coast Council continues to work constructively with the State Government for grants that do exist such as the Rescuing Our Waterways grant which has been available since 2011," Cr Pilon said.

"A huge part of why we find ourselves in the predicament we are in at Ettalong Channel and Brisbane Water is the former Gosford City Council rarely applied and therefore received minimal funding for this periodic dredging work."

She said a Council-acquired dredge would provide it with full control of its use.

"We could ensure waterways are kept open and safe, keep beaches

open year round for tourism with a steady flow of replenishment, and boost our tourism industry with sand groynes providing great waves for surfers.

"The dredge could be leased to other Councils when not required for our local waterways."

Cr Pilon said Gosford Council had spent a significant sum of money to develop and adopt a comprehensive Coastal Zone Management Plan that included a detailed dredging plan for Brisbane Water out to Box Head in 2009.

"Why was this dredging never done?"

"It is time to move forward, Central Coast residents are tired of inaction."

Meanwhile, Labor's Cr Richard Mehrstens said he believed dredging

was one of the most important issues facing the Peninsula.

"Committing to buy a dredge is a major decision and one that shouldn't be taken lightly," Cr Mehrstens said.

"I fully support the intent behind the motion moved at Council on Monday.

"But with no budget, and no costs laid out in the motion, it would be irresponsible to sign a blank cheque to Council staff," he said.

"The estimate that was given on costs was in excess of \$20 million, and that is not an amount of money Council should spend without proper and current advice.

"Deferring the motion will give us an opportunity to get answers to important questions, including

whether or not purchasing and maintaining a dredge is the right thing for Council to do.

"While the State Government has spent \$15.5 million over the last three years along the rest of the NSW coastline, but is unwilling to invest enough money to do it right on the Coast, then I will continue to push the State Government to contribute their fair share," Cr Mehrstens said.

"I support the Council's decision to apply for NSW Government funding to conduct local dredging, and we should be fighting for every last cent we can get out of this government.

"We need to get this issue right, but a late-night motion, with no cost or budget plan doesn't set a good precedent for future decisions.

"I will continue to fight for this issue, and I look forward to voting in support of a strong and considered motion when it comes back to Council in the near future."

**SOURCE:**  
Central Coast Council agenda Item 5.2, 26 Feb 2018  
Media release, 28 Feb 2018  
Richard Mehrstens, Central Coast Council  
Media release, 2 Mar 2018  
Jilly Pilon, Central Coast Council  
Reporter: Jackie Pearson

## SCHOLTEN Jewellers ...reborn and now in Galleria Ettalong, the former Ettalong Markets at Ettalong Beach



After retiring in June 2014, Henry Scholten has now opened a small shop in the former Ettalong Markets, only trading on Saturdays, Sundays and Public Holidays.

The Ettalong market has been beautifully revamped to a luxury European Galleria style tourist attraction.

Established in 1988, Scholten Jewellers has been manufacturing fine jewellery on the Central Coast for 30 years, having had shops in Bateau Bay, Gosford, Erina and Tuggerah.

Scholten Jewellers is now in Ettalong, providing an excellent repair, design remodelling and manufacturing service.

The location is also an impressive showroom of unique, handmade rings, pendants, earrings, bangles, brooches, chains set with precious and semi-precious gems, and a huge selection of Australian Opal. All repairs and manufacturing is done on the premises in a fully equipped workshop.

Come and say hello to Nicola and Henry at their new Ettalong Beach store, or call them on 0431 670 033 or 0412 655 316.





# Innovative waterways solutions needed, says Holstein

## Council is procrastinating, says Chamber

**Central Coast Council is procrastinating over the Ettalong Channel, according to the Peninsula Chamber of Commerce**

The Chamber has expressed disappointment with the council's delay in deciding to buy a dredge.

"We just want action," said Chamber president Mr Matthew Wales.

"Yet again we see further procrastination by this Council over the issue of purchasing a dredge to deal with the constant silting and closure of the Ettalong channel and massive erosion of Ocean Beach.

"It was evident from last night's debate that there is a massive lack of understanding by the councillors over the Brisbane Water estuary issues and relevant responsibilities over the channel," Mr Wales said.

"Despite the best attempts by

Cr Greg Best and Cr Rebecca Gail-Collins to get the motion up, the councillors watered down the motion for yet more briefings, more legal advice, more studies and more costings," he said.

"Council has also advised that it currently has three grant applications before the NSW State Government, one of which includes the purchase of a dredge.

"It is my understanding that the NSW State Government has made it very clear to the Council that it does not provide funds for infrastructure such as dredges.

"Its role is to fund the operation of that infrastructure.

"Further, the NSW Government has made it clear to the Council that the Ettalong Channel and estuary are the Council's responsibility but is still prepared to co-fund the dredging operation.

"While the Council continues

to procrastinate, the Ettalong Channel gets worse on a daily basis, the Ocean Beach foreshore continues to erode and our tourism industry continues to suffer.

"The day is fast approaching when Palm Beach Ferries will have to seriously look at the ongoing viability of the Ettalong service.

"No commercial operator is going to risk an accident in that channel while the Council continues to delay making a decision on the long term solution to the problem.

"The Chamber doesn't care who is financially responsible for the channel.

"Whether it is rates or state taxes, it's all our money.

"The time for further delays has passed," he said.

**SOURCE:**

Media release, 27 Feb 2018  
Matthew Wales, Peninsula Chamber of Commerce

**Both the NSW Government and Central Coast Council need to look for innovative solutions to ensuring local waterways remain safe to navigate, according to Central Coast deputy mayor, Cr Chris Holstein.**

Cr Holstein said if current NSW law meant funding for dredging fell through the gap between Council and State government then perhaps law reform was needed.

"I was serious when I asked in Council who wrote the legislation?"

"If it is wrong then change it," he said.

Councillors were divided at their February 26 meeting when debating whether or not to purchase a dredge.

Liberal Councillors argued that the Ettalong channel was a Central Coast Council responsibility whereas the independent councillors, including Cr Holstein and mayor, Cr Jane Smith, remained convinced that the NSW Government should be providing some funding.

Cr Holstein said if both council and state government were prepared to "think innovatively" then a small amount of money from moorings, jetties, boat licences etc, could be diverted into a fund to pay for dredging, gross pollution traps and other perennial maintenance tasks to keep Ettalong and Woy Woy channels safe.

"The channel between Half Tide Rocks and Little Box Head runs on

cycles," Cr Holstein said.

"You could dredge your little heart out for six months and turn around at the end and the sand would be back," he said.

**SOURCE:**

Interview, 7 Mar 2018  
Chris Holstein, Central Coast Council  
Reporter: Jackie Pearson



dexus

making  
the everyday  
easy

**WIN a \$200 Coles grocery voucher DAILY between 15th March and 2nd April!**

Simply spend \$10 or more in participating stores and visit the iPad entry station located near Kmart.

Authorised under NSW Permit LTPM/18/02835.

Enter each  
day for more  
chances to  
**WIN!**



**Peninsula News**  
Community Access

is printed on 100% recycled paper products, even the ink is made from vegetable matter.

So when you're done reading this paper please recycle it or give it to someone else to read

deepwaterplaza.com.au



Deepwater  
P L A Z A



## News



Photo: WTKCA

Water users at Lobster Beach on Australia Day

## Woy Woy tip to get upgrades

**Woy Woy tip is to get an upgrade to its closed circuit television costing \$85,000 and a fitout to its office costing \$78,000 before the end of June.**

The work has been brought forward from next financial year, together with a project for cell construction and cover material which has been allocated \$178,000 extra.

The Woy Woy tip was expected to reach capacity and be ready for

"restoration" by 2032.

At the time of Gosford Council's dismissal, \$4.33 million had been allocated as a provision for reinstatement, rehabilitation and restoration of the tip at Woy Woy.

It is understood Buttonderry tip in the old Wyong Shire has enough capacity to service the whole region so the urgency to find another site to replace Woy Woy appears to have dissipated.

**SOURCE:**

Central Coast Council agenda  
Item 3.1, 26 Feb 2018  
Item 2.1, 13 Mar 2017

## No jetski incidents were reported

**No jetski incidents were reported on the Bouddi Peninsula over the Australia Day long weekend, according to the Wagstaffe-Killcare Community Association.**

"Fortunately no incidents were reported in our area, though Lobster Beach was packed with craft of all descriptions and there was virtually no room at all for

swimmers," said president Ms Peta Colebatch.

"We will continue to keep this issue under review.

"At our next community meeting on March 12, Arlene Bridges will be attending to let us know what action she and others in the Council area are taking.

Ms Colebatch said: "Concerns have been raised in the past about the use of jetskis on our beaches,

and the antisocial behaviour by some.

"Prior to the Australia Day long weekend, we wrote to the Minister to seek additional attention to this on the long weekend, and this was followed by discussions with Maritime Services, who increased patrols over that weekend."

**SOURCE:**

Newsletter, 27 Feb 2018  
Peta Colebatch, WTKCA

**Central Coast Council will start \$500,000 of capital works on the Peninsula ahead of schedule.**

The projects were not expected to commence until next financial year, which starts in June.

The budgetary amendments were listed in the council's 2017-18 Quarter 2 Business Report, which was tabled at its February 26 meeting.

Six projects were listed.

Woy Woy's Lions Park shelter will be replaced this financial year at a cost of \$45,000.

Ettalong's Lemon Grove netball courts will be floodlit sooner than

expected with a \$250,000 budget amendment accepted by Council.

A roof will be constructed over the courtyard at Umina Library, costing \$20,000.

The Peninsula Theatre's house lighting will be replaced at a cost of \$15,000.

A new perimeter fence will be installed around the Peninsula Leisure Centre at a cost of \$96,000.

Fire protection at the Ettalong Senior Citizens' Centre will also be installed ahead of schedule at a cost of \$33,000.

**SOURCE:**

Central Coast Council agenda  
Item 3.1, 26 Feb 2018

# Renovating? Need New Blinds, Awnings or Shutters?

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

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

## \$100 off when you mention this paper<sup>#</sup>

**CHOOSE THE LOCAL EXPERTS AT**

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

[www.premiershades.com.au](http://www.premiershades.com.au)

# conditions apply. Purchases over \$1000

**PREMIER**  
shades-awnings-blinds





Environment award winner Mr Norm Harris

# Award recipient objects to nursing home

The man who received an Australia Day award from Central Coast Council for his work with the environment has written to the council opposing a proposal to build a nursing home in endangered bushland in Hillview St, Woy Woy.

The proposal, submitted by Thompson Health Care, is to build a three-storey, 160-bed nursing home on land which contains bushland known as Umina Coastal Sandplain Woodland.

The objection to the proposal from Mr Norm Harris was the first to be logged on the Council's development application tracker.

In his submission, he said the issue would probably outlive the Central Coast Council and would rival a local planning incident at Koolewong, known as the Taj Mahal, for notoriety.

"I estimate the total costs borne by council to be \$15 million," the submission stated.

"Item B4 of Council's policy for determining development applications subject to significant public objection states

'submissions assist Council in being aware of relevant issues and community concerns when determining an application'.

"This comment first generates laughter, quickly followed with despair.

"The unique, rare and endangered ecological community, Umina Coastal Sandplain Woodland, on the site, is at risk of damage with any activity except from approved Bushcare consultants and accredited volunteers.

"Check any construction site and observe the first action of commencement is to clear the site of all vegetation.

"Any development on the site will require increased inspections to ensure the endangered Woodland is protected.

"The vegetation on the site was at risk of being denuded; that risk is existing," the submission said.

March 15 is the closing date for public submissions on the proposal.

SOURCE: Gosford DA Tracker, 6 Mar 2018 DA53784/2018, Central Coast Council

|       |  |   |
|-------|--|---|
| 120.7 |  | United Petroleum Empire Bay<br>306 Empire Drive, Empire Bay NSW 2257              |
| 122.9 |  | 7-Eleven Kincumber<br>28 - 30 Avoca Drive, Kincumber NSW 2251                     |
| 141.9 |  | Coles Express Kincumber<br>Avoca Dr & Bungoona St, Kincumber NSW 2251             |
| 146.9 |  | Caltex Woolworths Umina<br>337 West Street (Cnr Ocean Beach Road), Umina NSW 2257 |
| 148.4 |  | Coles Express Woy Woy<br>50-52 Ocean Beach Rd (Cnr Rawson St), Woy Woy NSW 2256   |
| 148.4 |  | Coles Express Umina<br>1-3 Sydney Ave (Cnr Ocean Beach Rd), Umina NSW 2257        |
| 148.9 |  | BP Woy Woy<br>57 Ocean Beach Road, Woy Woy NSW 2256                               |
| n/a   |  | Caltex Woy Woy<br>66 Memorial Avenue, Woy Woy NSW 2256                            |
| n/a   |  | Metro Saratoga<br>13-15 Village Road, SARATOGA NSW 2251                           |

Prices for Ethanol 94 (E10) on the Peninsula on Wednesday, March 9

# Fuel prices continue to be up to 35 cents higher

Peninsula fuel prices have been up to 35 cents per litre higher than those charged in nearby Kariong, West Gosford, Erina and Kincumber in recent weeks.

At the time of going to press, the cheapest price for Ethanol 94 (E10) on the Central Coast was 115.9 cents per litre at the Wadalba 7-Eleven and United North Wyong.

The most expensive price for Ethanol 94 was 148.9 at BP Woy Woy with Coles Express Umina and Woy Woy not far behind at 148.4 cents per litre.

The United Petroleum station was charging only 124.7 cents per litre.

Metro West Gosford was

charging only 116.9 cents per litre for its Ethanol 94 on Wednesday, March 6.

Most other West Gosford and Kariong outlets had their pumps set at 124-125.9 cents per litre.

Member for Robertson Ms Lucy Wicks said she continued to gather petitions from locals who wished to pass on their concerns about fuel prices to the Australian Competition and Consumer Commission.

Ms Wicks said she regularly contacted the Australian Competition and Consumer Commission to inform it that the Peninsula's petrol prices appeared at odds with the rest of the Central Coast region.

"I am preparing to write to them

again as constituents have been calling with their concerns," she said.

According to Ms Wicks, the Commission has authority to look into areas where there were pricing discrepancies but has not examined the Peninsula as yet.

The petrol pricing petition is available from Ms Wicks' office and online.

She said she was aware that inflated fuel prices on the Peninsula made it especially challenging for elderly residents on restricted licenses.

SOURCE: Website, 7 Mar 2018 Fuelcheck, NSW Government Media statement, 7 Mar 2018 Tim Sowden, Office of Lucy Wicks



# Adam Crouch MP

Member for Terrigal

"Working for you"

ADVERTISEMENT



4365 1906 @ terrigal@parliament.nsw.gov.au f AdamCrouchMP  
Shop 3 Fountain Plaza, 148-158 The Entrance Road, Erina NSW 2250

Authorised by Adam Crouch MP, Shop 3 Fountain Plaza, 148-158 The Entrance Road, Erina NSW 2250.



## News



Umina Skate Park

## Petition calls for skate park upgrade

A community organisation is campaigning to have the Umina Beach Skate Park upgraded.

The Umina Community Group has launched a petition for the upgrade of the skate park and is calling on the Umina community and wider Peninsula to sign it.

"This petition is to demonstrate support and to prove that there is a genuine local need to upgrade the Umina Beach Skate Park," said Umina Community Group vice president, Mr Mark Nitsos.

"We believe that Umina (and the surrounding suburbs of Ettalong, Woy Woy, Daley's Point and so on) deserve a top-quality skate park that is free-to-use, safe, inclusive and family-orientated, which caters for users of all ages and abilities.

"The skate park as it stands is worn out and too small to support

the large local skate and scooter community as well as the many additional visitors it entertains.

"Our aim is to gain a commitment from Central Coast Council to access grant funding and allocate funding available in the Council Strategic Plan to improve the poor flow and safety of the park, increase its size, to add essentials such as bins, shade, seating, and blubbers and to repair the BMX track and basketball court, thus to recreate Umina Beach Skate Park as world class sporting precinct for our community and visitors."

The petition is available on [change.org](http://change.org).

**SOURCE:**  
Media release, 26 Feb 2018  
Mark Nitsos, Umina  
Community Group

## Holstein to seek council support for rail underpass

**Deputy mayor Cr Chris Holstein is to formally seek council's support to re-engage the NSW Government in talks to replace the Rawson Rd railway level crossing.**

Cr Holstein said he will take a motion to the March 12 council meeting calling for the level crossing project to be reconsidered by council and the NSW Government.

"Quite simply, I am bringing

the issue back to the table and, in an election year, calling the NSW Government back to the table," he said.

"It has not and it will not go away.

"It is still a safety issue and it is still a transport and access issue for the Peninsula so we have got to address the issue."

Cr Holstein said he would also be encouraging discussions about the project with the NSW Labor Opposition.

"I believe the Shadow Minister for the Central Coast, Mr David Harris, has already said he would be doing something," he said.

"We can build tunnels under Sydney Harbour so surely we can build a 200 metre wide tunnel under the railway line."

The NSW Government withdrew funding for the project in 2016.

**SOURCE:**  
Interview, 7 Mar 2018  
Chris Holstein, Central  
Coast Council  
Reporter: Jackie Pearson

## Floating pontoons should replace wharf, says Mehrtens

**A floating pontoon should be the preferred option for the replacement of the Woy Woy public wharf, according to Cr Richard Mehrtens.**

The poor state of the wharf was debated by Central Coast Council at its meeting on February 26 but no clear plan of action for fixing or replacing the wharf was resolved.

Council director Mr Mike Dowling said: "We have a grant funding application currently before the State Government and indications are they are looking at it favourably but we haven't had a date as yet of when that will be determined."

Mr Dowling said there were issues with disabled access and the design of the replacement wharf.

"We have to be very careful to maintain access all through the

year and we are looking at a range of designs, including a floating wharf and a floating pontoon," he said.

Cr Mehrtens said he had attended an inspection of the wharf with deputy mayor Cr Chris Holstein and mayor Cr Jane Smith.

"My concern after the briefing was that despite floating pontoons being the preferred model at Ettalong and at the new Koolewong Wharf, it wasn't necessarily going to be the preferred model at Woy Woy," Cr Mehrtens said.

"A floating pontoon needs to be the best standard of practice...so I would ask that a report provides the cost difference between a floating pontoon and whatever the other standard might be," he said.

"I felt uncomfortable leaving the briefing that a floating pontoon was not going to be the solution.

"It was appalling to be standing

there on the king tide watching as these people were trying to disembark.

"We get the argument it only happens once or twice a year but it has been four times in the past two months.

"Every other wharf that has had an upgrade on the Coast has got a floating pontoon," Cr Mehrtens said.

Cr Greg Best called on staff to report to a future Council meeting on the current situation with Woy Woy wharf and options available to council to address situation in partnership with the State.

Cr Holstein said disability access was one of a range of issues that needed to be addressed as part of any proposal or State funding to replace the wharf.

Other issues, according to Cr Holstein, included foreshore stabilisation and weather protection.

"When we had that meeting, on February 4, I was told we would have an answer in a couple of weeks," Cr Holstein said.

Central Coast Ferries owner Mr George Conway said his business had a NSW Government contract to take passengers from the wharf.

"Unfortunately the old wharf at Woy Woy is not up to modern-day standard.

"We have problems with disabled access to the point where on a high tide we can't get people in a wheel chair onto the vessel because of the angle of the boarding ramp," Mr Conway said.

"The wharf is rotten," he said.

"It has been patched up with sticky tape for years.

"The numbers sprouted to rectify the problem are ridiculous because the wharf replacement with a floating platform would not be that expensive.

"They did it at Ettalong," he said.

**SOURCE:**  
Central Coast Council agenda  
Item 5.2, 26 Feb 2018

## WE NEED YOU!

### Be part of something special

Join the BlueWave Living Auxiliary & make a difference to the lives of others.

You can donate as little or as much of your time that suits you. Join in with social events & street stalls or put forward your ideas for fundraising activities.

*We would love to meet you!*

**For more information contact Jean Millar 4340 1379**

**BlueWave**  
LIVING

**EXCELLENCE IN RESIDENTIAL  
AGED CARE**

Formerly known as  
Woy Woy Community Aged Care

6 Kathleen Street,  
Woy Woy NSW 2256

**Phone: 02 4344 2599**

[www.bluewaveliving.org.au](http://www.bluewaveliving.org.au)



Sponsored by  
**NEWSPAPERS**  
Central Coast





## No start date for on-demand bus service, says Tesch

A start date for the Peninsula's on-demand bus service has yet to be announced, seven months after it was announced, according to Member for Gosford Ms Liesl Tesch.

"While services are up and running in Sydney, Peninsula commuters have been left behind again by the Liberal Government," she said.

Ms Tesch said that while the Northern Beaches have a whole new B-Line bus service costing tax payers more than \$600 million but Peninsula residents were still waiting on our local on-demand service.

"We are a community crying out for better transport services and links, but the Government can't get their heads out of Manly where on-demand buses are already picking up passengers."

With an on-demand service already being trialled by private operators in Lake Macquarie and facing teething problems, Ms

Tesch said this was an opportunity to get it right.

"We can see the lessons and the struggles that regions similar to ours are having with on-demand services, and a lot of them relate to the community not knowing about the service," Ms Tesch said.

"One media release seven months ago isn't enough to make sure that the thousands of commuters on the Peninsula know that this service will be coming sometime in the future and we need the government to give locals a timeline on when we can start downloading the app and signing up for a pick up."

"Right now, any information from the Government about this service would be helpful for the community."

Ms Tesch said she had moved a motion in the NSW Parliament calling on the government to release more information, and to get the program up and running.

**SOURCE:**  
Media release, 7 Mar 2018  
Liesl Tesch, Member for Gosford

## Advisory Groups EOI

Central  
Coast  
Council

Central Coast Council is inviting expressions of interest from suitably qualified and experienced people to be appointed as community stakeholder members of the following Advisory Groups:

1. Catchment and Coast Committee – Brisbane Water and Gosford Lagoons
2. Catchments and Coast Committee – Tuggerah Lakes
3. COSS (Coastal Open Space System) Committee
4. Employment and Economic Development Committee – Central Coast
5. Gosford CBD and Waterfront Advisory Committee
6. Heritage Advisory Committee

The draft Terms of Reference for each Advisory Group can be found at [centralcoast.nsw.gov.au/councilcommittees](http://centralcoast.nsw.gov.au/councilcommittees)

Membership of the Advisory Groups will be on a volunteer basis and no fee or costs will be paid to community stakeholder members. Applicant's expressions of interest should indicate why they are interested in becoming a member and what relevant experience they may have which will be of benefit to the Advisory Group.

Details on how to submit an application can be found on [yourvoiceourcoast.com](http://yourvoiceourcoast.com), by emailing [ask@centralcoast.nsw.gov.au](mailto:ask@centralcoast.nsw.gov.au) or calling 4325 8312.

Closing date for applications is 5pm on Wednesday, 21 March 2018.

Central Coast Council Offices 2 Hely St Wyong / 49 Mann St Gosford  
8.30am - 5.00pm, Monday to Friday T 4350 5555 / 4325 8222  
Mayor Jane Smith | Acting Chief Executive Officer Brian Glendenning

# 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](http://www.peninsulanews.info) and

on [www.centralcoastnews.net](http://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

MARCH 1, 2018

YOUR INDEPENDENT COMMUNITY NEWSPAPER - PH: 4325 7369

ISSUE 177

### Government architect sets the scene for the future of Gosford CBD

The Central Coast Coordinator General, Ms Lee Shearer, and the Government Architect, have launched an intensive four-week campaign, called Go Gosford, to give the community its say on the revitalisation of Gosford City Centre.

### Old Sydney Town land has attracted a huge amount of interest

Hong Kong born billionaire, Mr Richard Chiu, President and founder of Warwick International Hotels, is expecting to sell the 120 hectare land holding at 945 Old Pacific Highway, Somersby, for between \$10m and \$15m.

### Alternate sites being sought for Performing Arts Centre

Pressure from the NSW Government has resulted in Central Coast Council calling for an urgent report on all possible sites for the proposed Regional Performing Arts Centre (RPAC), by March 12.

### Democracy and community representation is very expensive

A report from Council's Acting Executive Manager of Governance, Ms Shane Sullivan, has recommended that the new Council's eight advisory committees be called advisory groups, and has cautioned that those already agreed to will cost

### Parking strategy report called for

Councillor Rebecca Gale Collins has called for a report to be provided to a future Council meeting on what action is being taken to develop a parking strategy to deal specifically with the Gosford CBD.

### Feedback sought on regional library plans

Central Coast Council has repeated its call for the community to provide feedback on the draft concept plans for the long awaited Gosford Regional Library, now on exhibition until Sunday March 11.

### Mobility plans being developed

Central Coast Council has launched the 'Our Coast, Our Pathways' project, which will see the development of a Pedestrian Access and Mobility Plan (PAMP) and Central Coast Bike Plan for the Central Coast.

### Protest march calls for continuation of funding

Member for Gosford and seven-time Australian Paralympian, Ms Liesl Tesch, led a Stand By Me protest march along the Gosford waterfront on Saturday, February 24, calling on the NSW Government to continue disability advocacy funding

### First home buyers pounce on stamp duty concessions

The generous stamp duty concessions introduced by the NSW Government have been the subject of a motion by Member for Terrigal, Mr Adam Crouch.

The full articles and more can be seen on line on our website [www.centralcoastnews.net](http://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](http://www.coastcommunitynews.com.au).

# WYONG REGIONAL CHRONICLE

Issue 136  
6 March, 2018

Your independent community newspaper - Ph: 4325 7369

### Federal decision on coal mine extended by six months

Federal Minister for the Environment and Energy, Mr Josh Frydenberg, has officially extended the time in which he has to make a decision on whether to approve the Wallarah 2 Coal Project.

### Kangy Angy remains as the only site for train maintenance facility

A letter from Central Coast Mayor, Jane Smith, to NSW Minister for Transport and Infrastructure, Mr Andrew Constance, has not resulted in any reconsideration of sites other than Kangy Angy for the new inter-city fleet train maintenance facility.

### Permanent plan to keep The Entrance Channel open called for

A motion to acquire a super dredge to address the imminent closure of The Entrance Channel, as well as the channel of Brisbane Water, was defeated at the Central Coast Council meeting of February 26, pending a briefing from staff.

### Bateau Bay Square to have major alterations and additions

A \$20m application for alterations and additions to the Bateau Bay Square shopping centre has been placed on exhibition by Central Coast Council.

### Decision on budget allocations for airport deferred

A site inspection and confidential briefing that took place between February 12 and 26, has resulted in the further deferral of any decision on budget allocations for the Central Coast Airport.

### Coast wide tree policy adopted

The former Wyong Council's controversial tree policy has been replaced with the Tree and Vegetation Management Chapter of the Gosford Development Control Plan 2013.

### 209 bed residential aged care facility proposed

A \$35m residential aged care facility has been proposed for 2.2 hectares of land at 390 Pacific Hwy, Wyong.

### McBride calls on Frydenberg to reject coal mine

Member for Dobell, Ms Emma McBride, has directly called for the Federal Minister for the Environment and Energy, Mr Josh Frydenberg, to "reject the Wallarah 2 coal mine".

### Additional monies allocated to Stronger Country Communities Fund

Parliamentary Secretary for the Central Coast, Mr Scot MacDonald, said he welcomed the announcement that an additional \$200m would be available for Round Two of the Stronger Country Communities Fund, for projects across

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](http://www.centralcoastnews.net)



Forum

# Planning codes and standards do not meet the need

I am sorry that Matthew Wales feels insulted by my criticism of his views on the development future of the city ("Insulting to building industry and council planners", Peninsula News 439).

I have no personal animosity towards Mr Wales at all and don't feel at all insulted that he disagrees with me.

I am a little puzzled at such a heated response to my support of an objection system that would allow concerned citizens to express their democratic right to be involved in decisions that directly affect their future.

I pass over his defence of developers.

I don't imagine that anybody believes developers have anything in mind beyond a profitable investment, and it is purely coincidental if their goals happen to be of community benefit as well.

As for his praise of the Atlantis, Sporties and West St projects, we shall simply have to agree to disagree and leave the final judgement to the court of public opinion.

If he dislikes the term "uglification", he should take it up

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

with Robin Boyd (one of our most distinguished architects) who coined the word to describe exactly the kind of thing that is happening on the Peninsula.

I am quite sure he is correct that council staff members work hard to see that applications conform to codes and standards, but the problem is that this is clearly not enough.

On the one hand, we have the report on your front page that Council has approved 14 non-conforming developments on the Peninsula and, on the other hand, we have the fact that many people are unhappy with developments that are conforming, leading to

the conclusion that the codes and standards do not meet the need.

If the codes and standards were correct, there wouldn't have to be any non-conforming developments, and people would be satisfied with the results of applying them.

Incidentally, it is worth pointing out as well that Council staff wouldn't have to "work hard", if we had appropriate and transparent codes and standards for them to apply.

I would suggest that most of the hard work arises from applications that don't meet the codes and standards, because developers are trying to bypass them to increase their profits.

Finally, I am, of course, well aware that two councillors can bring an application to council for consideration.

However, I doubt that many would want to rely on the support of councillors Best, Pilon, Marquart, McLachlan and Collins when these representatives don't want council to consider an application unless there are 50 objectors.

Most councillors are beholden to their political parties for their seats and only marginally to their ward residents, so why would they spontaneously take up an application with fewer than the required number of objections?

This is the kind of "safeguard" that sounds plausible but is actually almost meaningless.

In fact, it would be enlightening to know how many such referrals to council have taken place.

While I am about it, may I comment on Mr Wales' contention that investment in a \$20M ocean-going dredge would be a wise allocation in the 2018/2019 budget ("Council should spend \$20 million on dredge, says Chamber", PN439).

Perhaps, he is right, but how did he come to this conclusion?

Where is the information on capital and operating costs (a dredge once bought is an ongoing expenditure commitment)?

Where is the technical analysis of the number of days a dredge would be required each year?

Where is the cost-benefit calculation on ownership against contracting-out?

Who says that Noosa has made a sensible decision in buying a dredge?

Mr Wales is allowed to have an unsubstantiated opinion on such a highly technical matter, and I'm not allowed to have an architectural opinion based on 60 years' experience in the profession?

Hmmm?

Email, 1 Mar 2018  
Bruce Hyland, Woy Woy

# Precedence is not acceptable for flaunting the rules

It is no surprise that a recent Development Application to Council is citing 14 previous applications that have been approved, despite their not complying with current planning controls for setbacks, parking and open space, as their argument as to why theirs should be approved as well.

I don't believe that precedence is an acceptable argument either

Forum

by the developer or the Council for a development applications to be approved, given it flaunts the rules.

The assumption is that medium housing density is a "given" and that current council planning guidelines and local community input should be disregarded and adjusted to suit developer intent.

Email, 8 Mar 2018  
Suraya Coorey, Woy Woy

# Flood level can be a matter of life and death

I applaud Council's decision to consider making a submission on the plan to redevelop Woy Woy Bowling Club (Peninsula News edition 439).

Firstly, it is right for an elected Council to consider the matter because it, unlike the JRPP and Council staff, has a responsibility and is answerable to the community, which is overwhelmingly opposed to this development.

But there is another compelling reason.

Elected Council has no greater responsibility than its duty of care for the wellbeing of residents, and especially of our most vulnerable residents in aged care, and housing for seniors or people with a disability.

Those of us who reside near Woy Woy Bowling Club know that the greatest threat to wellbeing is the frequent flooding of surrounding streets during king tides and coastal storms.

A recent Bureau of Meteorology study revealed that flooding during past storms has caused 150 deaths on the coast between Taree and Wollongong, and warned that "if such events were to occur today they would have catastrophic impacts due to the massive increase in urban development".

From the council website, we

Forum

learn that approximately 50 per cent of deaths are caused by people trying to escape from a flood affected area via vehicle or on foot.

This explains why Gosford Development Control Plan 2013 requires that for seniors housing in flood-prone areas: "floor levels, whether habitable or non-habitable, are to be above the PMF (Probable Maximal Flood) flood level", and that "all access roads and driveways, and external parking areas are to be above the PMF to provide the ability to safely receive and evacuate occupants or contents without having to cross floodwaters of any depth in all flood events".

The Woy Woy Bowling Club application does not comply with these requirements.

These are matters of potential life and death for senior residents.

An underground carpark as proposed that is more than two metres below current street level seems a potential death-trap in any future tidal or storm-related flood.

Thankyou Councillors Mehrtens, Smith and co for putting the interests of residents first.

Email, 8 Mar 2018  
R McMurtrie, Woy Woy

THINKING OF SELLING?

List and Sell your property through us, mention this ad and we will rebate \$500 upon settlement !!

FREE MARKET APPRASIAL - OBLIGATION FREE

Quick response, Quick turn around, Service and Civility!

Licensed Real Estate Agent, Stock Station Agent, Auctioneer

Lois Jones Real Estate

4339 7644 - lois@loisjonesrealestate.com



Meals on Wheels  
Central Coast

More than just a meal



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

Delicious Meals • Free Delivery  
Social Support



(02) 4357 8444  
www.ccmow.com.au

Sponsored by

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

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

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



Marie Lowndes Charitable Foundation



Coast Shelter's Domestic Violence Prevention Programs are supported by the Marie Lowndes Charitable Foundation



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



# 'Significant' applies to issues raised, not numbers

**Why has the matter of the development application policy subject to "significant public objection" remained unresolved since July 2016?**

Firstly, the use of the term "significant" in a policy based on numbers is wrong.

"Significant" applies to issues raised and can apply to a single objection.

The council has simplified the assessment process by applying this term to numbers only, conveniently avoiding a description that will engage the public.

At the council meeting on February 12, there were shared opinions about submission numbers relevant to areas with low population density and the inability to reach quota numbers for referral to a council meeting.

It is my understanding from the discussion that councillors agreed that this issue would be addressed in the policy.

I have failed to find any reference to areas with low population numbers.

Has this been omitted from the policy?

The policy contains constant reference to the number 50 or near and adheres to previous unacceptable administration standards.

My understanding from the meeting was the number of objections would be reduced to 15 and with no fine print referring to situations requiring 50 objections.

Is this not the case?

In July 2016, Council administrator Mr Ian Reynolds proposed a number of more than 100 public submissions to be eligible for higher assessment.

Simplification of the assessment process was justified on the basis that it was impossible for a single administrator to personally manage

## Forum

a huge local government area with a population such as ours.

The "significant public objection" policy continues the simplification of the assessment process raising the same questions.

Is the local government area too big for the council and councillors to responsibly administer?

The policy follows the business-per-usual approach, meaning simplification of documents to reduce council's management time and costs, while further disengaging the public.

This leads to a confusing situation.

While on the one hand the council accepts and assesses non-complying applications confirming that development is supported based on vague planning instruments, on the other hand there are clear and precise numbers for submissions.

However when discussing development proposals, variations, trade-offs, bonuses and so on are standard practice.

Let this assessment standard apply to public submissions.

Advertising in the foyer of the Gosford office promotes staff support for the lodgement of development applications.

This service is not provided to objectors.

Why not?

The policy is convoluted and favours the council not the public.

After years of questionable local government administration, the public will not trust the Central Coast Council and councillors until it has been proven without doubt that trust is well-founded and enduring.

Email, 26 Feb 2018  
Norman Harris, Umina

# Planning democracy? Not from this council

**Mathew Wales' claim that reducing the number of DA objections required to trigger a referral to Council will "impede the orderly development we need" is, of course, patent nonsense.**

Orderly development is not a planning policy and, if Mr Wales considers what is happening in the Peninsula's backyards to be orderly development, he really needs some help.

Ad hoc, ill-conceived, poorly-designed granny flats make a mockery of the so-called planning of the Peninsula.

You can't drive down some lanes at night and rubbish is piled in heaps beside the broken down cars, while residents have to drag their rubbish bins half a block to the nearest side street for the weekly pick up.

Mr Wales' further assertion that "Council staff who assess and liaise with applicants to ensure that such developments meet all the require code and standards" (Insulting to building industry and council planners, Peninsula News 439) is astonishing.

Mr Wales in his haste to read his and others published letters and comment has missed your front page articles on a monthly basis.

## Forum

# The most streets without footpaths?

**Is this a record?**

In an area of 16.6 square kilometers, one of the most densely populated areas of regional NSW, 70 streets (and still counting) with no footpaths or kerbing in Woy Woy, Umina, Ettalong, Blackwall and Booker Bay.

Mothers with young children, the infirm and everyday pedestrians risking their lives by having to walk out into the traffic to get around vehicles trailers and so on that are parked willy nilly on the unmade footpaths.

Ratepayers' money has gone down the drain with bad Council investments, with Peninsula ratepayers paying to have other suburbs upgraded in the Gosford Shire.

The Peninsula deserves to be the prime residential area of the Gosford Shire.

It is not good enough to just have patch up jobs done on the roads as documented by our deputy mayor Holstein.

A genuine effort to totally upgrade dozens of these roads needs to be implemented immediately.

Email, 4 Mar 2018  
Rod Fountain, Booker Bay

## 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

For example, "Another non-complying application is lodged," Peninsula News 439.

Developers are so used to getting any shonky buildings they like through Gosford Council they aren't even bothering to give council the courtesy. Why would they?

This Central Coast Council is no better, just Gosford Council but bigger and more disinterested.

While developers are flaunting council processes, council and developer spruikers like Mr Wales are actively seeking to stop residents involving themselves in the democratic process.

Considering that the 15 objections required to bring a non-complying development before council is inadequate (because all development is good

development), these people now want a return to 50 responses before they act.

The reality is that only the near neighbours, typically five adjoining, are notified so someone has to have the time and nous to wrangle up some objectors and you usually get a fortnight.

Once the objections are in, that is it.

You then have to constantly ring the planner responsible for updates while the developer reads your submissions then has access to Council staff to "assess and liaise" ways around your objections.

Objections are usually "ill-informed" and variations are conveniently allowed which are invariably "well-founded and minor".

Objectors then find out about it by mail or by reading about it in the paper.

In my recent experience, a "minor" variation allows a two-storey monstrosity to shade my entire property and my neighbours breakfast area at mid-winter.

The non-complying side setback should be double what is being allowed.

Due process? Planning democracy?

Not from this council.

Email, 8 Mar 2018  
Bryan Ellis, Umina

**100% AUSTRALIAN MADE DOORS AND CABINETS**

**10 YEAR GUARANTEE**

WWW.DREAMDOORS.COM.AU

# COULD YOUR KITCHEN DO WITH A FACELIFT... AT LESS COST? DON'T REPLACE IT, REFACE IT

Transform the look of your kitchen by fitting replacement doors, drawer fronts, panels, handles and bench tops.

Create a brand new look and feel with no compromise on quality, choice and design.

**DREAM DOORS®**  
AMAZING KITCHEN FACELIFTS

**CALL JOHN**  
**0423 765 246**

| COACH TOURS  |  |
|--|--|
| <b>Day Trips</b><br>All pickups from Doyalson to Woy Woy<br><b>Seven Islands Cruise</b><br>Thursday 12 Apr 2018 <b>\$78 pp</b><br>• Enjoy a lunch cruise on the Hawkesbury River<br><b>RAN Heritage Centre</b><br>Tuesday 24 Apr 2018 <b>\$66 pp</b><br>• 100 years of Australian Navy history<br><b>Mystery Hunter Valley Day Trip</b><br>Saturday 5 May 2018 <b>\$99 pp</b><br>• Come and enjoy a day in the wine country<br><b>Barramundi Farm Tour</b><br>Wednesday 16 May 2018 <b>\$82 pp</b><br>• Tour through a world leading fish farm and hydroponic garden<br><b>Vivid Sunset Harbour Cruise</b><br>Saturday 16 June 2018 <b>\$150 pp</b><br>• 1.5 hour cruise • 3 course dinner and drinks on Captain Cook vessel | <b>Adelaide &amp; Surrounds</b><br>10 Day   Dep 19 Mar 2018<br>• Old Mildura Homestead<br>• Orange World • Whispering Wall<br>• Cedars • Hahndorf<br>• National Motor Museum<br>• Haigh's Chocolate Factory<br><b>\$2,517 pp twin share</b><br><b>Dubbo Zoo</b><br>3 Day   Dep 11 May 2018<br>• Guided tour Dubbo Zoo<br>• Old Dubbo Goal<br><b>\$827 pp twin share</b><br><b>Echuca &amp; Swan Hill</b><br>7 Day   Dep 16 Apr 2018<br>• Port of Echuca • Paddlesteamer Cruise<br>• Flying Boat Museum at Lake Boga • Pioneer Settlement Village • Evening Sound & Light show<br>• Tours include motel accommodation, dinner, bed, hot brekky & entries.<br><b>\$1,886 pp twin share</b> |

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

**BOOK TODAY 4353 9050**  
www.roadrunnertours.com.au

**ROAD RUNNER Leisure Tours**

Travel Australia at 'see' level!



# Did you know there is a bulk-billed specialist centre in Gosford?



The Central Coast Specialist Centre is located right next to Gosford Hospital and offers a comprehensive range of specialist medical services including:

- Endocrinology
- Paediatric endocrinology
- Gastroenterology
- General Surgery
- Geriatrics
- Microbiology
- Neurosciences (inc Parkinson's Disease)
- Paediatrics
- Plastic Surgery (medical only)
- Respiratory Medicine
- Hepatology clinics

## How to access the service?

Speak to your GP and ask for a referral to the **Central Coast Specialist Centre**.

**We are unable to accept patients without a referral.**

The majority of our services are bulk-billed and those that are not are provided at an affordable rate.

## Where you can find us?

Open Monday to Friday, 8am to 5pm, on the corner of Holden St and Ambulance Rd.

**Call 4320 5600** for more information.

Fax referrals to 4320 5606 and a member of our staff will contact you to schedule an appointment.



## Disability service provider opens homes at Booker Bay

**Two new contemporary homes for people living with disability have been formally opened at Booker Bay on February 27.**

NSW Minister for Disability Services Mr Ray Williams officially opened the residences on behalf of local disability service provider, Fairhaven Services.

The two and three bedroom villas in Booker Bay will be home to five women, four of whom have been living in the local community during the construction phase.

The villas were the result of a project that the NSW Department of Family and Community Services (Ageing, Disability and Home Care) funded as part of a NSW Government Large Residential Centre Devolution Project

initiative and which commenced at Fairhaven's Kincumber site in 2016.

Fairhaven chief Ms Monique Cardon said: "The construction was delayed due to the cultural sensitivity of the site, but we have been able to work with archaeologists and the local Darkinjung community to understand the importance of the land and surrounds.

"The site will be treated with respect," Ms Cardon said.

"The two villas feature spacious bedrooms, accessible bathrooms, shared living areas, fully equipped kitchens, modern facilities and large courtyard areas.

"The back yard has been protected and will be accessible to the local Aboriginal community in consultation with Fairhaven and

the residents."

Contemporary living options manager Ms Janie Cruickshank said: "These homes have been designed to support community inclusion for our residents and are located close to shops, clubs and a local movie theatre.

"Our residents are supported with 24-hour care by Fairhaven staff," Ms Cruickshank said.

"The smaller living environment provides opportunity for each resident to be supported to develop skills associated with everyday home life - for example, cooking, and grocery shopping, maintaining the home and gardens and inviting friends to visit.

"The move to community-based living is giving people with disabilities the same rights, opportunities and freedoms as everyone else," she said.

Mr Williams said: "Residents of the Booker Bay home will be able to enhance their everyday home life skills.

"From improving cooking skills to hosting friends for a visit, the sky is the limit for self-development."

**SOURCE:**

Media release, 26 Feb 2018  
Sarah Williams, Fairhaven Services

Media release, 27 Feb 2018  
Ben Sheath, Office of  
Adam Crouch MP



### **PENINSULA PODIATRY @ 7 VIDLER AVENUE, WOY WOY**

FOR GENERAL PODIATRY TREATMENTS - DIABETIC FOOT MANAGEMENT - NEUROLOGICAL / VASCULAR TESTING - ASSESSMENT DIAGNOSIS & TREATMENT OF TOENAILS, CORNS, CALLUS, AND WARTS - LOWER LIMB ASSESSMENTS - BIOMECHANICAL & GAIT ANALYSIS - PAEDIATRICS (CHILDREN) FOOTWEAR ASSESSMENT ORTHOTIC CONSULTATION and FALLS PREVENTION

**WE ARE MEDICARE & DVA APPROVED - PRIVATE FUNDS  
WELCOME - HOME VISITS ON REQUEST**

PLEASE PHONE THE CLINIC **4339 5501 / 0419 144 840**  
CAROLYN LENTHALL B.POD **0419 144 840**  
MARYANNE McHUGH B.POD **0409 687 100**

## Lifeline presents suicide intervention session

**Lifeline will present a free suicide intervention session at the Peninsula Community Centre on April 11.**

The talk, for members of the public, will be a half-day LivingWorks Safetalk presentation, which aims to help people recognise when someone may be considering suicide and how to respond accordingly.

The presentation includes learning how to recognise common tendencies of people experiencing suicidal thoughts, recognition of invitations to help, applying basic techniques to talk and listen, as well as noticing and responding to situations according to community centre operator Coast Community Connections.

The organisation's chief executive, Ms Theresa Mason, said this initiative aims to provide the community with the essential tools to build stronger families and

equip them with resources to assist those who are at risk of suicide.

"Suicide intervention and prevention is an important issue in our community.

"There are many individuals and families who may not be aware of warning signs or don't know how to help someone who is at risk of suicide," said Ms Mason.

"This presentation will increase attendees' knowledge, confidence and awareness to help them become a vital link in connecting people at risk with further help at home, at work or in the community.

The session will be sponsored by Gosford North Rotary Save our Kids Project and will be run by Lifeline.

Spaces are limited and should be reserved through the community centre, with preference being given to local residents.

**SOURCE:**

Media release, 8 Mar 2018  
Caitlin Vine, Brilliant Logic

## HAVING DIFFICULTIES WITH YOUR DENTURES?

- All Dentures, Repairs & Relines
- After Hours & Weekend Appointments Available
- DVA Patients & Health Fund Accredited
- Off Street Parking & Wheelchair Access
- No Referral Needed

Mention this Ad  
for your FREE  
consultation!

LOCALLY OWNED AND LOCALLY MANUFACTURED



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

66 Ocean Beach Road, Woy Woy

**4341 8888**



[www.wegnerdentureclinic.com.au](http://www.wegnerdentureclinic.com.au)

## Specialist Shoe Makers

### Shoes For Problem Feet!

Custom Made Shoes

Shoe Repairs & Alterations

**250 Davistown Road, Yattalunga**

**0414 495 290**



Health

# Lifeline presents domestic violence awareness session

A free domestic violence



**ALAN WIGNEY**  
**PODIATRY**

336 Trafalgar Ave, Umina

**Why pay for treatment?**  
**We offer 100% BULK BILLING**

**For all EPC Plans**  
Remember to ask specifically for Alan Wigney when having your care plan done.  
We also do DVA and Pensioner Discounts!  
**For all aspects of podiatry, call us on**  
**4341 4704**

awareness session will be presented at the Peninsula Community Centre on March 14 by Lifeline.

The government-sponsored "DV-alert" session will be a two-hour interactive presentation offered to the public at no charge.

The session will give members of the community the opportunity to talk about the issue of domestic violence, according to community centre operator Coast Community Connections.

The organisation's chief executive, Ms Theresa Mason, said that this presentation is an important opportunity for people of the Peninsula community to talk about the issue of domestic violence and discuss what support is available.

"Domestic violence is an important issue in our community that needs to be seriously addressed," said Ms Mason.

"After a devastating loss as a result of domestic violence here on

the Peninsula last year, the need for change is more urgent than ever.

"Community members must be brave, speaking out and learning about the signs and forms of domestic violence," she continued.

The Australian Bureau of Statistics reported last year that around one in six women in Australia have experienced physical violence by a partner, with one in 17 men reporting similar incidents.

"If we work together to raise awareness and stand up for victims of domestic violence, we can continue to lower the rate of incidents in our community towards zero.

"This free session will educate attendees on recognising signs of domestic violence and will be an invaluable source of knowledge for Peninsula residents," concluded Ms Mason.

Spaces are limited and should be reserved through the community centre, with preference being given to locals.

**SOURCE:**  
Media release, Feb 26  
Theresa Mason, Coast Community Connections

# Bulk-billing rate rises to 86.6 per cent

**The bulk-billing rate for doctors' services in the Robertson electorate has risen to 86.6 per cent in the six months to December.**

This was three per cent higher than Labor ever achieved, according to Liberal Member for Robertson Ms Lucy Wicks.

This was equivalent to 72,679 more GP services delivered to locals at no cost, she said.

She said the Government had also tackled the GP shortage on the Peninsula with "funding for a working group to address an urgent need for more local doctors".

"Already, three more doctors are now on the front line, plus another four GP registrars have commenced, with more to come."

She said there were "major

NSW Government upgrades to Gosford Hospital (\$348M) and Wyong Hospital (\$200M) which are already under construction".

"The Central Coast Medical School and Research Institute is an \$85 million collaboration with the NSW Government and University of Newcastle, and includes a \$45 million investment from the Federal Government.

"The Coalition has increased funding to Central Coast Hospitals by 64 per cent, to over \$220M, since Labor were in Government this means more doctors, more nurses and more services," said Ms Wicks.

**SOURCE:**  
Media release, 8 Mar 2018  
Tim Sowden, Office of Lucy Wicks MP

Your local, independent hearing specialist



**Penninsula Hearing**  
"We are hear for you"



### Why choose Penninsula Hearing?

- Proudly local & **INDEPENDENT** hearing clinic
- **FREE** hearing screenings
- **SAVE THOUSANDS** on the latest hearing aid technology
- **FREE** services to eligible Pensioners and Workcover claimants (Government accredited)
- **NO OBLIGATION TRIALS**

**Wanted: 15 people to trial the latest Signia hearing aid technology. Call (02) 4342 9736 to book your FREE trial!**

Shop 6, 2 Berith Street, Umina Beach  
[www.penninsulahearing.com.au](http://www.penninsulahearing.com.au)

## Umina Chiropractic Centre

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

### Do you ever have the thought that it's all too hard?

**Well sometimes, the sheer magnitude of a task can be daunting.**

However, breaking it down to small chunks of achievable things is a great way to tackle it.

You know that achieving little goals is a great motivator.

Most people overestimate what they can do, in a big effort, over a week or a month, but underestimate what they can do in a year of consistent correct action.

Losing 30kg of weight is a massive undertaking.

Changing your entire diet or indeed being positive all the time, especially if you are a negative type of person, can be a mammoth undertaking.

However, committing to drinking 6 glasses of water a day, or doing 30 minutes of huffing and puffing, a couple of times a week, might feel more achievable.

If it doesn't feel more achievable, don't give up, try

instead 4 glasses of water a day and make the huffing and puffing 20 minutes instead of 30.

Find the balance that will work for you and **START** there, don't stop.

Make that goal, even if it is 1 glass of water and 5 minutes of movement.

You are now off to a start, something that you can build on.

Small changes will make a big difference, as long as you maintain them.

As soon as you are maintaining your increased effort, make a new goal to work towards.

Instead of thinking that it is all too hard, work on the small changes you can make, that if maintained, will make a difference.

Think about what area of your life you would love to see some improvement in.

Find someone that is already achieving what you would like to achieve.

What are they doing?

What small change can you implement in your life that would help move you towards that goal?

Keep a track of your habits.

See how many times you achieve your daily goal, and keep on moving forward in a happy and healthy way, proud of the changes you are making and maintaining.

Please be aware that, poor metabolism due to negative habits, leads to inflammation and can aggravate existing arthritic changes in your spine, and this causes back pain.

On the ½ full glass perspective, the opposite is the case.

Minimal inflammation leads to decreased pain and increased motivation to do better.

For more healthy tips on lifestyle changes you should make, please speak to your chiropractor at your next appointment.



*Chiropractic; safe, gentle and effective for all the family*

If you have any questions, contact us at [office@uminachiropractic.com.au](mailto:office@uminachiropractic.com.au) or make an appointment for a preliminary consultation



# Are You Looking For An Experienced, Affordable & Gentle Dentist For Your Family?



General Dentistry



Cosmetic Dentistry



Implant Dentistry



Laser Dentistry



Children's Dentistry

**NO GAP** Exam and Clean appointment for Private Dental Health Insurance patients. Not with a Health Fund?

Just pay \$179 Includes FREE Xrays worth \$160 The 60 minute appointment includes: Full Comprehensive Exam, Clean and Polish, OPG X-rays, Treatment Planning and Fluoride

## NEW YEAR NEW SMILE SPECIALS

Packages on  
Dental Implants &  
Smile Designing



A whiter brighter Smile in one hour PHILIPS Zoom White speed in chair teeth whitening special - only \$595 (normally \$950)

**Free Assessment for dental implant.**

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

**0% INTEREST ON PAYMENT PLANS**

**Gosford Dental Lifeline**

*We provide reasons to smile*

**Ph: 4323 7007**



Gosford  
Bondi

**Bulk Billing**

**\$1,000 Free Dental Care for children age 2 to 17 - Ask us for the Details**



Dr. Meena Gambhir



Dr. Namita Mehta

PORCELAIN VENEERS | FREE CONSULTATION | INVISALIGN

**Saturday Appointments Available - We accept Veteran's Affairs patients**

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

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

HICAPS  
Fast claims... on the spot

**medicare**



Education



A concept plan for the new natural wood play area

## Maintenance work at Woy Woy

A substantial amount of maintenance has been carried out at Woy Woy Public School over the break, according to principal Mr Dan Betts.

"The library, the computer lab, the craft room, two areas in the preschool and 10 classrooms in blocks B and G were painted in a light off-white colour with dark blue/grey trims.

"These areas now look fresh and inviting and both our students and teachers are delighted to be learning in these lovely spaces.

"As well, we had a new roof and gutter system replacement completed for our school hall.

"This has sorted many of our

drainage problems around this area.

"A new vinyl floor was laid in the community room making this room look fresh and new."

Mr Betts said some work was still under way.

"New carpets for some of our administration area, the preschool and our 2K classroom will go in later this term as well," he said.

"The preschool groundwork is starting.

"Timber Creations is installing our new natural wood play area, which will transform the side area of our preschool into an exploratory area for our preschool and early intervention students, and for some of the younger students in

our disabilities programs classes.

"A mini car-bike track around this play area will be added in crushed, compacted gravel, as well as a yarn up circle, areas of lawn, plants and small group play adventures areas like music walls and water play equipment.

"The front area will then follow.

"There are some problems to solve with the big tree roots first but then you will see a natural sandpit area, tepee sitting area, outdoor kitchen, sensory path area, more paths, lawn and some wooden decking, as well as freestanding activity centres."

SOURCE:  
Newsletter, 23 Feb 2018  
Dan Betts, Woy Woy Public School

## Parents told of play equipment ban

Woy Woy Public School has told parents that students must not use the school's play equipment out of school hours, even when under parental supervision.

"We encourage parents to be part of our school community and welcome you onto our site," principal Mr Dan Betts said in a newsletter to parents

"However, parents do not have authority over students during school duty hours from 8:20am or at the time to come onto school grounds to begin school for the day or if waiting for children on site after school.

"While it is nice to socialise on school grounds, it is required that you always abide by school requirements, protocol and The Parent, Carer and Visitor Code of Conduct."

Mr Betts said he written "due to so many students playing on fixed equipment in our school grounds out of school hours even when teachers have asked them not to be on the equipment".

"The school fixed play equipment is for school use in school hours only.

"It is used only under teacher supervision and is unsafe for our

students otherwise.

"We have had a couple of nasty accidents when students have accessed the equipment before and after school hours without teacher supervision.

"Students have plenty of time during school hours to play on and enjoy this equipment under required teacher supervision.

"Please do not let your child play on this equipment even if you are there.

"It is school equipment and comes under the rules of operation set down by the school and under Health and Safety regulations.

"Authorised personnel must adequately supervise it," Mr Betts said.

"Signs have been ordered for these equipment areas to further remind everyone that it is not a public park but an area within school grounds and thus operated by the school as it deems necessary.

"When students are on school grounds, they are under the care of school staff.

"Supervision by teachers in our school starts at 8:20am in the morning."

SOURCE:  
Newsletter, 23 Feb 2018  
Dan Betts, Woy Woy Public School

## Testing to take place online

Umina Beach Public School is preparing to be one of the first schools in NSW to undertake Naplan Online.

"Our school will be one of around 500 schools in NSW that

will be transitioning to Naplan Online this year," said principal Ms Lyn Davis.

"This means our students in Years 3 and 5 will complete the Naplan assessments online this year rather than with pencil and paper.

"The Year 3 writing test will continue to be paper-based, but all other Year 3 Naplan tests will be online.

"Last year we participated in a school readiness test to prepare for the transition to Naplan Online.

"Our experience with the school readiness test confirmed that our school is ready," Ms Davis said.

She said a practice test would be held during March, where students would have an opportunity to become familiar with the types of questions they will be asked.

The online test itself will take place on line between May 15 to 25.

SOURCE:  
Newsletter, 13 Feb 2018  
Lyn Davis, Umina Beach Public School



Linda Emery  
Lawyer  
Since 1983  
  
Hospital &  
Home Visits  
By Appointment

### Specialising in:

#### FAMILY LAW

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

#### WILLS & ESTATES

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

So much more than just law...



Linda Emery & ASSOCIATES PTY LTD

LAWYERS & CONVEYANCERS

Ground Floor, Suite 6, 22 Watt St Gosford

#### CONVEYANCING

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

#### COURT APPEARANCES

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

4323 4766

Email: [lemery@lindaemery.com.au](mailto:lemery@lindaemery.com.au)  
Web: [www.lindaemery.com.au](http://www.lindaemery.com.au)



## Registered for action against bullying

**Ettalong Public School has registered to take part in the National Day of Action Against Bullying.**

The day takes place on March 16.

"Bullying is the use of force, threat, or coercion to abuse, intimidate or aggressively dominate others," said relieving principal, Ms Lynn Balfour.

"The behaviour is repeated and habitual.

"One essential prerequisite is the perception, by the bully or by others, of an imbalance of social or physical power, which distinguishes bullying from conflict.

"Teachers will share positive activities and ideas with their class and encourage children to be friendly and respectful, always."

**SOURCE:**  
Newsletter, 6 Mar 2018  
Lynn Balfour, Ettalong Public School



## Polynesian dance troupe

**Umina Beach Public School is forming a Polynesian dance troupe.**

The school is looking for interested students to form the troupe.

The troupe will meet at the school hall on Tuesday mornings from 8:30am each week.

The group will be taught the

basics of the hula and other Polynesian dances by Ms Tina Leaitua and Ms Gina Hendricksen.

An expression of interest form went home with students in the March 6 newsletter.

**SOURCE:**  
Newsletter, 6 Mar 2018  
Lyn Davis, Umina Beach Public School

## Sandpit toys wanted

**Umina Beach Public School is seeking donations of sandpit toys for their Kindergarten.**

"Kindergarten classes are asking for donations of sand pit toys that your child may have outgrown or you no longer need," said relieving assistant principal Ms Gayle Charles.

"We would love Tonka toys, diggers, dump trucks and so on, for the children to use at lunchtime in the sand pit.

"Any contributions would be greatly appreciated," Ms Charles said.

**SOURCE:**  
Newsletter, 27 Feb 2018  
Gayle Charles, Umina Beach Public School

## School musical is planned

**Ettalong Public School has begun planning for its 2018 Whole School Musical.**

"It is such a fabulous evening showcasing the talent of every student in our school that we have to hold it in the hall of the high school," relieving principal Ms Lynn Balfour.

Ms Balfour said the musical would be held on August 9 and more information about it would feature in the school's newsletters throughout the year.

**SOURCE:**  
Newsletter, 27 Feb 2018  
Lynn Balfour, Ettalong Public School

### Irish Eyes Are Smiling



John Mac Nally

**LAYCOCK THEATRE ON MARCH 18TH  
AT 2 PM WITH GREG HOOPER ON PIANO**

## We're looking for local writers of short plays

– 5 to 15 minutes in length –  
for the FLASH Short Play Festival.

If that is you, calls for script submissions are open until 31 March 2018.

The theme of the FLASH Festival this year is "CHANGE". We'd love to hear from you, and have your script be considered for the 2018 FLASH Festival.

[www.woywoylt.com](http://www.woywoylt.com)

### WOY WOY LITTLE THEATRE

## FLASH Festival 2018

5 to 15 minute plays written and presented by local artists

Woy Woy Little Theatre

**FLASH**  
Community Arts Project



Sponsored by  
CENTRAL COAST

WOY WOY LITTLE THEATRE INC PRESENTS  
**FLASH FESTIVAL 2018**

by Local Artists  
Directed by Local Artists

#### Performances

|           | Fri 8pm | Sat 2pm | Sat 8pm | Sun 2pm |
|-----------|---------|---------|---------|---------|
| September | 21      | 22      | 22      | 23      |

The Peninsula Theatre  
Off Ocean Beach and McMahons Rd Woy Woy

[woywoylt.com.au](http://woywoylt.com.au)  
book on line or phone 4344 4737

### THE GRAND PAVILION

## Ettalong Beach 4341 7234

46 Picnic Parade, Ettalong Beach, NSW

Lunch: 11:30 – 2:00pm (Mon – Sun)

Dinner: 5:00 – 10:00pm (Sun – Thur)

Dinner: 5:00 – 10:30pm (Fri – Sat)



## HOPE

where it's needed most



Please donate now

13 SALVOS  
[SALVOS.ORG.AU](http://SALVOS.ORG.AU)

Sponsored by  
**NEWSPAPERS**  
central coast





Ms Marijke Greenway is bringing her African and Peninsular safaris to life in her latest exhibition

# Pearl Beach artist presents wildlife exhibition

Wildlife, the exhibition, will be presented by Pearl Beach artist Ms Marijke Greenway at The Palm House, Sydney Botanic Garden from 10am to 4pm from April 2-20.

Ms Greenway said the inspiration for the pieces that make up the exhibition came from a recent safari holiday.

"We were on safari in Pilanesburg, South Africa, during July last year and with the aid of family photos, I have put together this exhibition," Ms Greenway said.

"It was an awesome experience. Nothing quite compares to the adventure of being up close to wild animals in their own environment. You shoot many wildlife photos and store amazing memories. Living in Australia, there is no need to go on safari. Here in Pearl Beach you sometimes see the wildlife almost on the doorstep and numerous birds in the trees. Goannas, snakes, brush turkeys and wallabies and even echidnas are quite common," Ms

Greenway said. "This exhibition covers two continents, both of which I have called home. Painting it was an enjoyable experience. I just felt that I could not stop. There was always another one to capture with the brush," Ms Greenway said. Ms Greenway will also be present throughout the exhibition to discuss the works.

SOURCE: Media release, 8 Mar 2018 Marijke Greenway, Pearl Beach

# Discount during International Coeliac Week

A Woy Woy cafe is offering coeliac sufferers a discount on all of their gluten-free menu items during International Coeliac Week.

Ms Ashleigh Fuller, whose parents own and operate BBF Cafe, has had coeliac disease for the past four years and wanted to bring attention to just how difficult it can be to live truly gluten free.

"Coeliac disease is an autoimmune disease that causes a reaction to gluten causing damage to the villi in the small intestine and bowel," Ms Fuller said.

It is a disease that can often be hard to diagnose so sufferers can go a long time before receiving the true diagnosis usually suffering through a range of symptoms, such as vomiting, stomach cramps, ulcers and fatigue, until coeliac treatment and prevention is prescribed.

It has no cure and is instead managed by a lifelong commitment to a gluten-free diet.

"I have had Coeliac's for four years and it has completely changed the way I live my life," Ms Fuller said.

"My family and I had to learn how to keep things separate, identify what foods are gluten free, learn how to read labels, eat differently to what everyone else can, take my own food places, not eat takeaway and generally miss out on a lot.

"It is really hard to understand Coeliac at first.

"You don't think wheat, rye, barely and oats are in sauces, soup, spices, or ice cream but they can be.

"Having this disease teaches you to be aware of everything you put in your body," Ms Fuller said.

"Food plays such a big part in our day to day lives but also in our social and cultural make up too.

"I think eating out is the hardest thing for me, as most restaurants and cafes know gluten-free but don't understand cross contamination," Ms Fuller said.

This is what inspired Ms Fuller and BBF to offer their special discount to Coeliac sufferers this Coeliac Week.

"We have a dedicated team who all know the importance of food handling, understand the risks of cross contamination and have a fully-stocked kitchen with separate utensils and preparation areas for gluten free items.

"All of our menu items are also available gluten-free, bar one item," Ms Fuller said.

"I really hope this week can highlight and celebrate coeliac sufferers as they deserve recognition of how far they have come but also to make people aware of how serious autoimmune diseases are and how they can just suddenly affect anybody," she said.

Coeliac Week commences from March 13 and concludes on March 20.

SOURCE: Interview, 8 Mar 2018 Ashleigh Fuller, Blackwall Reporter: Dillon Luke

## EASTER Seafood RAFFLE

WEDNESDAY 28TH MARCH

TICKETS ON SALE 5:00PM

DRAWN AT 7:00PM

## SATURDAY NIGHT MEMBERS DRAW

OUR MEMBERS DRAW IS BACK !

STARTS 3<sup>RD</sup> OF MARCH 6:30PM - 9:30PM

WIN UP TO \$2500 EVERY MONTH Draw starts at \$500

If not won, it jackpots \$500 every week until it is won Draw must be won the last Saturday of every month

DRAWS AT 6:30 | 7:30 | 8:30 | 9:30

NSW Permit Number LTPS/18/22463

Terms and conditions available upon request from reception.

Player activity statements available upon request.

• THINK! ABOUT YOUR CHOICES •

Call Gambling help on 1800858858 | www.gamblinghelp.com.au

## EASTER EGG Raffle

Thursday 22nd March

Easter Raffle OVER \$2000 IN PRIZES

TICKETS ON SALE 5:00PM

DRAWN AT 7:00PM

Melbourne Avenue - Umina Beach, New South Wales

4343 9999

www.clubumina.com.au

CLUB UMINA just gets better



Lukas, diagnosed with acute lymphoblastic leukaemia, wished to be a pirate for a day.

DONATE TODAY TO MAKE LIFE-CHANGING WISHES COME TRUE.

1800 032 260  
www.makeawish.org.au

MAKE-A-WISH Australia



## Book fair on Easter Saturday at Pearl Beach

**The Pearl Beach Easter Book Fair will be held in the Pearl Beach Memorial Hall on Easter Saturday.**

"Now in its 42nd year, the event is the largest single fundraising activity with proceeds going toward the memorial hall repairs and upkeep," said Pearl Beach Progress Association media officer Ms Lynne Lillico said.

Ms Lillico said the fair would have thousands of books, including general fiction, classics, crime and horror, travel, gardening, cooking,

health, craft and art, plus beautiful coffee table books and children's books and puzzles.

"There are also lots of CDs, DVDs and vinyl records.

"Books range from just two dollars," said book fair co-ordinator Ms Victoria Crawford.

The book fair will also promote and sell collectables.

There will be the traditional homemade cake stall and jams.

**SOURCE:**

Media release, 31 Mar 2018

Lynne Lillico, Pearl Beach Progress Association



The 2017 Opera event drew a large crowd

## New members at Rotary

**Woy Woy Rotary Club has welcomed three new members.**

"We offer a warm welcome to Maria Ramos, Mark 'Herbie' Fuller and Mitch Gordon to our Rotary Club," said Club president Mr Russell Grove.

"Both Maria and Mitch bring with them previous Rotary experience having been president of their earlier clubs.

"It is good that they know how Rotary works.

"Mark has lengthy experience

in the water polo organisation on the Central Coast having served as president and in other positions.

"They all have skills and talents which will bring strength to our club to allow us to carry out our important community service," he wrote in the club's newsletter.

"Membership retention is a big issue for Rotary.

"The reality is that most new Rotarians leave within the first two years of membership," he said.

**SOURCE:**

Newsletter, 7 Mar 2018

Russell Grove, Woy Woy Rotary

## Proceeds to Rotary projects

**Proceeds from the annual open-air charity event, Opera in the Arboretum, to be held at Pearl Beach on March 24, will go this year to Rotarians Against Malaria, Australian Rotary Health and the Zimbabwe Pensioner Support Fund.**

Presented by the Rotary Club of Woy Woy, Opera in the Arboretum is one of the most prominent cultural events on the Pearl Beach calendar.

Artists set to perform among the gum trees at Crommelin Native Arboretum this year include Greta

Bradman, Deborah Humble, Vigilio Marino and Alex Sefton.

The event is being sponsored for the fourth year by RetireAustralia.

Entry to Opera at the Arboretum

is via pre-purchased ticket only.

**SOURCE:**

Media release, 26 Feb 2018

Paul McBride, RetireAustralia

**FREE EVENT**

PROUDLY PRESENTED BY CENTRAL COAST COUNCIL

**FLAVOURS BY THE SEA**

**TASTE THE WORLD'S BEST FOOD, MUSIC AND ART**

**MEMORIAL PARK  
THE ENTRANCE**

**24 MARCH  
3.30PM - 8.30PM**

**LIVE MUSIC • ENTERTAINMENT**  
HARMONIC FOREST • LIGHT DISPLAYS • WORLD FOOD STALLS

**FEATURING  
HARRY JAMES ANGUS (OF CAT EMPIRE)  
KING TIDE**

**HOSTED BY AKMAL AND MANDY**

**FOR MORE INFORMATION VISIT  
centralcoast.nsw.gov.au/events**

THANKS TO OUR SPONSORS  
Central Coast  
FM 107.7 2GO

**HARMONY DAY**  
Celebrating our Cultural Diversity on the Central Coast

PRESENTED BY  
Central Coast Council



**SATURDAY 24TH MARCH**



**SATURDAY 7TH APRIL**

**SENIORS WEEK SHOW**

**ROCK & ROLL**

**Starring**

**THE BEST YEARS OF OUR LIVES**

**DIGGER REVELL**  
(PIONEER OF AUSSIE R 'N R)

**VICKY O'KEEFE**  
(DAUGHTER OF AUSTRALIA'S KING OF R 'N R -JOK)

**SUNDAY 8TH APRIL**



**ETTALONG DIGGERS**  
ETTALONG BEACH WAR MEMORIAL CLUB LIMITED  
ABN 99 001 011 392  
51-52 THE ESPLANADE, ETTALONG BEACH NSW 2257  
(02) 4343 0111



FOLLOW US



# Directory - Not for profit Community Organisations

## Art & Culture

**Central Coast Art Society**  
Weekly paint-outs  
Tues 0428 439 180.  
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  
0412 155 391  
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 & McMahers 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  
4341 5170  
www.fabcnsw.org.au

**Central Coast Caravanners Club Inc**  
3rd Sun Monthly Visitors - New Members welcome, Trips Away, Social Outings, Flowship with like minded senior folk - Details from Geoff  
0447 882 150

**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

**Freemasons**  
Who are they? What do they do?  
Find out about the world's oldest fraternal organisation and how we help our community.  
Gosford Masonic Centre  
86 Mann St Gosford  
www.tcc2001.org

**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, McMahers 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  
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

**The NSW Justices Association Inc**  
Seeking volunteers for 8 community JP Desks  
Tuesday Deep Water Plaza 9.30am-1pm  
Wednesday Umina Library 10am-1pm

Thursday Woy Woy Library 10am-1pm  
Free Insurance and training provided  
0418 493 388  
benefits@nswja.org.au

**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

**Entertainment Frantastics Choir Inc**  
High quality variety entertainment available for matinee bookings at your venue. New members welcome.  
1pm Mondays during school terms  
Walter Baker Hall, Woy Woy  
4343 1995  
www.frantastics.org

**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 educational groups providing practical experience and confidence  
Learn the benefits of hearing aids  
4321 0275

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

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

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

4344 7992  
**GROW Support Groups**  
Small friendly groups formed to learn how to overcome anxiety, depression and loneliness and to improve mental health and well-being. Anonymous, free and open to all. Bring a support person if you like. Weekly meetings at Woy Woy, Bateau Bay and Wyong  
1800 558 268  
www.grow.org.au

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

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

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

**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.pcta.org.au

**Riding for the Disabled**  
Horse Riding as a therapy for those with intellectual or physical disabilities. Volunteers required. No previous exp. necessary - School hours only. Mon to Sat 4340 0388  
stateoffice@rdansw.org.au

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

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

**Woy Woy Stroke Recovery Club**  
Everglades Country Club  
2nd Tues 11am

Company, up-to-date info, hydrotherapy, bus trips  
4341 7177

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

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

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

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

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

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

**Umina Ettalong Branch**  
2nd Mon Umina Beach Bowling Club 7.30pm 4342 3676

**Ourimbah/ Narara Branch**  
Niagara Park Primary School  
7.30pm 1st Mon  
4304 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 McMahers Rd. Woy Woy  
www.brisbane-water.bridge-club.org

**Cash Housie**  
50 Games every Sat night  
Peninsula Community Centre, McMahers Rd, Woy Woy, 7.30pm. Proceeds to Woy Woy Catholic Parish.  
www.cashhousie@hotmail.com

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

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

**Central Coast 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

**Ettalong Toastmasters**  
We provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth  
2nd & 4th Tue, 7:30PM, Ettalong Diggers  
0408 416 356

**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  
Wamberal - Mon 630pm  
Kincumber - Thurs 715pm  
0417 697 096  
www.centralcoastgoju-kaikarate.com.au

**Woy Woy Judo Club**  
Mon & Fri - 5pm 7+ Novice  
Tue-Thur - 5 classes from 4pm  
Wed from 4:30pm  
Fri-6-7pm Women's BoxFitness  
27 Bowden Road Woy Woy  
Min age 4 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**  
30 The Boulevard, Woy Woy  
Craft & Friendship: 1st, 2nd and 3rd Wed 10AM.  
Meetings: 4th Wed 10AM.  
Ph: 0411 434 785  
woywoycwa@gmail.com

**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

If you would like your Community Organisation listed here, see [www.duckscrossing.org](http://www.duckscrossing.org) or [www.centralcoastnewspapers.com](http://www.centralcoastnewspapers.com) for the forms or contact Central Coast Newspapers on - 4325 7369

Entries in the Not For Profit Community Organisations Directory are free. However, we require each organisation to subscribe to each newspaper to ensure that someone from that organisation keeps their entry up to date. Subscription rates are \$75 for 25 editions.





## Aron Sherriff moves to Queensland

**Ettalong bowler Aron Sherriff has moved to Queensland to play for the Helensvale Club.**

Bowls Central Coast farewelled Sherriff at their presentation night and named him the Central Coast Bowler of the Year on January 20.

Last year, Sherriff claimed the Premier League Title for the third consecutive year in a row, took out the State Singles Title and was named the Australian Singles Champion.

He has also been named to the Australian Commonwealth Games team for the third time and is gearing up for the April Games.

Sherriff said the move had been something he had been considering for some time.

He said that a desire to play with old friends who were members of

Helensvale Club and the needs of his family helped make the decision.

"My kids are sort of on the cusp of that age where if we left the move any later it'd be harder for them to adjust," Sherriff said.

"Mark Casey, Brett Wilkie and Nathan Rice, who I played with throughout my international career, are all members of Helensvale and I'm excited to get back on the

green with them in preparation for the Games," Sherriff said.

During his time with Ettalong, the club rose to prominence amongst the region's bowling clubs and won numerous titles, including securing the NSW Championships for the past four years.

**SOURCE:**  
Interview, 8 Mar 2018  
Aron Sherriff, Helensvale Bowling Club  
Reporter: Dillon Luke

## The Peninsula Diary of Events

For events in post code areas 2256 and 2257

### Monday, Mar 12

Woy Woy JRLFC General Meeting, Woy Woy Leagues Club, 7:00pm to 8:00pm

Women's Vinyasa Yoga Classes, Community Connect Killcare Surf Life Saving Club, 9:30am

### Wednesday, Mar 14

Talk Tarot with Annie Labri, Gnostic Forest and Gnostic Bunch, Chambers Plc Woy Woy, 10:00am, free event

Puppy Success Training Class, Animal Talent Training School, Woy Woy, 6:00pm to 7:00pm, bookings essential

### Friday, Mar 16

Fribay, The Bayview Hotel, Woy Woy, 8:00pm to 2:00am

Animal Communication Workshop, Umina Beach, 7:00pm, tickets essential

Andy Kane Duo, Ettalong Bowling Club, 7:30pm to 10:30pm

### Sunday, Mar 18,

Brides Day Out, Ettalong Diggers Visitor Information Centre, 10:00am to 2:00pm, tickets essential

Umina Beach Markets, Umina Beach, 9:00am

Animal Communication Workshop, Umina Beach, 4:00pm, tickets essential

### Thursday, Mar 22

Easter Egg Raffle, Club Umina, 5:00pm start, raffle drawn at 7:00pm

Natural Health, Clean Living and Essential Oils program presented by Gilli Rose Essential Oils and Natural Health, Umina Surf Life Saving Club, 6:45pm to 8:30pm, tickets essential

### Saturday, Mar 24

Opera in the Arboretum, Pearl Beach, 3:00pm to 5:30pm, tickets essential

Forage, Flowers and Fold Eco Dye Studio Workshop, Woy Woy Waterfront, tickets essential

### Sunday, Mar 25

The 2017/2018 Energy Cycle, Coast Community Connections, Woy Woy, 11:00am to 4:00pm, tickets essential

### Tuesday, Mar 27

All Dogs Agility Class, Animal Talent Training School, Woy Woy, 6:30pm to 7:30pm, bookings essential

### Wednesday, Mar 28

Easter Raffle, Ettalong Bowling Club, 5:00pm start, raffle drawn from 7:30pm

### Thursday, Mar 29

Club Umina's Easter Seafood Raffle, Club Umina, 5:00pm to 8:00pm

### Saturday, Mar 31

The Vallies a Tribute to Frankie Valli and the Four Seasons, Everglades Country Club, 8:00pm to 11:00pm, tickets essential

### Tuesday, Apr 3

Trivia Night at The Bayview, Bayview Hotel Woy Woy, 7:30pm

### Thursday, Apr 5,

Central Coast Crypto and Bitcoin Meet-Up, Made Brus, The Boulevard Woy Woy, 7:30pm to 9:30pm, bookings essential

### Friday, Apr 6

Fribay, The Bayview Hotel, Woy Woy, 8:00pm to 2:00am

### Saturday, Apr 7

Charmaine Wilson Live, Ettalong Diggers, 7:00pm to 10:00pm, tickets essential

### Sunday, Apr 8

Seniors Week Show-Rock and Roll The Best Years of Our Lives starring Digger Revell and Vicky O'Keefe, Ettalong Diggers, 2:30pm to 4:30pm, tickets essential

### Friday, Apr 13

Pseudo Echo Live, Ettalong Diggers, 8:00pm to 11:00pm, tickets essential

## 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

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



Classifieds

**ANTENNAS**

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


**BOREWATER**

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

**CARPENTERS**

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

**ELECTRICIANS**

  
**Electrical & Data**  
**TIM BULLOCK**  
ALL ELECTRICAL AND DATA  
RESIDENTIAL AND COMMERCIAL  
**0427707080**  
Lic: 236223C

**GARDENING**

**MARTIN O'BRIEN**  
Yard Care Services  
Mowing, Edging, Maintenance, Yard & Gutter Cleaning, Rubbish Removal  
Call Martin  
**0431 609 126**  
Fully Insured

**PLASTERING**

**PHIL BOURKE PLASTERING**  
Over 36 yrs exp  
Gyprock, Renovations  
Small Jobs, Free Quotes  
Reliable Service  
**0418 452 474**  
Licence No 2107c

**ASBESTOS REMOVAL**

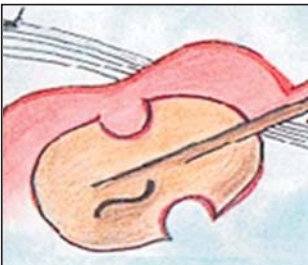
**Asbestos Removal**  
Fully licensed and insured asbestos removals from houses, garages, sheds, bathrooms etc.  
Ph: Tom 0422 653 794  
or 4393 9890  
Safe Work NSW Lic. AD212564

**BRICKLAYING**

**Bricklayer**  
Over 40 year's experience  
Small jobs welcome  
All aspects of brickwork  
Free quotes  
Ph: Will 0451 123 787

**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

**ENTERTAINMENT**

  
*The Troubadour*  
Folk and Acoustic Music Club  
Mar 24 at 7pm  
**PHIL AND TRUDY EDGELEY**  
CWA Hall - Woy Woy  
Price \$10, \$13 and \$15  
[www.troubadour.org.au](http://www.troubadour.org.au)  
**4342 6716**

**MAKE YOUR GARDEN PRETTY AS A PICTURE**  
LAWN MOWING AND GARDEN MAINTENANCE  
PH: WILLIAM  
**0424 533 344**

**A-Z GYPROCKING**  
Lic No 95215c  
• ALL PLASTER WORKS  
• MODERN & TRADITIONAL  
• SMALL JOBS WELCOME  
• FREE QUOTES  
FULLY INSURED  
Call Joe  
**0408 406 094**

**CABINETMAKER**

**CABINETMAKER**  
• Cupboards  
• Shelving  
• Furniture  
• Kitchen Updates and Robes  
Call Jens  
**0418 993 994**

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

**KITCHENS**

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

**PLUMBING**

**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**

**ADVERTISE YOUR BUSINESS HERE FOR ONLY \$20 A WEEK +GST**

**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](http://www.CentralCoastNewspapers.com) or [www.CentralCoastNews.net](http://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

**CLEANING**

**Weston & Wilson Cleaning Services**  
Domestic, end of lease, holiday & vacate cleans.  
Regular or one off.  
Fully insured, WWC & Police check avail.  
From \$35 hour.  
**Maryanne**  
**0403 505 812**

**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**

**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](mailto:tomflood@hotmail.com)  
**4324 2801**

**FENCING**

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

**Timber Colorbond Gates Screening Repair work**  
Ph: 0409 445 477  
[WWW.WEFENCE.COM.AU](http://WWW.WEFENCE.COM.AU)

**LOCKSMITH**

**ETTALONG KEYS**  
WHILE U WAIT  
KEY CUTTING - SHOE REPAIRS  
ENGRAVING - WATCH BATTERIES  
CANVAS AND LEATHER REPAIRS  
SCISSOR SHARPENING  
GIFTWARE  
9-5 MON - FRI 9-1 SAT  
**279 OCEAN VIEW DRIVE**  
**ETTALONG BEACH**  
**0418 431 011**

**PAINTERS**

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

**PERSONAL TRAINING**

**GET FIT FOR LIFE**  
Personal Training in the gym or at home  
FULLY QUALIFIED ALL AGES  
2017 NABBA/WFF National Champion  
Call Jessie Now!  
**0402 544 078**

**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

**ROSS PLUMBING CO.**  
*Servicing all areas of the Central Coast*  
• Hot & Cold Water  
• Sewer & Storm Water Drainage  
• Roofing & Guttering  
• Complete Bathroom Renovations  
**0403 101 626**  
Lic 193366e

**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](mailto:tgp.aarth@gmail.com)









*Club superstar Lachlan Braddish*

# Swimmers manage qualifying times at Homebush

# TIDE CHART

|                         |  |                         |  |                         |  |
|-------------------------|--|-------------------------|--|-------------------------|--|
| <b>12</b><br><b>MON</b> | 0533 1.47<br>1222 0.61<br>1824 1.22              | <b>13</b><br><b>TUE</b> | 0000 0.70<br>0628 1.52<br>1311 0.54<br>1912 1.29 | <b>14</b><br><b>WED</b> | 0051 0.64<br>0715 1.59<br>1351 0.48<br>1951 1.37 |
| <b>15</b><br><b>THU</b> | 0134 0.57<br>0755 1.65<br>1426 0.42<br>2027 1.44 | <b>16</b><br><b>FRI</b> | 0214 0.51<br>0832 1.69<br>1459 0.37<br>2100 1.50 | <b>17</b><br><b>SAT</b> | 0251 0.45<br>0909 1.72<br>1531 0.34<br>2135 1.57 |
| <b>18</b><br><b>SUN</b> | 0330 0.41<br>0946 1.72<br>1604 0.33<br>2211 1.62 | <b>19</b><br><b>MON</b> | 0411 0.39<br>1026 1.70<br>1638 0.34<br>2249 1.66 | <b>20</b><br><b>TUE</b> | 0455 0.39<br>1107 1.64<br>1715 0.37<br>2330 1.69 |
| <b>21</b><br><b>WED</b> | 0542 0.41<br>1151 1.57<br>1754 0.43              | <b>22</b><br><b>THU</b> | 0015 1.69<br>0634 0.44<br>1240 1.47<br>1837 0.50 | <b>23</b><br><b>FRI</b> | 0103 1.67<br>0732 0.49<br>1335 1.37<br>1928 0.58 |
| <b>24</b><br><b>SAT</b> | 0200 1.64<br>0841 0.52<br>1443 1.29<br>2030 0.64 | <b>25</b><br><b>SUN</b> | 0306 1.62<br>0958 0.52<br>1602 1.27<br>2146 0.67 | <b>26</b><br><b>MON</b> | 0420 1.64<br>1112 0.48<br>1722 1.31<br>2303 0.63 |

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.

Media release, 28 Feb 2018  
Richard Braddish, Woy  
Woy Swim Club

# Social club donates to Woy Woy Juniors

Media release, 7 Mar 2018  
Janine Grattan, Woy Woy  
Leagues Social Club

# Event to raise money for village

Email, 7 Mar 2018  
John Orme, Woy Woy

# Mixed bowls

Media release, 29 Feb 2018  
Brian Dolan, Everglades  
Men's Bowls

# WOY WOY, NEW SOUTH WALES

## March 2018 Daily Weather Observations



**Australian Government**  
**Bureau of Meteorology**

[illegible]



# Busy month for Umina Surf Life Savers

February was a busy month for Umina Surf Life Savers, who participated in six different events throughout the month.

Umina Surf Life Saving Club members had an excellent showing at the SLS Nippers Branch Championships held on February 4.

Hosted by Toowoong Bay Surf Life Saving Club, the SLS Branch Championships were well attended by local clubs and clubs from the north and Greater Sydney regions.

Team Umina started the day well with a silver medal in the March Past event.

Jack Sloan managed a silver in the R and R signals as well.

The Under 9's did well with five team medals, with individual medals going to Phoebe Graf in Surf Race and Peter Igo in Beach Sprint.

The Under 10's managed three team medals with individual medals to Sophia Grey and Ronnie Jordan.

The Under 11's won three team medals with individual medals going to Sienna Scahill and to Charli Wouters.

The Under 12's won five team medals, with individual medals going to Ellena Grey, Davara Marshall, Mikayley Fisher and Jed Hoyland.

In the Under 13's, Finlay Healey won gold in the 1km Beach Run.

The oldest age group being the Under 14's, managed two team medals, with individual medals going to Bethwyn Caller and Tom Rodham.

The Umina Masters competed at their Branch Championships on February 10 at Toowoong Bay as well.

In point score, Umina came a close fourth behind Toowoong Bay, Avoca and Terrigal.

Many team medals were won with individual gold medals going to David Benson (30-34s Flags and sprints), Steve Devivo (45-49s flags) Bill Cook (over 70s Ironman, Tube race, board) and Christine Bishop (40-44 Ironperson, Ski, board and surf race).

Umina boat crews also did well on February 10 at MacMasters



Umina competitors for the First Aid Competition

Beach under tough conditions.

Gold medals went to three crews, the Open women (G Stringers), Women's 200 (Sheroes) and Men's 120 (Kaisen).

Umina also managed a bronze in the boat relay (G Stringers, Kaisens and Mad Dogs)

Umina was well represented

at the Central Coast Branch Championships which took place on February 11 at MacMasters Beach.

Umina placed third overall on point score and medalled in nearly every team event.

In the Opens, Jemma Smith won the Ironperson and Ski while

Rachel Wood won the surf race.

In the 19's age group, Mimi Henderson won two silvers with Jaz Rodwell managing a bronze in the board event.

The hotly contested Under 17's male age group was dominated by Lachlan Braddish claiming gold in the Ironman and Board races.

Blake Hessel won the surf race, with Brock Ray also winning gold in 2km beach run.

Kirsten Miler won gold in Ironwomen event with Bronte Smith winning the ski race and Georgia Ray claiming gold in the 2km beach run.

Tom Rodham was fast on the sand in the Under 15's boys winning, silver medals in both flags and sprint events.

The Branch First Aid Championships were held at Soldiers Beach on February 17.

Gold medals went to Under 15's mixed team of Avya Marshall, Emma Talty and Mollie and Hannah Murphy in the Under 19's mixed group.

The Branch Champion Lifesaver was held at Soldiers Beach on February 18.

The multi discipline event extends the whole day with five physical events combined with CPR and a knowledge test.

Umina was well represented with gold medals going to Shelley Smith and Kerry Armstrong Smith in the masters, and Jemma Smith in the opens, while Mollie Murphy managed first in the Under 19's.

Silver medals went to Christine Bishop in the Masters and Bethwyn Caller, Georgia Ray and Blake Hessel in aged groups.

Mathew Kearney claimed bronze in the Under 15's boys.

SOURCE:

Media release, 26 Feb 2018  
Richard Braddish, Umina  
Surf Life Saving Club



Umina Champion Lifesaver Competition competitors

**Help Ted Noffs  
Foundation  
get addicted  
children clean**

*Help*

Please donate to buy beds  
for Ted. Call 1800 151 045  
or visit [www.noffs.org.au](http://www.noffs.org.au)

**tednoffs™**  
FOUNDATION

**CENTRAL COAST MARINERS vs SYDNEY FC**

**SAT 24 MAR | KO: 5.35PM**

TICKETS AVAILABLE FROM [CCMARINERS.COM.AU](http://CCMARINERS.COM.AU)

**IT'S TIME TO EARN OUR STRIPES**

**#CCMFC**





## Top tips for boosting your immunity this Autumn

When our immune system is working properly, we don't even notice it. But when we have an under or overactive immune system, we are at greater risk of developing infections and other health conditions. With the weather getting cooler, it's a great time to start boosting your immunity to keep you healthy through the cold and flu seasons.

### 3. Think about your gut

Good gut health can make all the difference in staying healthy throughout the cold and flu season. Investing in a daily probiotic can help rebalance the gut in favour of good bacteria so harmful bacteria are outnumbered. Your digestive tract contains 70% of your body's immune system so it's really important to keep it healthy. Additionally eating naturally rich probiotic gut friendly foods, such as kombucha, kimchi, yogurt, kefir and sauerkraut, are also great for your tum!



### 1. Get your flu shot

Cold & Flu season is quickly approaching! Pop into your local YouSave Chemist for your flu shot before winter arrives. Available in selected stores only.

### 2. Start boosting your immunity

As the air gets cooler, Autumn is the best time to start boosting your immune system in preparation for the colder months ahead. Daily vitamins that can assist in strengthening your immune system include zinc, echinacea, turmeric and olive leaf extract.



### 4. Get some sleep

We all lead busy lives and getting enough sleep can be very challenging at times. 7-8 hours of sleep a day allows you to maintain a strong immune system, giving your body time to recover and rebuild. Avoiding cigarettes and alcohol before bed will also help maximise your sleep quality. If you have trouble sleeping, try switching off all electronic devices at least 1 hour before your bedtime and also avoid coffee or drinks with caffeine at least 3 hours before bed.

The information provided is general and is not intended, nor may it be construed, as medical advice or instruction. Information and opinions expressed are believed to be correct and accurate to the best knowledge and judgement of the authors. Please consult a qualified health care professional prior to taking any action or inaction in relation to the content contained herein.

**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**