Peninsula Community Access News

Edition 462 29 January 2019

Fire destroys Umina Mall

Fire has destroyed Umina Mall shopping centre.

Fire broke out in the Umina eight-shop complex in the early hours of the morning on January 13.

Police and fire officers were called to the centre on Ocean Beach Road about 2:15am

Efforts were made to contain the blaze; but it had spread into the roof cavity where insulation continued to burn.

Emergency services remained at the scene of the fire more than 12 hours after arriving to fight the fire.

Shop tenant real estate agent Lois Jones praised the fire brigade officers who went into the burning building to rescue valuable equipment and files for the businesses.

"They are worth more money," she said.

Cr Richard Mehrtens said the said the situation presented an opportunity for renewal.

He said the prime location between Woy Woy and Umina served as an important shopping point for nearby residents.

"I hope that the owners of the site have a vision to keep the best bits of the site alive, such as its accessibility and convenience, and focus on the necessities of life that people rely on."

Anyone with information on the fire at Umina Mall is being urged to come forward.

The cause of the fire was being investigated and was being treated as suspicious, police said at the time, and have since confirmed it remains an ongoing active investigation.

Any links with the fire at Woy Woy community garden the following week were also being investigated.

SOURCE:
Media statement, 13 Jan 2019
Media Unit, NSW Police
Phone call, 23 Jan 2019
NSW Police, Woy Woy
Media statement, 25 Jan 2019
Cr RIchard Mehrtens,
Central Coast Council

See more P6-P9

Retired geologist Charmaine Beckett and Save Woy Woy member Norm Harris addressed the panel.

Panel signals possible nursing home approval in rare bushland

The Joint Regional Planning Panel has voted to support the concept of allowing a 160-bed nursing home in endangered bushland in Woy Woy.

The owner of land at 45 Hillview St, Woy Woy, containing Umina coastal sandplain woodland has been told to give the planning authority more detail after a public hearing last week.

The four-member joint regional planning panel voted three to one to support the concept but they did not approve the proposal – as yet.

Cr Kyle MacGregor was the dissenting member of the panel.

The approval would not comply with planning provisions.

The building would generally exceed height limits by 50 per cent and in the rear 25 per cent of the site being three times the limit.

Panel chair Mr Jason Perica said the panel had a number of details they wanted from the developer and from Central Coast Council staff assessing the details.

These included clarity about rules around development in areas with acid sulphide soils and whether previous consents about conservation considerations on this particular site had been complied with.

They also asked for a review of the proposed boardwalk and senior housing requirements under State Environmental Plans.

Mr Perica said they needed more time to digest information the developer had provided that day relating to one variation against planning guidelines.

Planning provisions require the development to be no higher than one storey within 25 metres of the rear boundary and two storey elsewhere.

Mr Perica said the three storeys were higher but allowed the development to be concentrated on the cleared area and the density was less than the guidelines and given the significant setbacks of the building and characteristics of the site, there was enough conceptual support for not refusing but they would not approve "tonight".

The site currently has an active development approval for senior housing but the owner has come back with a variation to that original consent from 2007.

The latest plan is to build a three storey 160-bed nursing home, which is one storey above planning guidelines.

Many of the approvals from the previous consent are being carried over to the new proposal and the planning panel wanted some of these reviewed in light of current regulations.

Mr Perica said he expected a decision in weeks rather than months.

There would not be another public meeting but the information being sought would be published before a final decision was made.

SOURCE:
Hearing, 24 Jan 2019
Hunter Central Coast Joint Regional Planning Panel

THIS ISSUE contains 39 articles - Read more news items for this issue at www.peninsulanews.info

NEWSPAPERS Central Coast

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Peninsula Community Access News

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

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

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All accepted contributions also appear on our website.

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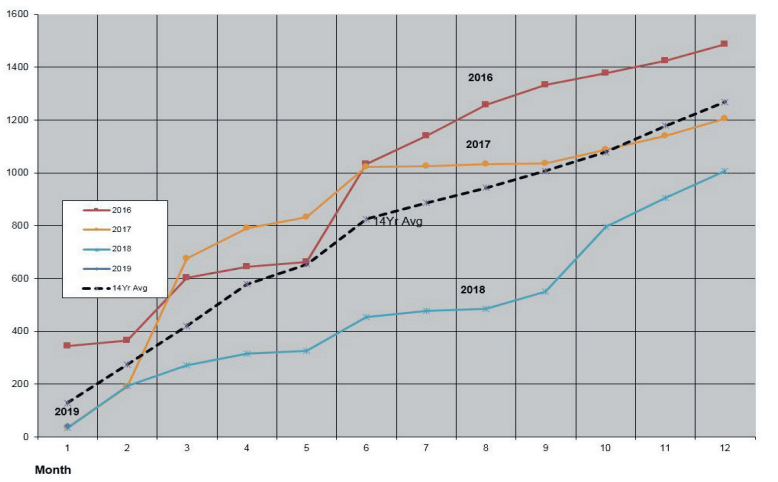
January delivers the wet stuff

Hot, dry temperatures have persisted across the Peninsula throughout January, with the region recording just 42.8mm of rain as of January 25.

Despite the seemingly low figure the result is already higher than the total rainfall for January 2018, which saw just 33.8mm of rain for the entirety of the month.

With six days of the month left at the time of writing the result means that the Peninsula is actually off to an above average start to its yearly rainfall figure with a chance for an even better final result for January should we see showers over the final days of the month.

According to data compiled by Umina's Mr Jim Morrison, this figure is a two year high for January, with the Peninsula not recording more than 38mm of rain in the first month of the year since January 2016.



As we move into February, traditionally one of the Peninsula's wettest months, the Peninsula seems to be on track to see a better rainfall result than it did in 2018.

SOURCE:
Spreadsheet, 25 Jan 2019
Jim Morrison, Umina

YOUR CHANCE TO WIN

The Peninsula News in partnership with Alcofree Tuggerah, would like to offer one lucky reader the chance to win an Alcofree prize pack to kick start their Febfast campaign.

Febfast is a national fundraising campaign that sees tens of thousands of Australians give up alcohol and sugar for the month of February.

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For your chance to win write your full name, day time phone number, email and postal address on the back on an envelope and mail it to it to Peninsula News Febfast Competition, PO Box 1056, Gosford 2250 before 5pm on February 6.

The winner of the Treetops Competition was Scott Bennett 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.

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Community garden seeks help after fire

Woy Woy Community Garden is looking for help after an arson attack on January 20.

The attack was the culmination of a few smaller attacks that began in October 2018 when five worm farms were burnt to the ground.

Garden founder Ms Jill Meredith said worm farms are quite moist so she suspected an accelerant was used.

"That was a kick in the guts and we resolved to be more careful about what was left out," she said.

But then the garden had three attacks in about 10 days culminating in this last attack.

The garden is surrounded by houses and a young neighbour noticed flames coming from the shed about 7.30am.

The fire brigade and police attended.

The shed and all its contents were burnt. Lost are training materials, tools, buckets, the all-important seed bank, the barbecue and two water tanks.

"Everything is gone," Ms Meredith said.

"The smell is unbelievable.

"The tea cups were in a plastic container sitting on a laminated bench top. The plastic has melted over the cups and it's all stuck to the bench.

"The difficulty now will be to get the container off the block.

"Or maybe we should cut the sides out and make it a nice place to sit.

"We need some advice from a metal worker and from a builder to decide what to do about a new shed.

"But the bottom line is we need a new one."

Ms Meredith said the community group had started a Go Fund Me page as it would need money to build the shed.

The garden has a public walkway through it and thousands of people love the garden.

It has about 1800 people on its Facebook page and about 40 regular helpers

A disabled group visit every week and interact with the regulars and are included in the garden's community.

A play group that visits each Tuesday has one activity that sees them sing a song to the garden.

And the garden itself has survived virtually unscathed from the attacks.

"It is now nine years old and well established and watered," Ms Meredith said.

"It got a bit of scorching around the edges but it's basically untouched."

Woy Woy community garden was established in 2012 at 85-87 Moana Street Woy Woy.

Ms Meredith said the garden had been a peaceful place helping break down barriers and building new connections across various community groups including, pre-schoolers, children, young adults, elderly, women, men, disabled, retired, and working people.

"Woy Woy Peninsula Community Garden is a very special area for all to enjoy and a wonderful place to sit, relax and learn about plants," she said.

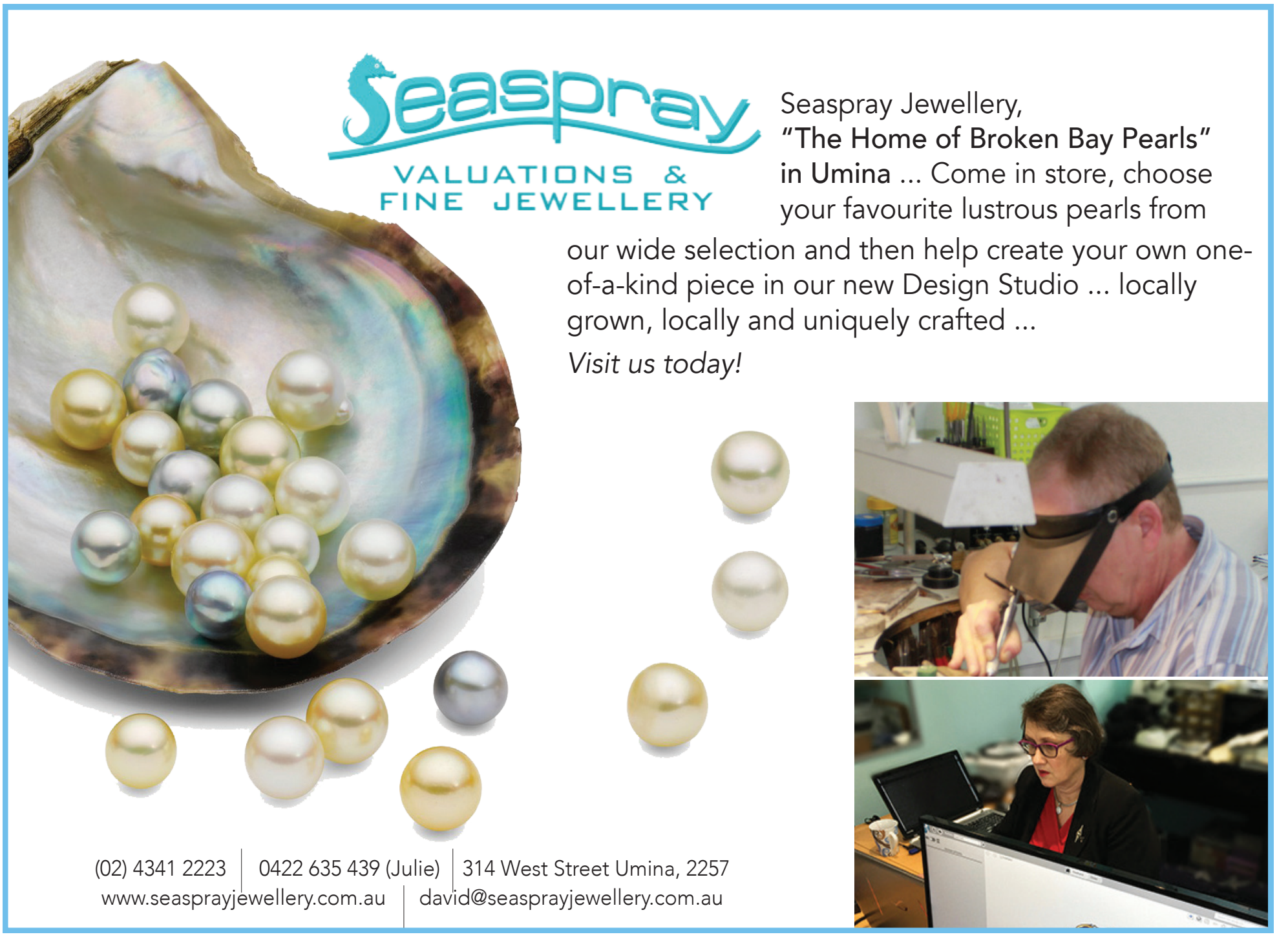
"We are committed to maintaining this resource for the community and plan to rebuild by seeking the support and help from the local community through a go fund me campaign.

"Any donations will be gratefully appreciated and utilised to build a new storage shed, and replace tools and equipment lost due to these savage attacks.

"We are also seeking quotes for the possible installation of security fences to help protect resources acquired through community support and donations.

"Call into the garden Thursday mornings 9am – 12."

SOURCE:
Media release, 23 Jan 2019
Interview, 23 Jan 2019
Jill Meredith, Woy Woy Community Garden
Reporter: Merilyn Vale



Woman airlifted from walking track

A woman was airlifted from a walking track in Killcare on January 18, after getting into difficulties.

Emergency services received reports a woman had twisted her ankle along the Bouddi Coastal Walk walking track at around 8am.

They had difficulty accessing the location and subsequently the Westpac Rescue Helicopter was tasked to assist.

The woman was safely airlifted out of the area and conveyed to Gosford Hospital for treatment.

She was reported to be in a stable condition.

SOURCE:
Media release, 18 Jan 2019
Glen Ramplin, WRHS Media Unit

Fledgling kookaburra 'reunited' with its parents

A fledgling kookaburra has been reunited with its parents thanks to members of the Pearl Beach community and volunteers from the Wildlife ARC society.

According to a report issued by Wildlife ARC to the Pearl Beach Progress Association, the fledgling attempted its first leap from its nest in Pearl Beach, but failed to take flight.

Luckily the young bird was found by a community member who notified Wildlife ARC.

According to the report, the kookaburra had fallen three stories to the ground, but upon inspection was found to be in good health.

Widlife ARC then called upon local business, Kookaburra Tree Services, to assist in returning the fledgling to its nest.

After a steep climb, the fledgling was safely returned to its nest and the care of its parents.

SOURCE:
Social media, 17 Jan 2018
Lynne Lillico, Pearl Beach Progress Association

Rotary club farewells exchange student

The Rotary Club of Umina Beach have farewelled their 2019 Rotary Youth Exchange Program student Beau Seal.

Seal will be living with a Rotary host family in Austria over the next 12 months as part of the program.

The club held a farewell meeting for Beau and his family on January 13 and wished him well on his travels.

club publicity officer, Mr Geoff Melville told Beau:

"We wish you well on your exchange and will follow your progress with interest.

"We trust you will get on well with all your host families and have a great time," he said.

SOURCE:
Newsletter, 13 Jan 2019
Geoff Melville, Rotary Club of Umina Beach

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Association to speak against fence

The Wagstaffe-Killcare Community Association has asked to speak at Central Coast Council's residents' forum at on January 29 against approval of a fence at Killcare Heights.

The association is hoping to convince the councillors to vote against allowing an illegally-built colorbond fence to stay, according to association president Ms Peta Colebatch.

The owner has two applications; the relocation of the shorter run of fence south of a driveway and approval of the fence to the north of the driveway.

The association wants a fence that complies with council rules.

The fence, at 49 Wards Hills Rd, Killcare Heights is higher and not transparent.

It was built early in 2017 without council approval and is estimated to cost about $4350.

Ms Colebatch said a council staff member told the association in November 2017 that council would require the fence to be removed, but that staffer no longer worked for council.

And the fence is still standing.

In December 2017, the owner Mr AJ Denny started the process for retrospective approval and Ms Colebatch said the association offered twice to meet to seek a compromise but had no response.

Ms Colebatch said the association would tell Council that this is not just a fence, but an extremely long fence in a sensitive area at the gateway to Bouddi Peninsula and that the prime asset of the area was its scenic nature and open welcoming approach.

It will remind council that its planning provisions (development control plan and local environment plan) reflected these principles.

Ms Colebatch said the principles meant buildings and structures were intended to allow dominance of the landscape, requiring retention of trees and minimal fencing, so that the landscape was appreciated.

"Fences are required to be of a see-through nature, not solid, and not of metal construction," she said.

"The current long fences are light in colour so they further stand out."

She said the planning provisions required retention of framed views along Wards Hill Rd to be rural and scenic.

She said they did not allow the solid edges and continuous edges as in these fences.'

Ms Colebatch said the staff statement in the council papers that the solid fence "is consistent with the character objectives of the area" is clearly wrong as the objectives include "protect and enhance environmental character" and enhancing the identity "by development that displays improved standards of scenic, urban and civic design quality".

The owner has proposed to move part of the fence back two metres from the boundary and to use planting of shrubs and trees to soften the effect.

But Ms Colebatch said there were guarantees or remedies for failure of the proposed planting to hide an ungainly structure erected without consent.

"It is still there as an example of failure of process in Council," she said.

"Any approval now rewards improper behaviour, disregard of community standards, process used, and provides precedent to others to similarly breach process and standards."

The council staff have recommended approving both applications for the fence.

SOURCE:
Media release, 24 Jan 2019
Interview, 24 Jan 2019
Peta Colebatch, WTKCA
Reporter: Merilyn Vale

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Umina Mall site could have bright future, says Mehrtens

The recent fire at Umina Mall presents an opportunity for renewal of the site says Central Coast Councillor Richard Mehrtens.

The site is in a prime location between Woy Woy and Umina which Councillor Mehrtens says serves as an important shopping point for nearby residents.

"For locals who don't want or need to go all the way to Umina or Woy Woy and deal with the hassle of parking or traffic, Umina Mall is the perfect place to stop and shop.

"I hope that the owners of the site have a vision to keep the best bits of the site alive, such as its accessibility and convenience, and focus on the necessities of life that people rely on."

Cr Mehrtens said that Council had a role to play in the future of the site as the adjoining road has been previously offered for sale to the owners of Umina Mall.

"There is a long history going back to Gosford Council days when it had attempted to sell the road to the owners of the site, which was knocked back at the time," Cr Mehrtens said.

"I understand that the negotiations had fallen over during the period of Administration, but I hope that given a new Council and these new and unique circumstances, that both parties can be reasonable and do what's in the best interest of the community to get the land sold.

"This site could have a bright future if Council and the owners can work together."

SOURCE
Media statement, 25 Jan 2019
Cr Richard Mehrtens,
Central Coast Council

Businesses affected by Umina Mall fire

Jane Raj Is finished.

She's looking for a job, after the Umina Mall fire burnt down her dreams of running her own business.

Ms Raj opened Artisan Gifts and Therapies in the mall last August, only to lose everything in the fire two weeks ago.

Yes, she was insured. "But how do you get reimbursed for your time," she asks.

Ms Raj sold handmade goods: "Every day I would make something."

Now, she is looking for a job because she cannot afford the rent being asked for shops in the area.

Sid's Barbershop has started a Go Fund Me page to raise $20,000 to rebuild both the barber shop and the cafe his family had started a week before the fire.

However, perhaps the greatest number of customers affected will be those of the pharmacy.

Blooms The Chemist Umina pharmacist Mr Markos Atalla said he and his staff were busy trying to assist their hundreds of customers.

"Our biggest headache is we kept scripts on file, losing the business is bad but we are doing running around trying to calm people's nerves," Mr Atalla said.

Some scripts and customer folders were rescued while others were damaged. Staff are driving to homes,- the only way they can contact many customers, some aged 80-plus years.

"We have many loyal customers. We would hate to lose their trust in us," Mr Atalla said.

"They trusted me with their prescriptions and medications."

He said customers had the choice of what they wanted to do.

They could reclaim their scripts. They could find another pharmacy of their own choice.

They could return to their doctor for new scripts.

They could ask to be transferred to another Blooms pharmacy or they could ask Umina Pharmacy to dispense.

Mr Atalla is currently working from the Erina Blooms pharmacy but was looking for new premises.

"We have to find a place," he said. "I have been here nearly 12 years and I want to stay here.I know them all personally."

He said a petition to council asking for the process of renewal to be quick received 700 signatures in seven hours.

SOURCE
Interview, Jan 25
Markos Atalla, Blooms Pharmacy Umina
Jane Raj, Artisan Gifts
Press Release, Jan 25
Cr Richard Mehrtens

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Fire destroys Umina Mall

Photographs taken by Chris Downey and Mark Snell

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Bill Cook receives Australia Day honour

St Huberts Island resident Mr Bill Cook, has received a Medal of the Order Australia in the 2019 Australia Day Honours list.

Mr Cook received his honour for services to surf lifesaving.

Mr Cook has been a member of Umina Beach Surf Life Saving Club since 1993 and held various positions with the club over the years.

Mr Cook spent 10 years as a member before moving into more involved roles at the club.

He's been everything from a coach to president at one point or another and was granted Life Membership to the club in 2010.

Mr Cook recalled how he came to join the club.

"Originally I just wanted my bronze medallion.

"I was an avid swimmer back in the day and a friend introduced me to the club back in 1993.

"I've been a member ever since," Mr Cook said.

Mr Cook said it was the club's sense of community that kept him engaged over the years.

"For me it's always been about the people.

"The club is a nice second family to belong to.

"It's a real community.

"The kids all know you and say hello which is always nice and these days I'm training the kids of nippers I trained years ago.

"It's pretty special," Mr Cook said.

According to Mr Cook, surf lifesaving is the only sport that teaches kids how to be volunteers and that side of the sport was another aspect that kept him involved.

"I honestly never heard of any of the kids involved in the club ever having gone off and gotten in trouble later in life.

"Surf lifesaving is about character building and is an opportunity to grow good people.

"Learning to volunteer: There's no other sport that gives that teaches that.

"It really teaches kids how to be a part of a community," Mr Cook said.

According to Mr Cook that sense of community was alive and well in Umina's current stable of young surf sport athletes.

"Look at Jemma Smith for instance.

"She's always in the news for her surf sports: Fantastic athlete, really making a name for herself, but what you don't hear about is how she's always down to help the younger kids or to volunteer for patrol.

"She's very community-minded and I don't think she gets enough recognition for that and she's just one example of young talent at Umina.

"We've got loads of great kids," Mr Cook said.

Mr Cook welcomed a new grandchild in the days prior to Australia Day and will be spending the long weekend celebrating with family and friends.

SOURCE:
Media release, 21 Jan 2019
Kaye Browning, Australian Honours and Awards Secretariat
Interview, 23 Jan 2019
Bill Cook, St Huberts Island
Reporter, Dilon Luke

Police investigate restaurant hold-up

Police are investigating after fast food attendants working at a restaurant in Umina were held up at knifepoint on Monday, January 14.

Staff at a restaurant on West St, Umina, were preparing to close for the night, when a man came through the back door at about 9:30pm.

Officers have been told the man, who had his face partially concealed, threatened staff members with a large knife and demanded money.

The staff handed over a sum of cash before the man fled on foot.

Officers from Brisbane Water Police District arrived a short time later, establishing a crime scene that was examined by forensic specialists.

As their investigations continue, they would like to speak with a man described as being aged in his mid-30's and about 183cm tall.

He was wearing a grey hooded jumper, dark blue pants and black boots at the time

SOURCE:
Media release, 15 Jan 2019
Tony Joyce, Brisbane Water Police District

David Thompson awarded for services to lifesaving

Umina resident Mr David Thompson has been named a member of the Order of Australia in the 2019 Australia Day Honours list.

Mr Thompson received his honour for significant services to surf lifesaving at the local, state, national and international levels.

Mr Thompson first became involved in surf lifesaving in 1977 after moving to the Peninsula from Mt Druitt.

At age 13, he joined Ocean Beach Surf Life Saving Club.

Mr Thompson would go on to be involved in surf lifesaving at all levels over more than four decades, but he still counts his presidency at Ocean Beach amongst the highlights of his career.

Mr Thompson spent his teen years at Ocean Beach and quickly grew to become a stalwart of the club, holding various roles including club captain.

In 1986 he was elected president, a role he relished.

As he grew so too did his interest in surf lifesaving.

During his time as Ocean Beach club president, Mr Thompson also became involved with Surf Life Saving Central Coast, the region's peak body for surf lifesaving.

Keenly interested in developing the region's surf sport scene, Mr Thompson became a competition official for Surf Life Saving Central Coast and slowly began working his way up the management ranks.

He held several positions with Surf Life Saving Central Coast throughout the 1980s and 1990s while still juggling his duties at Ocean Beach.

In 1997, Mr Thompson became deputy president of Surf Life Saving Central Coast, a role which would see him then move into the sport's peak management body for the state, Surf Life Saving NSW.

Mr Thompson became Surf Life Saving NSW's director of surf sports in 1998.

His time with Surf Life Saving NSW would see Mr Thompson again hold several positions over 15 years, including being a member of the surf sports event management committee, chairman of the championship organising panel and a state selector.

By 2003, Mr Thompson was named the chairman of Surf Life Saving Australia's board of surf sports, meaning in the span of 17 years Mr Thompson had gone from president of his local club to a board member of the country's peak governing authority for surf lifesaving.

Mr Thompson would spend 10 years working with Surf Life Saving Australia, several of these as chairman of the board of surf sports and in other roles such chairman for the Australian Championships event management committee.

During this time Mr Thompson also joined the International Lifesaving Federation for which he has served as sports commissioner since 2008 until present day.

When asked about why he decided to dedicate his life to surf lifesaving, Mr Thompson said he couldn't remember a time when he didn't love the sport.

"I love what surf lifesaving teaches people," Mr Thompson said.

"For me surf lifesaving is like an extended family.

"I've made many lifelong friends and I've always admired both the character building and life skills taught through surf lifesaving," he continued.

"Surf lifesaving is a community and for me it was always a way to give back to my community.

"As I moved up the ladder in the sport, it was always a great pleasure to see people achieve their goals.

"Being able to contribute to that in some capacity, whether as an official or as the director of surf sports meant a great deal to me.

"It was my way of being able to help people achieve their goals whilst achieving my goal of helping to improve surf lifesaving," Mr Thompson said.

To this day Mr Thompson is still involved in Ocean Beach Surf Life Saving Club.

He serves as a member of various club committees including its centenary and distinguished honours committee.

"I think the future of surf lifesaving on the Peninsula is in very good hands," Mr Thompson said.

"I have enjoyed watching Umina's club grow into the strong club that it is and I am very proud to be a part of the Ocean Beach Surf Life Saving Club, the Coast's oldest and most consistent surf club.

"A big part of surf lifesaving's success on the Peninsula has been the support of our business community and local residents for which we are very grateful," he said.

SOURCE:
Media release, 21 Jan 2019
Kaye Browning, Australian Honours and Awards Secretariat
Interview, 23 Jan 2019
David Thompson, Umina
Reporter, Dilon Luke

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A full program can also be found online at **centralcoast.nsw.gov.au/news**

Central Coast Council

Peninsula planning is 'sorely tested', says ACF branch

The Australian Conservation Foundation Central Coast branch has described the planning system on the Woy Woy Peninsula as being "sorely tested" by non-complying approvals.

The statement was made in an oral submission to the Joint Regional Planning Panel, opposing the approval of a 160-bed three-storey nursing home on rare bushland in Hillview St, Woy Woy.

The Panel was considering an application seeking exemption from a two-storey limit and in parts a one-storey limit on such developments.

The submission quoted a report of the concerns of mayor Cr Jane Smith about the numbers of non-complying development approvals:

"Our community spends a lot of time and effort in developing and consulting and being a part of the development of local environment plans and development control plans with the expectation that our council will enforce those planning guidelines and controls.

"To have so many non-compliances I would think sets a poor precedent for future development," she was reported as saying.

The ACF branch submission said: "The planning provisions are there for a reason. As the mayor says, they should be observed and any proposed changes introduced through the consultation processes that are there for the purpose.

"They should not be eroded and whittled away by an accumulation of incremental precedents which become the de facto benchmark but bear little resemblance to the formal provisions."

The submission claimed that the development would have a significant impact on the rare bushland on the site.

It said that, given that no building had yet occurred, the whole site should be regarded as part of the small Umina Coastal Sandplain Woodland Endangered Ecological Community, of which only 10 hectares remained, and that any decision should be based on a current Species Impact Study.

"The assessment of this proposal should be based on a full and fresh application in its own right with current information and not, as it does, on previous assessments of other applications."

It said that claims by the developer that the development was ecologically-sustainable were not substantiated.

"How and why a development can be regarded as ecologically-sustainable should be explained - and not just given as a bald statement that it is."

The branch said that a previous assessment by council staff of essentially the same proposal had found that it was "not consistent with the character of the area", where the assessment before the Panel claimed that it was.

The previous assessment had found: "A three storey building with a flat roof... is not consistent with the existing and likely future character of the area.

"The height and external appearance is out of character with existing and likely future development in the area. The predominant residential housing is single storey with the odd two storey house."

The branch said there was no further information in the assessment of the current application or explanation provided that would justify a different assessment being made now.

"What should be evident is the consistent application of the planning provisions and principles."

The branch said the application should not be approved because it was not a fresh application based on current information, it had not adequately addressed its ecological sustainability, it significantly exceeded the planning provisions and its assessment was not consistent with a previous assessment.

After the Panel reported its decision, ACF branch president Mr Mark Ellis said he was disappointed that the Panel had not given more weight to the branch's submission.

SOURCE:
Media release, 25 Jan 2019
Mark Ellis, ACF Central Coast

Association wants local planning provisions

The Wagstaffe-Killcare Community Association believes the council area is too big for one simple plan.

Association president Ms Peta Colebatch said there should not be the same development control for all areas.

She said the group was working on a response to the proposed new consolidated Local Environment Plan that Central Coast Council has on public exhibition at present for public comment.

While the council says the planning controls are being consolidated to deliver efficiencies and simplify planning for the whole community, the association does not agree.

"Council needs to recognise the Coast is a huge area and ranges from highly urban areas such as Woy Woy, Gosford and Wyong to predominantly rural, bush and beach areas," Ms Colebatch said.

"We want to see a separate chapter for us where there should be primacy of landscape over the built environment,'' she said.

The Consolidated Local Environmental Plan, a blending of the development controls of the former Wyong and Gosford councils, is on public exhibition, with a deadline for public submissions of February 28.

The Central Coast is currently operating under four different planning instruments, each with different controls.

Council director Mr Scott Cox said staff had worked with all government agencies to develop a balanced plan that would protect and embellish the Coast's natural beauty whilst enabling more flexibility in terms of low density housing.

"This will mean that we can now deliver a consistent approach to development controls, making the process simpler, more efficient and transparent," Mr Cox said.

"The ultimate goal here is to have one Local Environmental Plan and one Development Control Plan that will help improve our local environment and encourage investment, create new jobs and quality housing for the growing population of the Central Coast.

"So if you are a property owner on the Central Coast or plan on becoming one, and want to build, renovate or develop, now is the time to find out how the consolidation of planning controls may affect you."

A Consolidated Development Control Plan will also be exhibited, aimed at simplifying and harmonising the current development controls of both former Councils.

Mayor Cr Jane Smith said it was important for all of the community to get involved and to take time to understand how development controls applied to local areas and the broader Central Coast.

"There is a need to unify development controls across the Coast and I encourage the community to have a look at how it could affect their neighbourhoods as there will be changes," Cr Smith said.

"The next stage, a "comprehensive" plan, will be crucial, as that is when there is real opportunity for the community to have a say in the planning controls that will apply to and shape their local areas."

The exercise will involve undertaking land use studies on a variety of issues across the Coast.

These will include studies on employment, residential, town centres, and rural and environmental lands.

These land use studies will provide an up to date analysis on all the major planning issues.

"This will take some time and involve extensive consultation and community engagement to work through location specific challenges," Cr Smith said.

"That is why we are taking this initial step to establish Consolidated Plans, one set of rules based on the best option from the two former Council's planning instruments that will form a basis for more detailed discussion with the community into the future.

"I encourage everyone in the community to get involved now, make a point of finding out what rules may affect you, what may change for your street or suburb, and if you have an opinion on the changes, make a submission to Council."

SOURCE:
Media release, 5 Dec 2019
Jane Smith, Central Coast Council
Interview, 23 Jan 2019
Peta Colebatch, KTWCA

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Panel listens to nursing home developer and objectors

The joint regional planning panel listened to three speakers against the nursing home proposal for Hillview St, Woy Woy, and to the developer and his team at a three-hour meeting at Gosford Council chambers.

The three were local residents Ms Charmaine Beckett, Mr Norm Harris and Mr Mark Snell.

Ms Beckett spoke to her own objection. Mr Harris spoke on behalf of the Save Woy Woy group and Mr Snell (who is Peninsula News editor) presented a submission on behalf of the Australian Conservation Foundation Central Coast branch.

Ms Beckett said she was a retired geologist and she felt she had been beaten into submission, arguing against development on the site for more than a decade.

She said her address would focus on two issues presuming the development would get approved.

"My issues are in regard to strengthening the provisions to protect the conservation zone," she said.

Her first issue was with an underground car park below the water table, which she said would impact on the root zones of large trees in the area and also impact on the lateral flow of water.

"I hope you're using high quality cement," she said.

In response, a spokesman for the developer said the underground carpark would be 1.6 metres and would not go lower to the water table at 2 metres.

Ms Beckett's second issue was with landscaping the site which contains some of Umina's last remnant vegetation of ecologically-endangered Umina Coastal Sandplain Woodland.

Save Woy Woy Group spokesman Mr Norm Harris urged the panel to ask for an up to date flood study, saying the much of the flood study in the development application was obsolete.

"Climate Change Policy complicated the matter further," he said, citing flooding in the area eight times in 2016 and nine times in 2017 but added that there no flood gauges nearby.

The owner, Mr Doug Thompson, from Thompson Health Care, said he was happy to agree that no exotic species would be planted.

He said he regarded himself as a good citizen and he was a conservationist and his wife was a horticulturist.

He had 12 nursing homes and would continue to build more as there was a tsunami of people waiting for places.

He owned a nursing home at Karalta Rd, Erina, and he had an occupancy of 100 per cent with a waiting list.

The application includes a dementia wing of 20 rooms and 52 basement car parking spaces, one ground level accessible car parking space and one ambulance bay.

The building would be located on a part of the site previously cleared in accordance with the May 2007 council approval for a 39-unit retirement village.

SOURCE:
Hearing, 24 Jan 2019
Joint Regional Planning Panel, Hunter Central Coast
Reporter: Merilyn Vale

Real estate agent has 'never moved so fast'

Lois Jones reckons she's never moved so fast.

She received a call at 3.35am from someone wanting the keys to her office, Lois Jones Real Estate in Umina Mall shopping centre.

"Why," she asked.

"The mall's on fire," the fire officer said.

"I was up there in a flash," Ms Jones said.

And she has nothing but praise for the firies who managed to save three of the office's four computers, including the one with the important trust accounts on it, and a good wad of cash

"I tell tenants we can't take cash but not everyone listens," she said.

Ms Jones said she believed the fire was started with accelerant poured across the front of the barber's shop

She said the fire was contained under the roof so the firies had to enter the eight-shop complex and fight the fire by cutting into the ceiling in each shop.

Lois is now conducting her real estate agency out of her own home and is desperately looking for a shop in Umina.

"We were insured but I am losing business because we have no shopfront," Ms Jones said.

"But I want to stress we are open for business – talk to us."

Contact the business by phone on 0439739324 or email Lois@loisjonesreal estate.com.

SOURCE:
Interview, 23 Jan 2019
Lois Jones, Lois Jones Real Estate
Reporter: Merilyn Vale

FREE microchipping day

If your family recently extended with a four-legged-friend, make sure you bring them along to the **FREE microchipping day** on **Saturday 16 February.**

Pet owners are encouraged to take the first important step in responsible pet ownership by having their pet microchipped for no cost.

Microchipping helps to identify and reunite you with your pet if they should ever go missing.

Residents who have their cat or dog microchipped, registered or update their pet's details will also receive a Happy Pet gift pack.

When: Saturday 16 February 2019, 10am – 4pm

Locations: SoCare Wyong Animal Care Facility
2 Depot Road, Charmhaven

Central Coast Animal Care Facility – Gosford Pound
Pateman Road, Erina

Visit centralcoast.nsw.gov.au/pets for more information

Central Coast Council

Council is consolidating its planning controls across the entire Central Coast and we need your input!

The Central Coast has been operating under four different planning instruments each with different planning controls. The alignment of these planning instruments into a coast-wide Consolidated Local Environmental Plan (LEP) and Consolidated Development Control Plan (DCP) will deliver a consistent approach to development controls, making the process more efficient and transparent.

Learn more at an Information Session near you:

Wednesday 6 February 2019
6:00pm – 8:00pm
Erina Room, Erina Fair
Terrigal Drive, Erina

Wednesday 13 February 2019
6:00pm – 8:00pm
Central Coast Council
Wyong Office
2 Hely Street, Wyong

For more information on the consolidation of planning controls or to find out about our Pop Up Stalls, **visit yourvoiceourcoast.com/planningcontrols**

Consultation closes 28 February, 2019.

Central Coast Council

yourvoiceourcoast.com/planningcontrols

Mayor should convene meetings about development

I commend Mayor Jane Smith for her statement in the Peninsula News edition 461, that she was interested in reaching out to the Peninsula community to learn more about their concerns regarding the number of development applications lodged with Council that did not comply with the current Local Environment Plan or Development Control Plan.

As a next step, I recommend

Forum

she convenes a public meeting or meetings to discuss this very issue.

I have resided on the Peninsula for over 18 months and rarely has there been an issue of the Peninsula News without a report about a Council approval of a non-complying development application.

In one three month period alone, October-December 2017, Council approved six non-complying DAs on and around the Peninsula as reported in the Peninsula News edition 442.

The public feel concerned regarding developments that increasingly are seeing the Peninsula's identity and uniqueness disappearing rapidly.

I don't believe changing development control and local environment plans to suit developers is the answer to this problem.

Email, 18 Jan 2019
Suraya Coorey, Woy Woy

West St development of concern

In regards to the West St development article in Peninsula News edition 461, I am concerned that supporters of this development application seek Council approval despite it being outside floor space and height requirements for the area.

Supporters of the application argue the need for more intensive development in the area for commercial opportunity to be enhanced.

It is worth consideration that the village seaside ambience of the precinct is a valuable commercial

Forum

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should be sent to:
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editorial@centralcoastnews.net
See Page 2 for contribution conditions

advantage which attracts visitors and homemakers.

Inadequate parking in Umina has been an unresolved issue for some time and has been pressured by new development in recent years.

The amenity of an area is a public good which ought not be inappropriately exploited by commercial interests and needs to be protected by local government.

I support Cr Jane Smith in her call for non-complying applications to be rejected by Council (PN 461).

It is to be hoped that the apparently inappropriate development inflicted on Sydney not be imported to the Peninsula.

I urge Council to reject the proposal.

Email, Jan 16
Pete Newman, Umina

Non-complying approvals change planning controls

Council planning staff have been conducting business with the developer community for some time.

For each non-complying part of each approval that Council planners approve (Peninsula News edition 461 "Mayor criticizes non-complying development approvals"), a precedent has been set, thus changing the planning controls each time.

They only have to do it once and it is forever everywhere.

Any concerns that a resident (or group of residents have) can be addressed through the Land and Environment Court.

On each and every occasion when precedent is established, the law is certain in the favour of the developer as established by the Council.

As for the Mayor, is she drawing a line in the sand because it is now happening in her backyard at Terrigal?

I laugh.

Good luck with that line Mayor Smith because you haven't a leg to stand on at the Land and Environment Court and Council's planning staff will not help you.

Cr Kyle MacGregor asks, helpfully: "What is the point of having planning controls if people won't comply with them?"

Most residents are law-abiding and do the right thing both in their communities and in respecting

Forum

guidelines laid down for them by our Council in the public interest, obviously.

It is Council, its planning staff and developers who won't comply.

Cr MacGregor has stated that he does not want these trivial planning matters brought to the elected Council because Council's highly trained staff are well able to bring misery to the residents without input from councillors.

The planners' decisions affect the neighbours in many ways, never for the better.

In my recent experience, a massive overdevelopment to the north of my place overshadows my neighbour's house completely in the mid-winter and blocks all winter sun from entering my kitchen.

We both have zero privacy in our yards my neighbour has now a development that looks into their lounge room and completely overlooks their garden.

All this has occurred with the blessing of Council planning staff.

The planner I had to deal with did not know how to calculate the correct setback the massive overdevelopment to the north was required to provide.

When I found out how and showed the planner how it is done, he thanked me and then went ahead and approved a non-complying setback anyway.

I seek the Planning Minister Anthony Roberts' help here in having this Central Council's planning staff removed from the building and fired.

Council should be then required to bring a report to the residents outlining what remains of the controls when all the approved precedents are overlaid on the existing planning controls.

I would ask all residents to write to Minister Roberts expressing their views and remind the Minister that our Central Coast councillors have now decided that they won't be meeting in Gosford anymore because a couple of extremely-abused residents with no other form or redress had the temerity to voice their disgust at such a denial of democracy, during a Council meeting in the recently refurbished (at great expense) Gosford Chamber.

Email, 23 Jan 2019
Bryan Ellis, Umina

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Use smaller buses on Killcare peninsula

Having lived on the beautiful Killcare Peninsula for over 20 years, I have seen the volume of traffic using the narrow winding roads here increase considerably.

However, in the last few years, the situation on the roads has become of concern to many locals.

The amount of building in the area, mostly small holiday houses being knocked down to make way for huge substitutes, has resulted in a constant stream of tradies utes, delivery vehicles, concrete trucks, and even large cranes, making their way up the hairpin bends of Wards Hill.

The charm of the area is being eroded in the name of progress, and may well be considered by some to be inevitable, but one thing that surely could be changed is the size of the buses that the bus company sends into the area, through the constricted roads of Hardys Bay, all the way to Wagstaffe and back, usually with no more than a handful of people on board.

In this day and age when we are all so concerned for our environment, surely a small shuttle bus would make more sense, even if it had to connect to a larger bus further along the route.

It would seem to me to be the safer and more environmentally-friendly option.

The geography cannot be changed, surrounded as we are by the Bouddi National Park, so we have to try to adapt to the conditions and particular problems of living in this area.

Living in paradise comes with responsibilities.

Email, 15 Dec 2019
Joan Dalland, Hardys Bay

Forum

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should be sent to:
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PO Box 1056, Gosford 2250 or
editorial@centralcoastnews.net
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Statement did not use the word neglect

The Peninsula Tourism Partners wishes to inform readers of this publication that a no time did we use the word "neglect" in the statement that was issued to the Peninsula News.

The article title, which uses the word neglect, was created by the editor and were not the words of the Peninsula Tourism Partners.

That is not our belief as the statement we issued quoted "appears to have a lack of interest"

Since the story was published I have had a meeting with Carolyne Wildman – Marketing and Tourism Section Manager of Central Coast Council.

We first of all we discussed this issues with the article and our concerns about the points made in our statement.

The meeting was extremely productive and in moving forward both Central Coast Council and the Peninsula Tourism Partners are looking forward to working together in establishing more events around the Peninsula and increasing tourism numbers in our region.

The Peninsula Tourism Partners have a calendar of events planned throughout 2019 and are excited about working with Central Coast Council to make each event a huge success.

SOURCE:
Email, 25 Jan 2019
Kim Cole, Ettalong

Forum

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

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Marie Lowndes Charitable Foundation

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

*ANROS Horizons 1 (2015)

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

NEWSPAPERS Central Coast

Other Regional News - In brief

Peninsula News focuses on news specifically relating to post code areas 2256 and 2257. Given the advent of the new Central Coast Council, following is a summary of the first 9 news articles published in the most recent edition of each of our sister Central Coast publications. The full articles and more, as well as all previously published editions, can be seen on line on our website www.peninsulanews.info and on www.centralcoastnews.net Copies of these other publications may be obtained from our offices in Gosford, by subscription, or from a myriad of locations in the areas covered by each publication.

COMMUNITY COAST NEWS

JANUARY 17, 2019 | YOUR INDEPENDENT COMMUNITY NEWSPAPER - PH: 4325 7369 | ISSUE 199

Excessively non complying Terrigal development rejected

Central Coast Mayor, Jane Smith, has stressed the need for Council to enforce its own planning controls, after an application for a shop top housing development at 5-7 Church St, Terrigal, was refused at the final Council meeting for 2018.

Public exhibition of draft Tree and Vegetation Management policy extended

The public exhibition period for the revised Draft Development Control Plan Chapter relating to Tree and Vegetation Management has been extended by Central Coast Council to January 28.

Council's proposed Pile Burning Policy labelled a very bad policy

Chair of the Community Environment Network, John Asquith, has labelled Central Coast Council's proposed Pile Burning Policy a "very bad policy".

Comments sought for DCP need Climate Policy to be finalised first

Central Coast Council will look at whether landowners who want to burn woody debris on land zoned environmental will need a permit, when Council's draft Open Pile Burning Policy returns to Council for consideration.

Plan for the entire Central Coast on exhibition

The long-awaited Consolidated Local Environmental Plan (LEP) for the entire Central Coast has been placed on exhibition until February 28.

Methane gas generators produced 28,000 megawatt-hours of electricity from landfill

Central Coast Council is successfully reducing its carbon footprint by generating electricity through the extraction and combustion of landfill gas at its waste management facilities.

Abrahams calls for multi party objection to off shore exploration

Independent candidate for Robertson and local businessman, David Abrahams, has called for an end to all oil and gas exploration off the beaches of the Central Coast.

Debate continues over animal circuses

With the Stardust Circus set to remain at Gosford's Leagues Club Field until January 28, a local teen is ramping up her efforts to have circuses using live animals banned from the Central Coast Council area.

Update on the release of information provided

Council has provided an update on the release of information under the Government Information Public Access Act 2009 (GIPA Act) and on its proactive release program during the 2017-18 financial year.

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

WYONG REGIONAL CHRONICLE

Issue 156
23 January 2019

Your independent community newspaper - Ph: 4325 7369

Federal Environment Minister approves Wallarah 2 Coal Mine

The Wallarah 2 Coal Mine has received Federal Government approval, despite the NSW Land and Environment Court still to rule on it.

New two billion dollar power plant

The owner of Vales Point is expected to respond to the Federal Government's call for expressions of interest of energy projects, with a two billion dollar investment proposal at the power station, says Environmental Justice Australia (EJA).

Free pet microchipping

Council is holding a free microchipping day on February 16.

Three community groups forced to leave

As Wyong Race Club gears up for a $6m expansion, three community groups on its land are packing up to go, after more than a century on site for one of them.

Tree removal policy has an extended public exhibition period

Central Coast Council has extended the public exhibition period for the revised Draft Development Control Plan Chapter relating to Tree and Vegetation Management, to January 28.

Vales Point Power Station ash dam fill found to be contaminated by asbestos

The company which was operating the ash dam at Vales Point has left the site.

Combined council releases its first annual report

Central Coast Council has released its latest Annual Report, which provides a comprehensive account of Council's performance from July 1, 2017, to June 30, 2018.

Police numbers are 50% below state average

Member for the Entrance, David Mehan, has called on the NSW Government to explain why the Central Coast has again received none of the new police graduating from the Goulburn Police Academy.

Consolidated Local Environmental Plan on exhibition

Planning controls for the Central Coast are currently being consolidated by Central Coast Council to deliver efficiencies and simplify planning for thewholecommunity.

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

Surgeon encourages women to drink less alcohol

Brisbane Waters Private Hospital breast and general surgeon, Dr Mary Ling, is encouraging women to drink less this February.

Independent research from the Torrens University's Public Health Information Development Unit revealed in 2017 that the Woy Woy Peninsula had the highest breast cancer rate of the Central Coast, with cancer rates more than 18 per cent greater than the NSW average.

"The evidence is solid, with a recent Cancer Council Australia report stating that one in five of the nation's breast cancer cases is now linked to excessive alcohol consumption," Dr Ling said.

According to Dr Ling, alcohol increases the risk of breast cancer in two main ways.

"The first is when the alcohol is broken down by the body into a toxic chemical called acetaldehyde, which can damage DNA in cells and stop them from repairing that damage, leading to cancerous cells developing.

"The second is by increasing the levels of oestrogen in the body, which is linked to the development of breast cancer," Dr Ling said.

Aside from breast cancer, alcohol is also linked to cancers of the mouth, pharynx (upper throat), larynx (voice box), oesophagus, bowel and liver.

"There is no level of drinking, or type of alcohol, that is considered safe for avoiding cancer.

"If you choose to drink alcohol, the National Health and Medical Research Council recommends no more than two standard drinks a day," Dr Ling said.

SOURCE:
Media release, 14 Jan 2019
Jane Worthington, Write this Way Media
Interview, 24 Jan 019
Dr Mary Ling, Brisbane Waters Private Hospital
Reporter, Dilon Luke

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www.saratogamedicalcentre.com.au

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Donations for Mary Mac's Place

Peninsula residents donated more than $1000 to Mary Mac's Christmas Food Drive.

The food drive was held throughout December at Deepwater Plaza butcher's shop, Nev and Jim's Butchery.

Staff at the butchery collected cash donations totalling $1176, which the butchery then converted into vouchers for Mary Mac's Place to use to purchase fresh meat produce for its community kitchen.

Owner and manager of, Mr Neville Doak, said the generosity of locals has been "overwhelming and extremely heart-warming, with some locals donating more than $50".

"No doubt taking from their own Christmas grocery and fresh meat budgets," she said.

"Helping those in need by facilitating this drive for Mary Mac's has been very gratifying for myself and the team," Ms Doak added.

Mary Mac's manager Ms Catherine Pantehis said the meat donations allowed Mary Mac's to deliver nutritious meals to those who need them.

Mary Mac's provides hot lunches Monday to Friday to those on the Peninsula needing a helping hand.

They also provide essential services like washing and shower facilities.

"Often people will visit purely for social inclusion as they live in isolation.

"Mary Mac's Place is not funded.

"We rely on donations or grants to provide this service to our community and this donation is much appreciated," Ms Pantehis said.

SOURCE:
Media release, 18 Jan 2018
Jodie Elkin, Deepwater Plaza

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Homeless care packs target exceeded

A Christmas campaign coordinated by a Pearl Beach resident to create care packs for homeless people has exceeded its target.

Ms Lynne Cappella launched her registered charity Homeless Support in 2018.

Teaming up with the Pearl Beach Progress Association, Ms Cappella also launched the charity's first major project, the 2018 Christmas Backpack.

"We asked individuals and organisations to help us fill backpacks with items so very much appreciated by a homeless person," said Association publicity officer Ms Lynne Lillico.

"The contents of each filled backpack costs about $50 and our goal for the Central Coast was 50 backpacks.

"There were a number of small parties and fundraising events organised including drinks parties, dinners and the most successful afternoon tea with over 50 locals coming along.

"At the Community Christmas Dinner, we asked each table to fill one or two backpacks, again a resounding success," she said.

To date Homeless Support has raised $5000 in cash, $250 worth of Opal Cards and created 75 backpacks filled with essential items and special gifts for the homeless.

In addition to that, the charity also produced 55 of the backpacks for the homeless around Martin Place and Woolloomooloo and a further 50 for Liverpool.

SOURCE:
Media release, 18 Jan 2019
Lynne Lillico, Pearl Beach Progress Association

Umina Chiropractic Centre

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MEET DR. DEAN ROODS

We welcome Dr. Dean Roods to our practice.

Dean will be working Monday and Wednesday all day, Tuesday mornings and Friday afternoons, and looks forward to meeting you and becoming part of this community.

Please read on for Dr. Dean's introduction.

"My name is Dean and I've been passionate about chiropractic care since the age of sixteen.

"I graduated from Macquarie University in 2013, and since then, I've been dedicating my time to furthering my education so that I can help as many people as I can.

"I have a great interest in vestibular rehabilitation, which involves helping with issues such as benign paroxysmal positional vertigo (BPPV), dizziness, balance disorders, dysautonomia and migraines.

"My goal is to keep adding to my clinical 'bag-of-tricks' so that I can offer my patients the best care possible.

"I want people to be able to come to me and ask:

- 'Dean, I often wake up of a morning with either a stiff neck or an aching back. I think it's just muscular, but could it have something to do with my spine?'
- 'My daughter keeps spraining her ankle at sport. Is it just a weak ankle or could there be something else underlying it?'
- 'I keep bumping into things. Do you think it could be related to my spine being out of alignment?'

"I have a natural curiosity about almost everything and I enjoy inspiring people to find out why something may or may not be happening.

"One of my hobbies is cooking and, in many ways, I like to think of each patient's case as an open pantry of ingredients.

"Every person's nervous system is different, and (like cooking) requires unique 'ingredients' to help 'switch on' the body's healing processes.

"So, when it comes to caring for people, there's no 'cookbook' approach; there's no, 'One-size-fits-all' model.

"It's very much a tailored approach, which is why I love what I do.

"My aim is to help people become the best functional representation of themselves.

"Naturally, I am offering complimentary balance assessments to anyone who would like to know more about their nervous system and see if they are at risk of developing a balance problem.

"Please call 4341 6247 to schedule your complimentary assessment", Dr Roods said

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Beach group seeks more Peninsula residents

The founder of a community group that meets regularly at Umina Beach said he would love to see more Peninsula residents at the group's monthly gatherings.

Central Coast Conscious Community was founded by Mr Joe Figliano in January 2016 for the purpose of "unity, bringing conscious leaders of the Central Coast together to connect with each other and create a healthier community".

He said the group has now grown to over 900 people.

According to Mr Figliano, the group has evolved into heart-centred space gatherings which led to a more stable core team of individuals with a passion to facilitate the community group.

"In December a collaboration with a local Umina full moon drumming group opened up opportunity for more connection and celebration," Mr Figliano said.

"For January, other groups and individuals were invited to join to celebrate with us and because of that and people spreading the word, over 400 people gathered, not only from the Central Coast but also from Sydney and Newcastle.

"Bringing firewood, food, drums, fire spinners, tables for food and other goodies for people to share.

"There was drumming and music, dancing, singing, hula hooping, fire twirling, meditation and storytelling by the fire," he said.

Mr Figliano said the purpose of the Umina Beach event was to provide a platform for people to come together from all over the Central Coast to celebrate the Coast's thriving community.

"The vision is for all the various groups and individuals on the Central Coast to come together to celebrate loving community, to connect and to share in an alcohol and drug-free environment which is safe for children with a friendly vibe for adults.

"All are welcome.

"There are no barriers and diversity is abundant, regardless of age, culture, and orientation.

"For some people a side benefit also happens to be improved mental health," Mr Figliano said.

The group's next Full Moon Gathering event at Umina Beach will be held from 6pm on February 23 at Kiddies Corner.

SOURCE:
Media release, 25 Jan 2019
Joe Figliano, Central Coast Conscious Community

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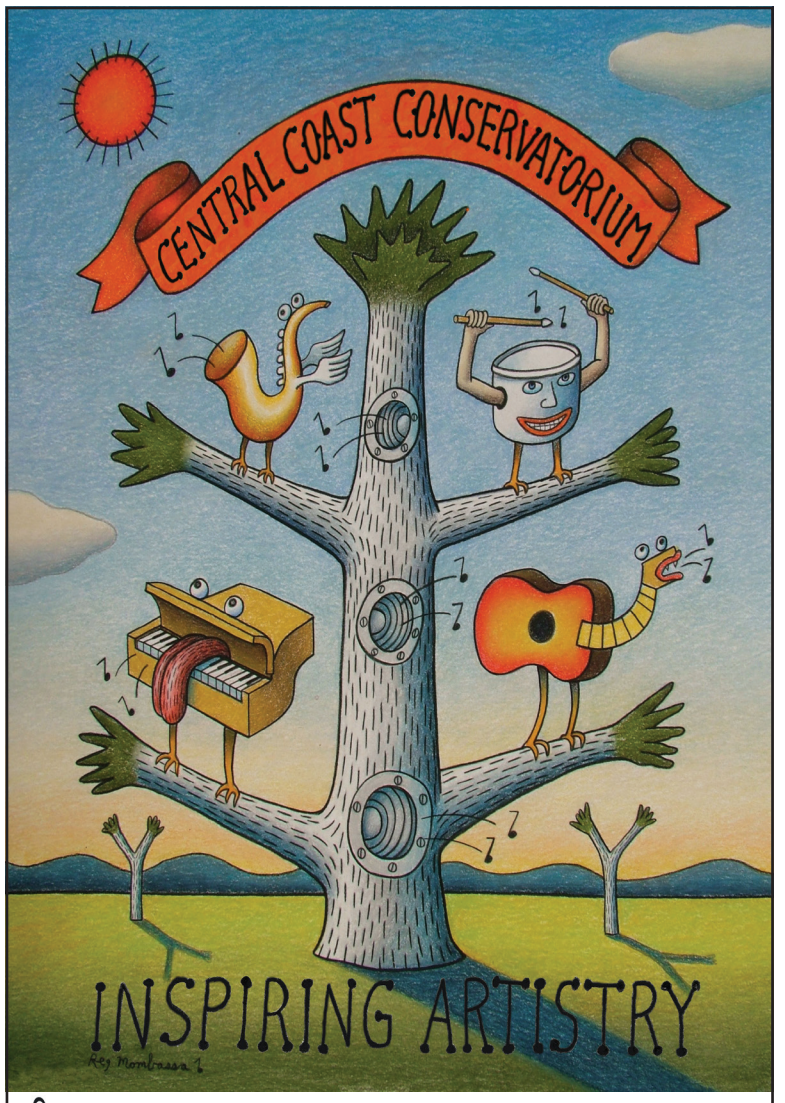

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Hoping to bring samurai arts to life

A Umina resident is hoping to bring the art of the samurai to life with a new club, the Muso Shugyo Japanese Martial Arts and Living History Club.

The club was launched by Mr Mike Graham who has been studying the samurai arts since 1976.

He hopes his club will provide locals with insight into a culture and way of life often twisted and mystified by western media.

Mr Graham grew up with a martial arts background and became increasingly interested in learning more traditional arts and the history behind them.

This desire stayed with him throughout his young adult life and he finally acted upon it when he visited a Japanese ninjutsu school.

It was here that he learned the basic teachings of the samurai and the shinobi and decided to pursue his education in this practice.

Introduced to Togakure-Ryu Ninjutsu, Mr Graham went on to study many samurai battlefield arts over the next 42 years under many teachers.

He said he fell in love with the philosophy of the practice which focuses on improving one's self through physical and mental discipline.

Upon returning to his home in the United Kingdom, Mr Graham decided he wanted to spread this philosophy and began teaching the samurai battlefield arts himself.

He established the Muso Shugyo Ryu Japanese Martial Arts and History Club in the 1990's and spent over 10 years teaching the arts and history to anyone interested to learn.

"We have helped many people through the training to get promotions, overcome issues as well as become fitter and more self-confident," he added.

Through the club, Mr Graham has been offered many unique opportunities to share his expertise and knowledge of the samurai and the shinobi, including training actors in how to correctly portray a traditional samurai/shinobi, choreographing battles involving traditional Japanese martial arts for film and the stage, performing at Japanese cultural events and demonstrations and being invited to educate school children and community groups on the subject.

Mr Graham moved to Umina in September 2018.

He has spent the past fourth months settling into his new home and is thrilled to be bringing Muso Shugyo to his neighbours.

"We have always been unique in what we do and are looking forward to sharing and growing here on the Central Coast," Mr Graham said.

"It doesn't matter what age you are, we can tailor training to each person as we are all individuals with different strengths and weakness, sizes and shapes," he added.

"One of our recent black belts took up training six years ago when she retired at 65 and has gone from strength to strength in her greyer years," Mr Graham said.

"Understanding yourself is a key part of any training and to truly know what you are doing and why is just as important as the technique itself.

"The history also allows you to understand where it came from and is studied intensively."

SOURCE:
Interview, 14 Jan 2019
Mike Graham, Muso Shugyo Japanese Martial Arts
Reporter, Dilon Luke

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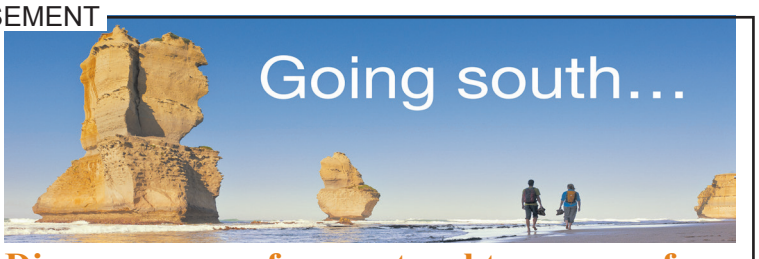

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Mentoring program offered to Year 6 boys

A program to mentor Year 6 boys will be run at primary schools across the Peninsula this year.

Ettalong Beach Community Branch Bendigo Bank has partnered with

It will be offered by the Top Blokes Foundation, which has run a similar program with Brisbane Water Secondary College students.

Co-ordinator Mr Kevin Hulls said the partnership would enable his team to deliver the "Step Up" program to Peninsula boys.

"Our program is called Step Up and is designed to catch young men before they fall into bad behaviours.

"We have had great success across the Coast with programs in high schools, but have really wanted to deliver to boys before they reached high school," Mr Hulls said.

The program has been funded by the Ettalong branch of the Bendigo Bank.

Branch manager Mr Peter Mckeon said: "We are very happy to have been able to assist deliver a quality program to the youth of the Peninsula.

"Top Blokes can reach parts of the community we can't, and we wish the participants every success in developing their minds and attitudes," Mr Mckeon said.

SOURCE:
Media release, 17 Jan 2019
Kym Keheller, Bendigo Bank Ettalong Beach

Man taken to hospital with multiple wasp stings

A man has been taken to hospital in a stable condition after running into difficulty during a visit to Putty Beach.

Emergency services responded to reports of a man, believed to be aged about 40, in need of medical assistance after suffering multiple wasp stings.

The man entered anaphylactic shock following the stings and grave concerns were held for his welfare.

The Westpac Rescue Helicopter was tasked to assist and following assessment, deemed him healthy enough for road travel.

The man was then conveyed to hospital via ambulance in a stable condition.

SOURCE:
Media release, 21 Jan 2019
Jamie Yeo, WRHS

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Tuesday 29 January

ABC (C20/21)

6:00 **News Breakfast** [s]
9:00 **ABC News Mornings** [s]
10:00 **Grand Designs NZ** (PG)
10:45 **One Plus One Redux** [s]
11:00 **Tony Robinson's Time Walks** [s]
11:30 **Anh's Brush With Fame** (PG) [s]
12:00 **ABC News At Noon** [s]
1:00 **David Attenborough's Tasmania** [s]
2:00 **Poldark** (M v) [s]
3:00 **Short Cuts To Glory:** Matt Okine vs Food [s]
3:30 **Gardening Australia** [s]
4:25 **Australian Story** [s]
5:00 **ABC News At Five** [s]
5:30 **Summer Drum** [s]
6:10 **Grand Designs NZ** (PG)
7:00 **ABC News** [s]
7:30 **7.30** [s]
8:00 **Foreign Correspondent**
8:30 **The Great Australian Bee Challenge** [s]
9:30 **Fake Or Fortune?** [s]
10:30 **ABC Late News** [s]
11:00 **The Business** [s]
11:20 **Peggy Guggenheim** (M)
12:50 **River** (M) [s]
1:50 **rage** (MA15+) [s]

PRIME (C61/60)

6:00 **Sunrise** [s]
9:00 **The Morning Show** [s]
11:30 **Seven Morning News** [s]
12:00 **Program To Be Advised**
2:00 **The Daily Edition** [s]
3:00 **The Chase UK** [s]
4:00 **Seven News At 4** [s]
5:00 **The Chase Australia** [s]
6:00 **7Prime News** [s]
7:00 **My Kitchen Rules** (PG) [s] – Can proud Perth siblings Amanda and Blake turn their humble beginnings into a grand finale? Meanwhile, Josh's table manners go from bad to worse as the home schoolers refuse to learn a lesson.
9:00 **The Good Doctor:** Aftermath (M) [s]
10:00 **The Resident:** Operator Error (M) [s]
11:00 **The Latest Seven News**
11:30 **The Family:** Pilot (M d,v) [s]
12:30 **The Catch:** The Happy Couple (M v) [s]
1:30 **Home Shopping**

NINE (C81/80)

5:30 **Today** [s]
9:00 **Today Extra** [s]
11:30 **NINE's Morning News** [s]
12:00 **Ellen** (PG) [s]
1:00 **Extra** [s]
1:30 **Married At First Sight** (M) [s]
3:00 **NINE News Now** [s]
4:00 **NINE's Afternoon News**
5:00 **Millionaire Hot Seat** [s]
6:00 **NBN News** [s]
7:00 **A Current Affair** [s]
7:30 **Married At First Sight** (M) [s]
9:00 **Movie:** "Bridget Jones's Baby" (M s,l) ('16) Stars: Renée Zellweger
11:20 **Chicago Justice:** See Something (M) [s]
12:10 **Cold Case:** Who's Your Daddy (M) [s]
1:00 **Tennis:** Hobart International Highlights From The Hobart International Tennis Centre [s]
1:30 **Extra** [s]
2:00 **Home Shopping**
4:00 **Ellen** (PG) [s]

TEN (C13)

6:00 **Headline News** [s]
8:30 **Studio 10** (PG) [s]
12:00 **Dr Phil** (PG) [s]
1:00 **I'm A Celebrity... Get Me Out Of Here!** (PG) [s]
2:30 **Entertainment Tonight**
3:00 **Judge Judy** (PG) [s]
3:30 **Everyday Gourmet With Justine Schofield** [s]
4:00 **The Cook's Pantry With Matt Sinclair** [s]
4:30 **The Bold And The Beautiful** (PG) [s]
5:00 **10 News First** [s]
6:00 **Pointless** (PG) [s]
6:30 **The Project** (PG) [s]
7:30 **I'm A Celebrity... Get Me Out Of Here!** (PG) [s]
9:00 **Hughesy, We Have A Problem** (M) [s]
10:00 **NCIS: Los Angeles:** Better Angels / Forasteira (M v) [s]
12:00 **WIN's All Australian News** [s]
1:00 **The Project** [s]
2:00 **The Late Show With Stephen Colbert** (PG) [s]
3:00 **Home Shopping**
4:30 **CBS - This Morning**

SBS (C30)

5:00 **CGTN English News**
5:15 **NHK World English News**
5:30 **Worldwatch**
1:00 **PBS Newshour**
1:55 **Skies Above Britain:** Conquering The Skies (PG)
3:00 **Who Do You Think You Are?:** Liz Bonnin (PG)
4:05 **The Supervet** (PG)
5:00 **Letters And Numbers**
5:30 **Alex Polizzi Chef For Hire**
6:30 **SBS World News**
7:30 **Great American Railroad Journeys**
8:40 **Mediterranean With Simon Reeve**
9:50 **Building The Tube:** The Piccadilly Line
10:45 **SBS World News Late**
11:15 **Agatha Christie's Criminal Games** (M) (In French)
1:00 **Modus** (M l,v) (In Swedish/ English/ Norwegian)
4:25 **Poh's Kitchen**

ABCCOMEDY (C22)

6:00 Rusty Rivets **6:25** Peter Rabbit **7:05** Andy's Pre-historic Adventures **7:30** Spicks And Specks (PG) **8:00** Adam Hills: The Last Leg (M) **8:30** Black Books (PG) **8:55** The Office (PG) **9:40** In The Long Run (M l) **10:00** Timewasters (M l) **10:25** 30 Rock (PG) **10:50** Parks And Recreation (PG)

ABCME (C23)

5:00 The Next Step **5:35** All Hail King Julien (PG) **6:00** Kung Fu Panda **6:25** Officially Amazing **6:55** Horrible Histories (PG) **7:25** The Penguins Of Madagascar **7:45** The Fairly OddParents **8:10** The Deep: Fossil **8:30** Detentionaire **8:55** Prisoner Zero: Choices (PG) **9:20** Stand And Deliver **9:30** rage (PG)

ABCNEWS (C24)

6:00 News Breakfast **9:00** ABC News Mornings **12:00** ABC News At Noon **3:00** ABC News Afternoons **5:00** ABC News At Five **5:30** ABC News Hour **6:30** Summer Drum **7:00** ABC National News **8:00** ABC News Tonight **9:45** The Business **10:00** The World **11:00** ABC Nightly News **12:00** ABC Late News **12:30** 7.30

SBS VICE (C31/32)

5:00 If You Are The One (PG) (In Mandarin) **6:10** Vice News Tonight **6:40** World's Greatest Bridges (PG) **7:30** RocKwiz (PG) **8:30** 8 Out Of 10 Cats Does Countdown (PG) **9:35** City Porn (MA15+) **10:25** Dopesick Nation (M) **11:15** Undressed (PG) (In Italian) **12:25** Movie: "The Skin I Live In" (MA15+) ('11) (In Spanish)

SBS FOOD (C33)

4:00 Food Lovers' Guide To Australia **4:30** Boys Weekend **5:00** Richo's Bar Snacks **5:30** The Cook And The Chef **6:30** Oliver's Twist **7:30** Luke Nguyen's Vietnam **8:30** Poh's Kitchen **9:30** Eat Australia In South Australia **9:35** Food Porn **10:00** The Cook And The Chef **11:00** Oliver's Twist

SBS NITV (C34)

5:00 Volumz **6:00** Around The Campfire **6:30** The Chefs' Line **7:00** Our Stories **7:20** Young, Strong And Proud **7:25** NITV News **7:30** Haunted: The Other Side Drive (PG) **8:00** Chappelle's Show (M l) **8:30** Broke Ass Game Show (M s) **9:30** NITV News **9:35** Hunting Aotearoa **10:35** Pro Bull Riding Brisbane

7TWO (C62)

3:00 Harry's Practice **3:30** House Calls To The Rescue **4:30** RSPCA Animal Rescue **5:00** Medical Emergency (PG) **5:30** Escape To The Country **6:30** Bargain Hunt **7:30** Jonathan Creek (M v) **8:30** Crime Investigation Australia (MA15+) **9:30** The Suspects (M) **10:30** Crimes That Shook The World (MA15+)

7MATE (C63)

2:00 Doomsday Preppers (PG) **3:00** Bid And Destroy (PG) **4:00** Inside West Coast Customs (PG) **5:00** Doomsday Preppers (PG) **6:00** Storage Wars (PG) **7:30** Highway Patrol (PG) **8:00** Beach Cops (PG) **8:30** Megatruckers (PG) **9:00** Aussie Salvage Squad (M) **11:00** World's Deadliest Weather (PG)

7FOOD (C74)

1:30 Chopped (PG) **2:30** The Kitchen (PG) **3:30** The Pioneer Woman (PG) **4:00** Giada At Home (PG) **4:30** Spring Baking Championship (PG) **5:30** Kid's Baking Championship (PG) **6:30** Chopped (PG) **7:30** Mystery Diners (PG) **8:30** Restaurant Impossible (PG) **10:30** Mystery Diners (PG) **11:30** Chopped (PG)

7FLIX (C66)

6:30 Match It **7:00** Henry Hugglemonster **7:30** The Lion Guard **8:00** Doc McStuffins **8:30** Best Friends Whenever (PG) **9:00** Get Arty **10:00** James Robison (PG) **10:30** House Rules (PG) **1:30** Once Upon A Time (PG) **3:30** TBA **5:30** M*A*S*H (PG) **7:30** Seinfeld (PG) **8:30** Modern Family (PG) **12:30** The Family (M v)

10 PEACH (C11)

3:00 Two And A Half Men (PG) **3:30** The King Of Queens (PG) **4:30** Everybody Loves Raymond (PG) **5:30** Frasier (PG) **6:00** Pointless (PG) **6:30** Neighbours (PG) **7:00** Two And A Half Men (PG) **8:30** Movie: "The Whole Nine Yards" (M v) ('00) Stars: Bruce Willis **10:30** Charmed (PG) **11:30** The Late Late Show (M)

10 BOLD (C12)

12:00 Mission: Impossible (PG) **1:00** WIN's All Australian News **2:00** Jake And The Fatman (PG) **3:00** Diagnosis Murder (PG) **4:00** Star Trek: The Next Generation (PG) **5:00** Star Trek: Voyager (PG) **6:00** Judge Judy (PG) **6:30** Bondi Rescue (PG) **7:30** NCIS (M) **8:30** CSI: Miami (M) **10:30** The Mentalist (M v)

GEM (C82)

1:45 Mad About You (PG) **2:15** Vet On The Hill (PG) **3:15** Spy In The Wild (PG) **4:25** Heartbeat (PG) **5:30** The Secret Life Of The Zoo (PG) **6:30** Vet On The Hill (PG) **7:30** New Tricks (M) **8:40** Jack Taylor (MA15+) **10:40** Major Crimes (M v) **11:40** Law And Order SVU (M) **12:35** My Favourite Martian **1:00** Home Shopping

GO! (C83/88)

4:00 The Amazing World Of Gumball (PG) **4:30** Teen Titans Go! (PG) **5:00** Clarence (PG) **5:30** Steven Universe (PG) **6:00** Friends (PG) **7:00** The Big Bang Theory (PG) **7:30** American Ninja Warrior (PG) **9:15** Movie: "The Expendables" (MA15+) ('10) Stars: Sylvester Stallone **11:15** The Big Bang Theory (PG)

9LIFE (C84)

1:00 House Hunters USA **2:00** Island Life **3:30** The Block Sky High (PG) **4:00** Come Dine With Me UK (PG) **5:00** Fixer Upper (PG) **6:00** House Hunters International **7:00** House Hunters USA **7:30** Fixer Upper (PG) **8:30** Good Bones (PG) **9:30** Beachfront Bargain Hunt **11:30** House Hunters International

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Wednesday 30 January

ABC (C20/21)

6:00 **News Breakfast** [s]
9:00 **ABC News Mornings** [s]
10:00 **Grand Designs** [s]
10:50 **One Plus One Redux** [s]
11:00 **Tony Robinson's Time Walks** [s]
11:30 **Anh's Brush With Fame** (PG) [s]
12:00 **ABC News At Noon** [s]
1:00 **Earth On Fire** [s]
2:00 **River** (M l,v) [s]
3:00 **The Cook And The Chef**
3:30 **Gardening Australia** [s]
4:30 **Australian Story** [s]
5:00 **ABC News At Five** [s]
5:30 **Summer Drum** [s]
6:00 **Throwback** [s]
6:10 **Grand Designs NZ** (PG)
7:00 **ABC News** [s]
7:30 **7.30** [s]
8:00 **Hard Quiz** (PG) [s]
8:30 **Rosehaven** (PG) [s]
9:25 **Would I Lie To You?** (PG)
9:55 **Adam Hills** (M) [s]
10:40 **ABC Late News** [s]
11:10 **The Business** [s]
11:25 **Brian Cox** [s]
12:20 **River** (M v) [s]
1:15 **rage** (MA15+) [s]
3:20 **Would I Lie To You?** (PG)

PRIME (C61/60)

6:00 **Sunrise** [s]
9:00 **The Morning Show** [s]
11:30 **Seven Morning News** [s]
12:00 **Program To Be Advised**
2:00 **The Daily Edition** [s]
3:00 **The Chase UK** [s]
4:00 **Seven News At 4** [s]
5:00 **The Chase Australia** [s]
6:00 **7Prime News** [s]
7:00 **My Kitchen Rules** (PG) [s] – Family heritage is on the line as Karito and Ian showcase the food and fire of her native Colombia. But will their Latin fiesta become a fiasco? Meanwhile, Ibby's ready to confess.
9:00 **Undercurrent:** Real Murder Investigation (M v) [s]
10:10 **Criminal Minds:** Twenty Seven (M v) [s]
11:10 **The Latest Seven News** [s]
11:40 **The Family:** All You See Is Dark (M s) [s]
12:40 **Quantico:** Closure (M v) [s]
1:40 **Home Shopping**

NINE (C81/80)

5:30 **Today** [s]
9:00 **Today Extra** [s]
11:30 **NINE's Morning News** [s]
12:00 **Ellen** (PG) [s]
1:00 **Extra** [s]
1:30 **Married At First Sight** (M) [s]
3:00 **NINE News Now** [s]
4:00 **NINE's Afternoon News**
5:00 **Millionaire Hot Seat** [s]
6:00 **NBN News** [s]
7:00 **A Current Affair** [s]
7:30 **Married At First Sight** (M) [s]
9:00 **New Amsterdam:** Pilot (M mp) [s]
10:00 **Chicago Med:** The Parent Trap (M mp) [s]
11:00 **Rizzoli And Isles:** Food For Thought (M) [s]
11:45 **Major Crimes:** Family Law (M v) [s]
12:30 **The Hold Down** (PG) [s]
1:00 **Cybershack** (PG) [s]
1:30 **Extra** [s]
2:00 **Home Shopping**
4:00 **Ellen** (PG) [s]

TEN (C13)

6:00 **Headline News** [s]
8:30 **Studio 10** (PG) [s]
12:00 **Dr Phil** (PG) [s]
1:00 **I'm A Celebrity... Get Me Out Of Here!** (PG) [s]
2:30 **Entertainment Tonight** [
3:00 **Judge Judy** (PG) [s]
3:30 **Everyday Gourmet With Justine Schofield** [s]
4:00 **The Cook's Pantry With Matt Sinclair** [s]
4:30 **The Bold And The Beautiful** (PG) [s]
5:00 **10 News First** [s]
6:00 **Pointless** (PG) [s]
6:30 **The Project** (PG) [s]
7:30 **I'm A Celebrity... Get Me Out Of Here!** (PG) [s]
9:00 **Law And Order: SVU:** Plastic / The Chasing Demons (M) [s]
11:00 **Hawaii Five-0:** Waiho Wale Kahiko (Ancients Exposed) (M) [s]
12:00 **WIN's All Australian News** [s]
1:00 **The Project** (PG) [s]
2:00 **The Late Show With Stephen Colbert** (PG) [s]
3:00 **Home Shopping**

SBS (C30)

5:00 **CGTN English News**
5:15 **NHK World English News**
5:30 **Worldwatch**
1:00 **PBS Newshour**
2:00 **Skies Above Britain:** Beneath The Clouds (PG)
3:05 **David Attenborough's Wild Singapore**
4:00 **The Supervet** (PG)
4:55 **Letters And Numbers**
5:25 **Alex Polizzi Chef For Hire**
6:30 **SBS World News**
7:30 **Gourmet Farmer**
8:00 **Great British Railway Journeys:** Llanberis To Holyhead
8:30 **Michael Moore's Fahrenheit 11/9** (M l,v)
10:50 **Berlin Station** (MA15+)
11:50 **SBS World News Late**
12:00 **Movie:** "The Marriage" (M l,s,v) ('17) Stars: Alban Ukaj (In Albanian)
1:50 **Movie:** "The Girl King" (MA15+) ('15) Stars: Malin Buska (In English/ French/ German/ Latin)
3:45 **24 Hours In Emergency**

ABCCOMEDY (C22)

6:00 Rusty Rivets **6:25** Peter Rabbit **7:05** Andy's Wild Adventures **7:30** Spicks And Specks (PG) **8:00** Absolutely Fabulous (PG) **8:30** Upper Middle Bogan (M l,s) **9:00** The Office (PG) **9:40** Asian Provocateur (M l,s) **10:10** 30 Rock (PG) **10:35** Parks And Recreation (PG) **10:55** Inside Amy Schumer (M l,s)

ABCME (C23)

5:00 The Next Step **5:35** All Hail King Julien (PG) **6:00** Kung Fu Panda **6:25** Officially Amazing **6:55** Horrible Histories (PG) **7:25** The Penguins Of Madagascar **7:45** The Fairly OddParents **8:10** The Deep **8:35** Detentionaire **8:55** Prisoner Zero: Traitor (PG) **9:20** Stand And Deliver **9:30** rage (PG)

ABCNEWS (C24)

6:00 News Breakfast **9:00** ABC News Mornings **12:00** ABC News At Noon **1:00** State Of The Union **2:30** ABC News With Ros Childs **3:00** ABC News Afternoons **5:00** ABC News At Five **5:30** ABC News Hour **6:30** Summer Drum **7:00** ABC National News **8:00** ABC News Tonight **9:45** The Business **10:00** The World

SBS VICE (C31/32)

4:00 PBS Newshour **5:00** If You Are The One (PG) (In Mandarin) **6:10** Vice News Tonight **6:35** World's Greatest Bridges (PG) **7:30** RocKwiz (PG) **8:30** The Porn Factor (MA15+) **9:30** Movie: "Hardcore Henry" (M) ('15) (In English/ Russian) **11:15** Movie: "Jackpot" (MA15+) ('11) (In Norwegian/ Swedish)

SBS FOOD (C33)

4:00 Food Lovers' Guide To Australia **4:30** Boys Weekend **5:00** Richo's Bar Snacks **5:30** The Cook And The Chef (PG) **6:30** Oliver's Twist (PG) **7:30** Yotam Ottolenghi's Mediterranean Feasts **8:30** Lee Chan's World Tour **9:30** Eat Australia In South Australia **9:35** Food Porn **10:00** The Cook And The Chef

SBS NITV (C34)

5:00 Volumz **6:00** Desperate Measures (PG) **6:30** The Chefs' Line **7:00** Our Stories **7:20** Young, Strong And Proud **7:25** NITV News **7:30** 1491: The Untold Story Of The Americas (PG) **8:30** The Point **9:30** AFL 2019: NTFL **11:30** NITV News **11:35** Defining Moments **12:00** The Point **2:00** Volumz

7TWO (C62)

3:00 Harry's Practice **3:30** House Calls To The Rescue **4:30** RSPCA Animal Rescue **5:00** Medical Emergency (PG) **5:30** Escape To The Country **6:30** Bargain Hunt **7:30** Pie In The Sky (PG) **8:30** The Inspector Lynley Mysteries (M) **10:30** Hospital (M) **11:30** Medical Emergency (PG) **12:00** Bargain Hunt

7MATE (C63)

1:30 Storage Wars (PG) **3:00** Doomsday Preppers (PG **4:00** Inside West Coast Customs (PG) **5:00** Doomsday Preppers (PG) **6:00** Storage Wars (PG) **7:30** The Simpsons (PG) **8:30** Futurama (PG) **9:30** Family Guy (PG) **10:30** American Dad (M) **11:30** Tattoo Nightmares (M) **12:00** Black-ish (PG)

7FOOD (C74)

1:30 Chopped (PG) **2:30** The Kitchen (PG) **3:30** The Pioneer Woman (PG) **4:00** Giada At Home (PG) **4:30** Spring Baking Championship (PG) **5:30** Kid's Baking Championship (PG) **6:30** Chopped (PG) **7:30** Ramsay's Hotel Hell (M) **8:30** Ramsay's Kitchen Nightmares USA (M l) **10:30** Ramsay's Hotel Hell (M d,l) **11:30** Chopped (PG)

7FLIX (C66)

8:00 Doc McStuffins **8:30** Best Friends Whenever (PG) **9:00** Get Arty **10:00** James Robison (PG) **10:30** House Rules (PG) **1:00** Black-ish (PG) **1:30** Once Upon A Time (PG) **3:30** TBA **5:30** M*A*S*H (PG) **7:30** Make You Laugh Out Loud (PG) **8:30** Bones (M) **11:20** Castle (M v) **12:20** Scandal (M v)

10 PEACH (C11)

3:00 Two And A Half Men (PG) **3:30** The King Of Queens (PG) **4:30** Everybody Loves Raymond (PG) **5:30** Frasier (PG) **6:00** Pointless (PG) **6:30** Neighbours (PG) **7:00** Two And A Half Men (PG) **8:30** Movie: "The Dish" (M) ('00) Stars: Sam Neill **10:30** Buffy The Vampire Slayer (M) **11:30** The Late Late Show (M)

10 BOLD (C12)

1:00 WIN's All Australian News **2:00** Jake And The Fatman (PG) **3:00** Diagnosis Murder (PG) **4:00** Star Trek: The Next Generation (PG) **5:00** Star Trek: Voyager (PG) **6:00** Judge Judy (PG) **6:30** Bondi Rescue (PG) **7:30** NCIS (M v,d) **8:30** NCIS: Los Angeles (M v) **10:30** NCIS (PG) **12:30** Home Shopping

GEM (C82)

1:45 Mad About You (PG) **2:15** Vet On The Hill (PG) **3:15** Spy In The Wild (PG) **4:25** Heartbeat (PG) **5:30** The Secret Life Of The Zoo (PG) **6:30** Vet On The Hill (PG) **7:30** Poirot (PG) **8:40** Agatha Christie's Marple (PG) **10:40** Cold Case (M) **11:40** Heartbeat (M v) **1:00** Home Shopping **4:30** Religious Programs

GO! (C83/88)

3:30 Ninjago: Masters Of Spinjitzu (PG) **4:00** The Amazing World Of Gumball (PG) **4:30** Teen Titans Go! (PG) **5:00** Clarence (PG) **5:30** Steven Universe (PG) **6:00** Friends (PG) **7:00** The Big Bang Theory (PG) **8:30** Movie: "Ocean's Eleven" (M) ('01) Stars: Brad Pitt **11:00** Battlebots (PG)

9LIFE (C84)

1:00 Flipping The Heartland **1:30** Getaway (PG) **2:00** Hawaii Life (PG) **3:00** The Block Sky High (PG) **4:00** Come Dine With Me UK (PG) **5:00** Restored By The Fords **6:00** House Hunters International **7:00** House Hunters USA **7:30** Masters Of Flip **8:30** Tiny Luxury **9:00** Talking Married (M) **9:30** Unveiled (M)

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Thursday 31 January

ABC (C20/21)

6:00 **News Breakfast** [s]
9:00 **ABC News Mornings** [s]
10:00 **Grand Designs NZ** (PG)
10:45 **One Plus One Redux** [s]
11:00 **Tony Robinson's Time Walks** [s]
11:30 **Anh's Brush With Fame** (PG) [s]
12:00 **ABC News At Noon** [s]
1:00 **Adam Hills** (M) [s]
1:40 **River** (M v) [s]
3:00 **The Cook And The Chef**
3:30 **Gardening Australia** [s]
4:30 **Australian Story** [s]
5:00 **ABC News At Five** [s]
5:30 **Summer Drum** [s]
6:00 **Throwback** [s]
6:10 **Grand Designs NZ** (PG)
7:00 **ABC News** [s]
7.30 [s]
8:00 **Escape From The City: Grand Designs Australia** [s]
9:50 **The Tunnel** (MA15+) [s]
10:40 **ABC Late News** [s]
11:10 **The Business** [s]
11:25 **Wentworth:** Mercy (M l)
12:15 **River** (PG) [s]
1:15 **rage** (MA15+) [s]
2:25 **The Tunnel** (MA15+) [s]

PRIME (C61/60)

6:00 **Sunrise** [s]
9:00 **The Morning Show** [s]
11:30 **Seven Morning News** [s]
12:00 **Program To Be Advised**
2:00 **The Daily Edition** [s]
3:00 **The Chase UK** [s]
4:00 **Seven News At 4** [s]
5:00 **The Chase Australia** [s]
6:00 **7Prime News** [s]
7:00 **Cricket:** Big Bash League: Hobart v Adelaide *Live* From Launceston [s] – There will be plenty of excitement as Matthew Wade and the Hurricanes host the Strikers live from Launceston.
11:00 **The Latest Seven News** [s]
11:30 **The Family:** Of Puppies And Monsters (M v) [s]
12:30 **Grey's Anatomy:** Games People Play (M d,s) [s]
1:30 **Home Shopping**

NINE (C81/80)

5:30 **Today** [s]
9:00 **Today Extra** [s]
11:30 **NINE's Morning News** [s]
12:00 **Ellen** (PG) [s] .
1:00 **Extra** [s]
1:30 **Married At First Sight** (M) [s]
3:00 **NINE News Now** [s]
4:00 **NINE's Afternoon News**
5:00 **Millionaire Hot Seat** [s]
6:00 **NBN News** [s]
7:00 **A Current Affair** [s]
7:30 **Married At First Sight** (M) [s]
9:00 **New Amsterdam:** Rituals (M mp) [s]
10:00 **Chicago Med:** This Is Now (M mp) [s]
11:00 **Program To Be Advised**
11:45 **Imposters:** That's Enough. Off You Go. (M)
12:30 **The Hold Down** [s]
1:00 **Extra** [s]
1:30 **Home Shopping**
4:00 **Ellen** (PG) [s]

TEN (C13)

6:00 **Headline News** [s]
8:30 **Studio 10** (PG) [s]
12:00 **Dr Phil** (PG) [s]
1:00 **I'm A Celebrity... Get Me Out Of Here!** (PG) [s]
2:30 **Entertainment Tonight**
3:00 **Judge Judy** (PG) [s]
3:30 **Everyday Gourmet With Justine Schofield** [s]
4:00 **The Cook's Pantry With Matt Sinclair** [s]
4:30 **The Bold And The Beautiful** (PG) [s]
5:00 **10 News First** [s]
6:00 **Pointless** (PG) [s]
6:30 **The Project** (PG) [s]
7:30 **I'm A Celebrity... Get Me Out Of Here!** (PG) [s]
9:00 **The Conners** (PG) [s]
9:30 **Program To Be Advised**
10:30 **Blue Bloods:** Milestones (M v) [s]
11:30 **WIN's All Australian News** [s]
12:30 **The Project** (PG) [s]
1:30 **The Late Show With Stephen Colbert** (PG) [s]
2:30 **Home Shopping**
4:30 **CBS - This Morning**

SBS (C30)

5:00 **CGTN English News**
5:15 **NHK World English News**
5:30 **Worldwatch** – Deutsche Welle News **6:00** France 24 News **6:30** Al Jazeera Newshour **7:00** World watch Continues
1:00 **PBS Newshour**
2:00 **Football:** Premier League: Tottenham Hot Spurs v Watford *Replay*
4:30 **Vice World Of Sports** (PG)
4:55 **Letters And Numbers**
5:25 **Alex Polizzi Chef For Hire**
6:30 **SBS World News**
7:30 **Secrets Of The Manor House:** Hampton Court (PG)
8:35 **Locked Up Abroad:** Buried Alive
9:35 **Vikings:** Ragnarok
10:30 **SBS World News Late**
11:00 **Counterpart** (MA15+)
12:55 **Spring Tide** (MA15+) (In Swedish)
4:25 **Poh's Kitchen On The Road**

ABCCOMEDY (C22)

6:00 Rusty Rivets **6:25** Peter Rabbit **7:05** Andy's Wild Adventures **7:30** Spicks And Specks (PG) **8:00** Tomorrow Tonight (PG) **8:30** Utopia (PG) **9:00** The Office (PG) **9:45** Free Agents (MA15+) **10:10** The Good Place (M) **10:55** 30 Rock (PG) **11:15** Parks And Recreation (PG)

ABCME (C23)

5:00 The Next Step **5:35** All Hail King Julien (PG) **6:00** Kung Fu Panda **6:25** Officially Amazing **6:55** Horrible Histories (PG) **7:25** The Penguins Of Madagascar **7:45** The Fairly OddParents **8:10** The Deep **8:30** Detentionaire: The Theme Team **8:55** Prisoner Zero: Weapon (PG) **9:20** Stand And Deliver **9:30** rage (PG)

ABCNEWS (C24)

6:00 News Breakfast **9:00** ABC News Mornings **12:00** ABC News At Noon **3:00** ABC News Afternoons **5:00** ABC News At Five **5:30** ABC News Hour **6:30** Summer Drum **7:00** ABC National News **8:00** ABC News Tonight **9:45** The Business **10:00** The World **11:00** ABC Nightly News **12:00** ABC Late News **12:30** 7.30

SBS VICE (C31/32)

6:10 Vice News Tonight **6:35** World's Greatest Bridges (PG) **7:30** RocKwiz (PG) **8:30** Full Frontal With Samantha Bee (MA15+) **9:00** Getting Naked: A Burlesque Story (MA15+) **10:30** Behind The Blue Line (M) **11:30** Facebookistan (M) (In English/ Danish/ German) **12:40** Movie: "A Better Life" (M s) ('11) (In French/ English)

SBS FOOD (C33)

4:00 Food Lovers' Guide To Australia **4:30** Miguel's Tropical Kitchen **5:00** Richo's Bar Snacks **5:30** The Cook And The Chef (PG) **6:30** Oliver's Twist **7:30** Rick Stein's French Odyssey **8:30** Big Food Rescue **9:30** Eat Australia In South Australia **9:35** Food Porn **10:00** The Cook And The Chef **11:00** Oliver's Twist

SBS NITV (C34)

3:54 Bushwhacked **4:19** Grounded **4:48** The Time Compass **5:00** Volumz **6:00** Our Footprint (PG) **6:30** The Chefs' Line **7:00** Our Stories **7:20** Young, Strong And Proud **7:25** NITV News **7:30** Living Black (PG) **8:00** Urban Native Girl **8:30** Redfern (M) **9:30** The Fringe Dwellers (M) **11:10** NITV News **11:15** Shark Bay (PG)

7TWO (C62)

3:00 Harry's Practice **3:30** Auction Squad **4:30** RSPCA Animal Rescue **5:00** Medical Emergency (PG) **5:30** Escape To The Country **6:30** Bargain Hunt **7:30** Father Brown (M) **8:30** Murdoch Mysteries (M) **10:30** Houdini & Doyle (M) **11:30** Medical Emergency (PG) **12:00** Bargain Hunt **1:00** The Great Outdoors

7MATE (C63)

2:00 The Simpsons (PG) **3:00** Futurama (PG) **4:00** Inside West Coast Customs (PG) **5:00** Doomsday Preppers (PG) **6:00** Storage Wars (PG) **7:30** The Simpsons (PG) **8:30** Movie: "Knowing" (M h,v) ('09) Stars: Nicolas Cage **11:00** World's Toughest Cops (M v) **12:00** Ax Men (M) **1:00** Inside West Coast Customs (PG)

7FOOD (C74)

1:30 Chopped (PG) **2:30** The Kitchen (PG) **3:30** The Pioneer Woman (PG) **4:00** Giada At Home (PG) **4:30** Guy's Grocery Games (PG) **5:30** Rachael Ray's Week In A Day (PG) **6:30** Chopped (PG) **7:30** Ramsay's Hotel Hell (M d,l) **8:30** Ramsay's Kitchen Nightmares (M l) **10:30** Ramsay's Hotel Hell (M) **11:30** Chopped (PG)

7FLIX (C66)

8:00 Doc McStuffins **8:30** Best Friends Whenever (PG) **9:00** Get Arty **10:00** James Robison (PG) **10:30** House Rules (PG) **1:30** Once Upon A Time (PG) **3:30** TBA **5:30** M*A*S*H (PG) **7:30** Make You Laugh Out Loud (PG) **8:30** Criminal Minds (M) **11:30** American Crime (M) **12:30** Scandal (M)

10 PEACH (C11)

3:00 Two And A Half Men (PG) **3:30** The King Of Queens (PG) **4:30** Everybody Loves Raymond (PG) **5:30** Frasier (PG) **6:00** Pointless (PG) **6:30** Neighbours (PG) **7:00** Two And A Half Men (PG) **8:30** This Is Us (M) **9:30** Sex And The City (MA15+) **10:40** Movie: "Friends With Money" (M) ('06) Stars: Jennifer Aniston

10 BOLD (C12)

1:00 WIN's All Australian News **2:00** Jake And The Fatman (PG) **3:00** Diagnosis Murder (PG) **4:00** Star Trek: The Next Generation (PG) **5:00** Star Trek: Voyager (PG) **6:00** Judge Judy (PG) **6:30** Bondi Rescue (PG) **7:30** NCIS (PG) **8:30** Hawaii Five-O (M) **10:30** NCIS (M) **11:30** NCIS: Los Angeles (M v) **12:30** Home Shopping

GEM (C82)

1:45 Mad About You (PG) **2:15** Vet On The Hill (PG) **3:15** Spy In The Wild (PG) **4:25** Heartbeat (PG) **5:30** The Secret Life Of The Zoo (PG) **6:30** Vet On The Hill (PG) **7:30** Death In Paradise (M v) **8:40** Midsomer Murders (M v) **10:50** Rizzoli And Isles (M v) **11:50** Law And Order SVU (M) **1:00** Call And Win (M)

GO! (C83/88)

4:00 The Amazing World Of Gumball (PG) **4:30** Teen Titans Go! (PG) **5:00** Clarence (PG) **5:30** Steven Universe (PG) **6:00** Friends (PG) **7:00** The Big Bang Theory (PG) **7:30** RBT (PG) **8:30** Movie: "Deepwater Horizon" (M l) ('16) Stars: Mark Wahlberg **10:35** The Big Bang Theory (PG) **11:05** Kevin Can Wait (PG)

9LIFE (C84)

1:30 Flipping The Heartland **2:00** Good Bones (PG) **3:00** Island Life **3:30** The Block Sky High (PG) **4:00** Come Dine With Me UK (PG) **5:00** Beachfront Bargain Hunt **6:00** House Hunters International **7:00** House Hunters USA **7:30** Zombie House Flipping (PG) **8:30** Flip Or Flop **9:30** Long Island Medium (M)

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Friday 1 February

ABC (C20/21)

6:00 **News Breakfast** [s]
9:00 **ABC News Mornings** [s]
10:00 **Grand Designs NZ** (PG)
10:45 **One Plus One Redux** [s]
11:00 **Ask The Doctor** [s]
11:30 **Anh's Brush With Fame** (PG) [s]
12:00 **ABC News At Noon** [s]
1:00 **One Plus One** [s]
1:30 **Foreign Correspondent**
2:00 **River** (PG) [s]
3:00 **Poh's Kitchen** [s]
3:30 **Gardening Australia** [s]
4:30 **Australian Story** [s]
5:00 **ABC News At Five** [s]
5:30 **Summer Drum** [s]
6:00 **Throwback** [s]
6:10 **Grand Designs NZ** (PG)
7:00 **ABC News** [s]
7:30 **Gardening Australia** [s]
8:30 **Father Brown:** The Rod Of Asclepius (PG) [s]
9:15 **Shetland:** Blue Lightning (Part 1) (M v) [s]
10:15 **ABC Late News** [s]
10:45 **The Business** [s]
11:25 **Rosehaven** (PG) [s]
11:55 **Planet America** [s]
12:40 **rage** (MA15+) [s]

PRIME (C61/60)

6:00 **Sunrise** [s]
9:30 **Cricket:** Australia v Sri Lanka: Pre Game [s]
10:30 **Cricket:** Australia v Sri Lanka: Test 2: Day 1 *Live* From Manuka Oval, Canberra [s]
12:30 **Cricket:** Australia v Sri Lanka: Lunch Break [s]
1:10 **Cricket:** Australia v Sri Lanka: Test 2: Day 1 *Live* From Manuka Oval, Canberra [s]
3:10 **Cricket:** Australia v Sri Lanka: Tea Break [s]
3:30 **Cricket:** Australia v Sri Lanka: Test 2: Day 1 *Live* From Manuka Oval, Canberra [s]
6:00 **7Prime News** [s
7:00 **Better Homes And Gardens** [s]
8:30 **Cricket:** Brisbane Heat v Perth Scorchers *Live* From The Gabba, Brisbane [s]
12:00 **Grey's Anatomy:** Old Scars, Future Hearts (M)
1:00 **Home Shopping**

NINE (C81/80)

5:30 **Today** [s]
9:00 **Today Extra** (PG) [s]
11:30 **NINE's Morning News** [s]
12:00 **Ellen** (PG) [s]
1:00 **Extra** [s]
1:30 **Married At First Sight** (M) [s]
3:00 **NINE News Now** [s]
4:00 **NINE's Afternoon News**
5:00 **Millionaire Hot Seat** [s]
6:00 **NBN News** [s]
7:00 **A Current Affair** [s]
7:30 **RBT:** Chicken Catcher/ The Carer (PG) [s]
8:30 **Program To Be Advised**
11:10 **Program To Be Advised**
1:00 **Extra** [s] – Mario Lopez and Charissa Thompson reporting in front of a live audience from Universal Studios in Los Angeles. Catch up on all the latest in Hollywood's current affairs as we find out what the world's hottest stars have been up to.
1:30 **Home Shopping**
4:30 **The Avengers** (PG) [s]
5:30 **A Current Affair** [s]

TEN (C13)

6:00 **Headline News** [s]
8:30 **Studio 10** (PG) [s]
12:00 **Dr Phil** (PG) [s]
1:00 **I'm A Celebrity... Get Me Out Of Here!** (PG) [s]
2:30 **Entertainment Tonight**
3:00 **Judge Judy** (PG) [s]
3:30 **Everyday Gourmet With Justine Schofield** [s]
4:00 **The Cook's Pantry With Matt Sinclair** [s]
4:30 **The Bold And The Beautiful** (PG) [s]
5:00 **10 News First** [s]
6:00 **Pointless** (PG) [s]
6:30 **The Project** (PG) [s]
7:30 **The Living Room** (PG) [s]
8:30 **The Graham Norton Show** (M) [s]
9:30 **Program To Be Advised**
10:30 **Program To Be Advised**
11:30 **WIN's All Australian News** [s]
12:30 **The Project** (PG) [s]
1:30 **The Late Show With Stephen Colbert** (PG) [s]
2:30 **Home Shopping**

SBS (C30)

5:00 **CGTN English News**
5:15 **NHK World English News**
5:30 **Worldwatch**
1:00 **PBS Newshour**
2:00 **The Point**
3:00 **NITV News Week In Review**
3:30 **Made In Italy With Silvia Colloca**
4:00 **The Supervet** (PG)
5:00 **Letters And Numbers**
5:30 **Alex Polizzi Chef For Hire**
6:30 **SBS World News**
7:35 **Robson Green's Australian Adventure:** Northern Territory (PG)
8:30 **Movie:** "Gangs Of New York" (M) ('02) Stars: Daniel Day-Lewis (In Latin/ Chinese/ English)
11:30 **SBS World News Late**
12:00 **Movie:** "Live Flesh" (MA15+) ('97) Stars: Francesca (In Spanish)
1:50 **Versailles** (MA15+)
4:00 **One Born Every Minute**
4:55 **Food Safari Fire Bitesize**

ABCCOMEDY (C22)

6:00 Rusty Rivets **6:25** Peter Rabbit **7:05** Andy's Wild Adventures **7:30** Spicks And Specks (PG) **8:00** Hard Quiz (PG) **8:30** Rosehaven (PG) **9:25** The Office (PG) **10:15** Alan Partridge's Mid-Morning Matters (M s) **10:30** Upstart Crow (M s) **11:00** W1A (M l) **11:30** 30 Rock (PG) **11:55** Parks And Recreation (PG)

ABCME (C23)

5:00 The Next Step **5:35** All Hail King Julien (PG) **6:00** Kung Fu Panda **6:25** Officially Amazing **6:55** Horrible Histories (PG) **7:25** The Penguins Of Madagascar **7:45** The Fairly OddParents **8:10** The Deep **8:30** Voltron: Legendary Defender (PG) **8:55** Dragon Ball Super (PG) **9:25** Sword Art Online (PG)

ABCNEWS (C24)

6:00 News Breakfast **9:00** ABC News Mornings **12:00** ABC News At Noon **3:00** ABC News Afternoons **5:00** ABC News At Five **5:30** ABC News Hour **6:30** Summer Drum **7:00** ABC National News **8:00** ABC News Tonight **9:00** Planet America **9:45** The Business **10:00** The World **11:00** ABC Nightly News

SBS VICE (C31/32)

4:10 PBS Newshour **5:10** If You Are The One (PG) (In Mandarin) **6:10** Vice News Tonight **6:40** World's Greatest Bridges (PG) **7:30** RocKwiz (PG) **8:30** Brooklyn Nine-Nine (M) **9:00** The Orville (M) **9:50** South Park (M l,s) **10:45** Vikings (M) **11:40** Post Radical (M l) **12:30** Sex Diaries (MA15+) **1:25** The Night Bus (M l,s)

SBS FOOD (C33)

4:00 Food Lovers' Guide To Australia **4:30** Miguel's Tropical Kitchen **5:00** Richo's Bar Snacks **5:30** The Cook And The Chef **6:30** Oliver's Twist **7:30** Say It To My Face **8:30** Nigella Express **9:30** Eat Australia In South Australia **9:35** Food Porn **10:00** The Cook And The Chef **11:00** Oliver's Twist

SBS NITV (C34)

3:27 Yarramundi Kids **3:54** Bushwhacked **4:19** Grounded **4:48** The Time Compass **5:00** Volumz **6:00** Unearthed **6:30** The Chefs' Line **7:00** NITV News **7:30** Movie: "The Watsons Go To Birmingham" (PG) ('13) Stars: Wood Harris **9:10** Big Freedia: Queen Of Bounce (M l) **10:10** Rhymes For Young Ghouls (MA15+)

7TWO (C62)

3:00 Auction Squad **4:30** RSPCA Animal Rescue **5:00** Medical Emergency (PG) **5:30** Escape To The Country **6:30** Bargain Hunt **7:30** Border Security: International (PG) **8:30** Selling Houses Australia (PG) **10:30** Peter Andre's 60 Minute Makeover (PG) **11:30** Medical Emergency (PG) **12:00** Bargain Hunt

7MATE (C63)

2:30 The Simpsons (PG) **3:30** Storage Wars (PG) **4:30** Inside West Coast Customs (PG) **5:30** Bloopers (PG) **6:00** Storage Wars (PG) **6:30** Movie: "Little Man" (PG) ('06) Stars: Marlon Wayans **8:30** Movie: "White Men Can't Jump" (M) ('92) Stars: Wesley Snipes **10:55** Movie: "Stewardess School" (M) ('86)

7FOOD (C74)

1:30 Chopped (PG) **2:30** The Kitchen (PG) **3:30** The Pioneer Woman (PG) **4:00** Giada At Home (PG) **4:30** Better Homes And Gardens **5:30** Guy's Grocery Games (PG) **6:30** Chopped (PG) **7:30** Bizarre Foods With Andrew Zimmern (PG) **8:30** Anthony Bourdain: No Reservations (PG) **9:30** Cutthroat Kitchen (PG)

7FLIX (C66)

5:40 Movie: "Free Willy 3: The Rescue" (PG) ('97) Stars: Anne Corley **7:30** Movie: "Alexander And The Terrible, Horrible, No Good, Very Bad Day" (PG) ('14) Stars: Bella Thorne **9:00** Movie: "I Love You, Man" (MA15+) ('09) Stars: Paul Rudd **11:15** Movie: "Donnie Brasco" (MA15+) ('97) Stars: Johnny Depp

10 PEACH (C11)

3:00 Two And A Half Men (PG) **3:30** The King Of Queens (PG) **4:30** Everybody Loves Raymond (PG) **5:30** Frasier (PG) **6:00** Pointless (PG) **6:30** Neighbours (PG) **7:00** Will & Grace (PG) **8:30** Movie: "Laws Of Attraction" (PG) ('04) Stars: Pierce Brosnan **10:25** Sex And The City (MA15+) **11:35** The Late Late Show (M)

10 BOLD (C12)

1:00 WIN's All Australian News **2:00** Jake And The Fatman (PG) **3:00** Diagnosis Murder (PG) **4:00** Star Trek: The Next Generation (PG) **5:00** Star Trek: Voyager (PG) **6:00** Judge Judy (PG) **6:30** Bondi Rescue (PG) **7:30** Walker, Texas Ranger (M) **11:30** NCIS: Los Angeles (MA15+) **12:30** Home Shopping **2:00** MacGyver (M v)

GEM (C82)

1:50 Mad About You (PG) **2:20** Vet On The Hill (PG) **3:20** Spy In The Wild (PG) **4:30** Tennis: Davis Cup Qualifiers: Australia v Bosnia Herzegovina *Live* From Adelaide **8:00** Fawlty Towers (PG) **9:20** Movie: "Moonraker" (PG) ('79) Stars: Roger Moore **11:00** Movie: "Escape From New York" (M v,l) ('81) Stars: Kurt Russell

GO! (C83/88)

4:00 Be Cool Scooby Doo! (PG) **4:30** Teen Titans Go! (PG) **5:00** Clarence (PG) **5:30** Steven Universe (PG) **6:00** Friends (PG) **7:00** The Big Bang Theory (PG) **7:30** Movie: "Paul Blart: Mall Cop" (PG) ('09) Stars: Kevin James **9:30** Movie: "The Other Guys" (M) ('10) Stars: Will Ferrell **11:40** The Big Bang Theory (PG)

9LIFE (C84)

1:00 Island Life **2:00** Fixer Upper (PG) **3:00** The Block Sky High (PG) **4:00** Come Dine With Me UK (PG) **5:00** Texas Flip N Move **6:00** House Hunters International **7:00** House Hunters USA **7:30** Restored By The Fords **8:30** Barnwood Builders **9:30** Stone House Revival **10:30** Living Big Sky

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Saturday 2 February

ABC (C20/21)

5:00 **rage** (PG) [s]
10:00 **rage Best Of The Triple J Hottest 100 Of 1998**
11:05 **Grand Designs Australia**
12:00 **ABC News At Noon**
12:30 **Shetland:** Blue Lightning (Part 1) (M v) [s]
1:30 **Father Brown:** The Rod Of Asclepius (PG) [s]
2:15 **The Big Blue** [s]
3:10 **Sporting Legends** (PG)
4:00 **Heroes** [s]
5:00 **Escape From The City:** Toowoomba Queensland, The Denehys [s]
6:00 **Anh's Brush With Fame:** Adam Goodes (PG) [s]
6:30 **Back Roads:** The Coorong [s]
7:00 **ABC News** [s]
7:30 **Death In Paradise** (PG)
8:30 **Agatha Raisin:** The Wizard Of Evesham (Part 1 And 2) (M) [s]
10:05 **Wolf Hall:** Master Of Phantoms (MA15+) [s]
11:10 **Rage Presents The Triple J Hottest 100 Of 2018** (PG) [s]

PRIME (C61/60)

6:00 **Home Shopping**
7:00 **Weekend Sunrise** [s]
9:30 **Cricket:** Australia v Sri Lanka: Pre Game [s]
10:30 **Cricket:** Australia v Sri Lanka: Test 2: Day 2 *Live* From Manuka Oval, Canberra [s]
12:30 **Cricket:** Australia v Sri Lanka: Lunch Break [s]
1:10 **Cricket:** Australia v Sri Lanka: Test 2: Day 2 *Live* From Manuka Oval, Canberra [s]
3:10 **Cricket:** Australia v Sri Lanka: Tea Break [s]
3:30 **Cricket:** Australia v Sri Lanka: Test 2: Day 2 *Live* From Manuka Oval, Canberra [s]
6:00 **7Prime News** [s]
7:00 **Movie:** "National Treasure: Book Of Secrets" (PG) ('07) Stars: Nicolas Cage
9:40 **Movie:** "The Da Vinci Code" (M v) ('06) Stars: Tom Hanks
1:00 **Home Shopping**

NINE (C81/80)

6:00 **Ellen** (PG) [s]
7:00 **Weekend Today** [s]
10:00 **Today Extra - Saturday** (PG) [s]
12:00 **Destination WA** [s]
12:30 **Kevin Can Wait:** The Fantastic Pho (PG) [s]
1:00 **The Truth About Sleep** (PG) [s]
2:15 **Movie:** "Dirty Rotten Scoundrels" (PG) ('88) Stars: Steve Martin,
4:30 **Helloworld** [s]
5:00 **NINE News: First At Five** [s]
5:30 **Garda Down Under** (PG)
6:00 **NBN News** [s]
7:00 **Movie:** "My Big Fat Greek Wedding 2" (PG) ('16) Stars: Elena Kampouris
9:00 **Movie:** "Four Weddings And A Funeral" (M l,s) ('94) Stars: Hugh Grant
11:20 **Movie:** "Knight Of Cups" (M s,n,l) ('13) Stars: Christian Bale
1:30 **Destination WA** [s]
2:00 **Home Shopping**
5:30 **Wesley Impact** [s]

TEN (C13)

6:00 **Australia By Design** [s]
6:30 **Which Car?** [s]
7:00 **RPM Summer Series** [s]
7:30 **Escape Fishing With ET**
8:00 **I Fish** [s]
9:00 **My Market Kitchen** [s]
9:30 **Studio 10: Saturday** (PG)
12:00 **Luxury Escapes** [s]
12:30 **The 48 Hour Destination**
1:00 **Everyday Gourmet With Justine Schofield** [s]
1:30 **Entertainment Tonight**
2:00 **Renovation King** [s]
2:30 **The Home Team** [s]
3:00 **The Living Room** (PG) [s]
4:00 **What's Up Down Under**
4:30 **Fishing Australia** [s]
5:00 **10 News First** [s]
6:00 **David Attenborough's Natural Curiosities** (PG)
7:00 **I'm A Celebrity... Get Me Out Of Here!** (PG) [s]
8:00 **Movie:** "Shrek 2" (PG) ('04) Stars: Mike Myers
9:45 **NCIS: New Orleans:** Vindicta / Identity Crisis (M v) [s]
11:45 **Elementary:** Sober Companions (M v,d) [s]
12:30 **Home Shopping**

SBS (C30)

5:00 **CGTN English News**
5:15 **NHK World English News**
5:30 **Worldwatch**
1:00 **PBS Newshour**
2:00 **Figure Skating:** ISU: Grand Prix Final
4:30 **The Real Noah's Ark**
5:25 **Who Do You Think You Are?:** Charles Dance
6:30 **SBS World News**
7:35 **Aerial Asia:** Singapore
8:30 **Wallis: The Queen That Never Was:** The Woman Who Brought Down The Crown (PG)
10:25 **Cyberwar** (M)
10:55 **Luke Nguyen's United Kingdom Bitesize**
11:00 **Football:** Premier League: Tottenham Hot Spurs v Newcastle *Live* From Tottenham Hotspur Stadium
1:50 **24 Hours In Emergency:** New Horizons (M)
2:45 **Movie:** "Strawberry Days" (MA15+) ('16) Stars: Nelly Axelsson (In Swedish/ Polish/ English)

ABCCOMEDY (C22)

6:00 Rusty Rivets **6:25** Peter Rabbit **7:05** Andy's Wild Adventures **7:30** Spicks And Specks (PG) **8:00** Would I Lie To You? **8:30** Live At The Apollo (M l,s) **9:15** Live From The BBC (M l,s) **9:45** Comedy Up Late (M l,s) **10:20** Comedy Next Gen (MA15+) **11:10** Adam Hills (M l,s) **12:30** Penn And Teller (PG)

ABCME (C23)

4:35 School Of Rock (PG) **5:00** The Next Step **5:35** All Hail King Julien **6:00** Kung Fu Panda **6:25** Officially Amazing **6:55** Deadly 60 **7:25** Japanizi **7:45** The Fairly OddParents **8:10** The Deep: The Abyss Stares Back **8:35** Detentionaire: Knock Knock **8:55** Prisoner Zero: Disk (PG) **9:20** Stand And Deliver

ABCNEWS (C24)

4:00 ABC News **4:30** The Drum Weekly **5:00** ABC News **5:30** One Plus One **6:00** ABC News Weekend **6:30** The Mix **7:00** ABC News Weekend **7:30** Foreign Correspondent **8:00** ABC News Weekend **8:02** A Dog Act: The Disappearance Of Paddy Moriarty (PG) **9:00** ABC News Weekend **9:30** Back Roads

SBS VICE (C31/32)

5:00 Worldwatch **8:30** North To South: The Full Journey **9:35** Movie: "The Grandmaster" (M) ('13) Stars: Zhang Ziyi (In Cantonese/ Mandarin) **11:30** Movie: "Ip Man: The Final Fight" (M v) ('13) Stars: Anthony Wong (In Cantonese/ English) **1:25** Movie Show **2:25** Shot By Kern (MA15+) **2:50** France 24 News

SBS FOOD (C33)

3:30 This Is Brazil! (In Portuguese/ English) **4:30** Miguel's Tropical Kitchen **5:00** The Cook And The Chef **6:30** Made In Italy With Silvia Colloca **7:30** The Travelling Chef **8:30** Dinner Date **9:30** Destination Flavour Singapore **10:30** The Cook And The Chef **11:30** Worst Cooks In America (PG)

SBS NITV (C34)

1:10 Footprints On Our Land (PG) **2:00** The Chefs' Line **2:30** Unearthed **3:00** Baseball 2018: SA Super League **5:00** NITV On The Road **6:00** Maori TV's Native Affairs **6:30** Tribal Justice **8:00** NITV News Weekend Edition **8:05** The Tall Man (M l) **9:35** Lousy Little Sixpence (PG) **10:35** First Steps To Freedom (M v)

7TWO (C62)

2:30 Vasili's Garden **3:00** Queensland Weekender **3:30** The Great Day Out **4:00** Home In WA **4:30** Nigel Marven's Cruise Ship Adventures **5:00** Crash Investigation Unit (PG) **5:30** Air Crash Investigations (PG) **7:30** The Yorkshire Vet (PG) **8:30** Escape To The Country **11:30** Air Crash Investigations (PG)

7MATE (C63)

3:30 Pro Bull Riding Australia **4:00** Motor Racing: Bathurst 12 Hour Top 10 Shootout **5:00** Inside West Coast Customs (PG) **6:00** Loose Screws (PG) **6:30** AFL: Women: Round 1: Geelong v Collingwood *Live* From GMHBA Stadium **8:30** AFL: Women: Round 1: Adelaide v Western Bulldogs *Live* From Norwood

7FOOD (C74)

1:00 Cutthroat Kitchen (PG) **3:00** Chopped (PG) **4:00** Giada At Home (PG) **4:30** Ten Dollar Dinners (PG) **5:00** Rachael Ray's Week In A Day (PG) **6:00** Anthony Bourdain: No Reservations (PG) **7:00** My France With Manu (PG) **8:00** Iron Chef America (PG) **10:00** Throwdown With Bobby Flay (PG)

7FLIX (C66)

3:10 The Evermoor Chronicles (PG) **4:10** Lab Rats (PG) **4:40** Movie: "Kangaroo Jack" (PG) ('03) Stars: Anthony Anderson **6:30** Movie: "Turner & Hooch" (PG) ('89) Stars: Tom Hanks **8:30** Movie: "Wildcats" (PG) ('86) Stars: Goldie Hawn **10:40** Movie: "Captain Ron" (M l) ('92) Stars: Kurt Russell

10 PEACH (C11)

11:35 Charmed (PG) **1:30** The King Of Queens (PG) **2:30** Everybody Loves Raymond (PG) **3:30** Frasier (PG) **4:30** Everybody Loves Raymond (PG) **5:30** Frasier (PG) **6:30** Everybody Loves Raymond (PG) **8:30** Hughesy, We Have A Problem (M) **9:30** Kitty Flanagan - Seriously? (M) **11:00** The Loop **2:30** Charmed (PG)

10 BOLD (C12)

4:30 Places We Go With Jennifer Adams **5:00** Planes Gone Viral (PG) **6:00** Scorpion (PG) **7:00** COPS (PG) **7:30** Football: Hyundai A-League Round 17: Adelaide United v Brisbane Roar *Live* From Coopers Stadium **10:30** Movie: "Black Hawk Down" (MA15+) ('01) Stars: Josh Harnett

GEM (C82)

12:30 Movie: "The Bridal Path" (G) ('59) Stars: Bill Travers **2:30** Movie: "The Wonderful Country" (PG) ('59) Stars: Robert Mitchum **4:30** Tennis: Davis Cup Qualifiers: Australia v Bosnia Herzegovina *Live* From Adelaide **8:00** TBA **10:30** TBA **12:00** Law And Order: SVU: Wrath (MA15+) **1:00** Call And Win (M)

GO! (C83/88)

2:30 Basketball: Cairns Taipans v Adelaide 36ers *Live* From Cairns Convention Centre **5:00** Movie: "Legend Of The Guardians " (PG) ('10) Stars: Jim Sturgess **7:00** Movie: "The Lord Of The Rings: The Fellowship" (PG) ('01) Stars: Elijah Wood **10:30** Movie: "Resident Evil: The Final Chapter" (MA15+) ('16)

9LIFE (C84)

1:30 Stone House Revival **2:30** Tiny Luxury **3:00** Beachfront Bargain Hunt **4:30** Masters Of Flip **5:30** Good Bones (PG) **6:30** Texas Flip And Move **7:00** Raise The Roof (PG) **7:30** Masters Of Flip **8:30** House Hunters USA **9:30** House Hunters International **10:30** House Hunters Renovation **11:30** Hawaii Life

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Sunday 3 February

ABC (C20/21)

6:00 **rage** (PG) [s]
7:00 **Weekend Breakfast** [s]
9:00 **Insiders** [s]
10:00 **Offsiders** [s]
10:30 **The World This Week** [s]
11:00 **Compass** (PG) [s]
11:30 **Songs Of Praise** [s]
12:00 **ABC News At Noon** [s]
12:30 **Landline** [s]
1:30 **Gardening Australia** [s]
2:30 **Wolf Hall** (PG) [s]
3:30 **The King Sun** [s]
4:00 **The Mix** [s]
4:30 **Australia's Lost Impressionist** (PG) [s]
5:30 **Hard Quiz** (PG) [s]
6:00 **The Great Australian Bee Challenge** [s]
7:00 **ABC News Sunday** [s]
7:40 **Aftermath** (PG) [s]
8:40 **The Cry** (M l) [s]
9:40 **Lunar New Year Special**
10:40 **Death In Paradise** (M v)
11:40 **Silent Witness** (MA15+)
12:40 **rage** (MA15+) [s]
1:30 **Antiques Roadshow** [s]
2:30 **Silent Witness** (MA15+)
3:30 **The New Inventors** [s]
4:00 **Crash Test Mummies And Daddies** (M l) [s]

PRIME (C61/60)

6:00 **Home Shopping**
7:00 **Weekend Sunrise** [s]
9:30 **Cricket:** Australia v Sri Lanka: Pre Game [s]
10:30 **Cricket:** Australia v Sri Lanka: Test 2: Day 3 *Live* From Manuka Oval, Canberra [s]
12:30 **Cricket:** Australia v Sri Lanka: Lunch Break [s]
1:10 **Cricket:** Australia v Sri Lanka: Test 2: Day 3 *Live* From Manuka Oval, Canberra [s]
3:10 **Cricket:** Australia v Sri Lanka: Tea Break [s]
3:30 **Cricket:** Australia v Sri Lanka: Test 2: Day 3 *Live* From Manuka Oval, Canberra [s]
6:00 **7Prime News** [s]
7:00 **Program To Be Advised**
9:00 **Cricket:** Big Bash League: Perth Scorchers v Melbourne Stars *Live* From Optus Stadium, Perth
12:30 **Home Shopping**

NINE (C81/80)

6:00 **Great Escapers** (PG) [s]
7:00 **Weekend Today** [s]
10:00 **The Hold Down** (PG) [s]
10:30 **Surfing Australia TV** [s]
11:00 **World Surf League** [s]
12:00 **Program To Be Advised**
1:00 **World's Greatest Islands** (PG) [s]
2:00 **The Secret Life Of The Zoo** (PG) [s]
3:00 **Ultimate Airport Dubai** (PG) [s]
4:00 **The Embassy** (PG) [s]
4:30 **Helloworld** [s]
5:00 **NINE News: First At Five**
5:30 **Garda Down Under** (PG)
6:00 **NBN News - Sunday** [s]
7:00 **Married At First Sight** (PG) [s]
8:30 **60 Minutes** (PG) [s]
9:40 **James Bulger The New Revelations** (M) [s]
10:45 **Married At First Sight** (PG) [s]
12:10 **Cold Case:** The Sleepover (M v) [s]
1:05 **Major Crimes:** Flight Risk (M) [s]
2:00 **Home Shopping**
4:00 **Great Escapers** (PG) [s]

TEN (C13)

6:00 **Religious Programs**
8:00 **Bondi Rescue Red Centre Adventure** [s]
9:00 **Australia By Design:** Innovations [s]
9:30 **Studio 10: Sunday** (PG)
12:00 **The Living Room** [s]
1:00 **Foodie Adventures With Ash Pollard** [s]
1:30 **Fishing Australia** [s]
2:00 **Program To Be Advised**
4:00 **Which Car?** [s]
4:30 **RPM Summer Series** [s]
5:00 **10 News First** [s]
6:00 **David Attenborough's Natural Curiosities:** Bad Reputations [s]
6:30 **The Sunday Project** (PG)
7:30 **I'm A Celebrity... Get Me Out Of Here!** (PG) [s]
9:00 **NCIS:** Toil And Trouble (M) [s]
10:00 **NCIS:** What Lies Above (M v) [s]
11:00 **The Sunday Project** (PG)
12:00 **Home Shopping**
4:30 **CBS - This Morning**

SBS (C30)

5:00 **CGTN English News**
5:15 **NHK World English News**
5:30 **Worldwatch**
9:30 **Football:** Premier League: Tottenham Hot Spurs v Newcastle *Replay*
12:00 **Worldwatch**
1:00 **Speedweek**
3:00 **Motor Sport:** Best Of Dakar Rally 2019
5:00 **Great British Railway Journeys:** Littlehampton To Beaulieu
5:30 **Hunting The Nazi Gold Train** (PG)
6:30 **SBS World News**
7:35 **Sinkholes:** Deadly Drops: Sucked Underground / The Terror On Your Doorstep
9:25 **Plane Crash** (M l)
10:50 **Eurovision Top 40 Controversies** (M l)
12:55 **Movie:** "Still Crazy" (M l) ('98) Stars: Bill Nighy
2:40 **Chasing Heroin:** America's Drug Addiction (MA15+)

ABCCOMEDY (C22)

6:00 Rusty Rivets **6:25** Peter Rabbit **7:05** Andy's Wild Adventures **7:30** Spicks And Specks (PG) **8:00** Would I Lie To You? (PG) **8:30** Penn And Teller: Fool Us (PG) **9:10** Fiona O'Loughlin's Greatest Hits (M) **10:35** TBA **11:05** Would I Lie To You? (PG) **11:35** Upstart Crow (M) **12:05** W1A (M) **12:40** Black Books (PG)

ABCME (C23)

4:35 School Of Rock (PG) **5:00** The Next Step **5:40** All Hail King Julien (PG) **6:00** Kung Fu Panda (PG) **6:25** Officially Amazing **6:55** Deadly 60 (PG) **7:25** Japanizi **7:45** The Fairly OddParents **8:10** The Deep **8:30** Detentionaire **8:55** Prisoner Zero (PG) **9:20** Stand And Deliver: Hula Hoopla **9:35** rage (PG)

ABCNEWS (C24)

2:30 One Plus One **3:00** ABC News **3:30** Offsiders **4:00** ABC News **4:02** Landline **5:00** ABC News **5:30** Foreign Correspondent **6:00** ABC News Weekend **6:15** Planet America **7:00** ABC News Weekend **8:00** Insiders **9:00** ABC News Weekend **9:30** One Plus One **10:00** ABC News **10:30** Compass (PG) **11:00** ABC Nightly News

SBS VICE (C31/32)

4:00 The Mindy Project (PG) **4:55** Balls Deep (PG) **5:20** The Business Of Climate Change (PG) **5:45** The Third Industrial Revolution (PG) **7:35** Ultimate Airport Dubai (PG) **8:30** Movie: "BPM (Beats Per Minute)" (M) ('17) Stars: Armaud Valois (In French) **11:10** Movie: "Viva" (M) ('15) Stars: Mark O'Halloran (In Spanish)

SBS FOOD (C33)

3:00 Thai Street Food With David Thompson **3:30** This Is Brazil! (In Portuguese/English) **4:30** Miguel's Tropical Kitchen **5:00** The Cook And The Chef (PG) **6:30** Cheese Slices **7:30** Hairy Bikers' Bakeation **8:30** Rick Stein's Far Eastern Odyssey **9:35** Destination Flavour China (In English/ Mandarin)

SBS NITV (C34)

3:00 Rugby Union: Ella 7's **3:30** Vice World Of Sports **4:00** AFL: NTFL 2019 **5:50** Ladies Gaelic Football **6:00** Te Kaea **6:30** Culture Warriors **7:00** Designing Africa **7:30** NITV News Weekend **7:35** Talking Language (M) **8:00** Going Bush (PG) **8:30** Check It **10:20** Angry Inuk (PG) **11:50** On Stage (M l) **12:00** Volumz

7TWO (C62)

3:00 Escape To The Country **5:00** AFL: Womens: Round 1: Brisbane Lions v GWS Giants *Live* From Moreton Bay Central Sports Complex **7:00** Motorway Patrol (PG) **8:00** Coastwatch Oz (PG) **8:30** Border Security Australia's Front Line (PG) **9:00** Gold Coast Medical (M) **10:00** Hospital (PG)

7MATE (C63)

6:00 Bathurst 12 Hour Event **6:00** Aussie Pickers (PG) **6:55** Movie: "Dinner For Schmucks" (PG) ('10) Stars: Steve Carell **9:00** Movie: "Falling Down" (M l,v) ('93) Stars: Michael Douglas **11:25** World's Most Amazing Videos (M) **12:25** Wicked Tuna (PG) **2:25** Yukon Gold (M) **3:25** Ax Men (M)

7FOOD (C74)

1:00 My France With Manu (PG) **2:00** Ten Dollar Dinners (PG) **2:30** Rachael Ray's Week In A Day (PG) **3:30** Throwdown With Bobby Flay (PG) **4:00** Iron Chef America (PG) **6:00** Kid's Baking Championship (PG) **7:00** Ridiculous Cakes (PG) **7:30** Cake Wars (PG) **8:30** Cupcake Wars (PG) **10:30** Ridiculous Cakes (PG)

7FLIX (C66)

9:30 Star Vs Forces Of Evil (PG) **10:00** I Didn't Do It (PG) **11:00** Jessie (PG) **12:00** TBA **2:00** TBA **4:00** TBA **6:00** M*A*S*H (PG) **7:30** Seinfeld (PG) **9:00** Movie: "Disclosure" (MA15+) ('94) Stars: Demi Moore **11:45** Ink Master (M l) **12:40** Bates Motel (M) **1:35** Movie: "Government Girl (G) ('43) Stars: Olivia de Havilland

10 PEACH (C11)

1:25 Everybody Loves Raymond (PG) **2:30** Frasier (PG) **3:30** The King Of Queens (PG) **4:30** Everybody Loves Raymond (PG) **5:30** Frasier (PG) **6:30** Everybody Loves Raymond (PG) **8:30** Movie: "Splash" (PG) ('84) Stars: Tom Hanks **10:45** Movie: "Laws Of Attraction" (PG) ('04) Stars: Pierce Brosnan

10 BOLD (C12)

1:00 The Doctors (PG) **2:00** Monster Jam **3:00** Bondi Rescue (PG) **4:00** Fishing Edge **4:30** Fishing Australia **5:00** What's Up Down Under **5:30** I Fish **6:00** Planes Gone Viral (PG) **7:00** Sea Patrol (PG) **8:00** Medics On Call (PG) **9:00** Movie: "The Fighter" (M v,l) ('10) Stars: Mark Wahlberg **11:25** NCIS: Worst Nightmare (M v)

GEM (C82)

12:40 Movie: "I've Gotta Horse" (G) ('65) Stars: Billy Fury **2:35** Movie: "The Brigand Of Kandahar" (PG) ('65) Stars: Yvonne Romain **4:15** Movie: "The Alamo" (PG) ('60) Stars: John Wayne **7:30** Midsomer Murders (PG) **9:40** TBA **12:00** Chicago Med (M mp) **1:00** Home Shopping **4:30** Religious Programs

GO! (C83/88)

2:30 Basketball: Sydney Kings v Brisbane Bullets *Live* From Qudos Bank Arena, Sydney **5:00** Ben 10 (PG) **6:00** Young Sheldon (PG) **7:00** The Big Bang Theory (PG) **9:00** Movie: "The Magnificent Seven" (M v) ('16) Stars: Denzel Washington **11:35** The Big Bang Theory (PG) **12:00** Aqua Teen Hunger Force (MA15+)

9LIFE (C84)

12:00 House Hunters **12:30** Beachfront Bargain Hunt **1:30** Flipping The Heartland **2:30** Restored By The Fords **3:30** Texas Flip And Move **4:30** House Hunters International **5:30** Raise The Roof **6:30** Texas Flip N Move **7:30** TBA **8:30** Fixer Upper (PG) **9:30** Rustic Renovation **10:30** TBA

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Monday 4 February

ABC (C20/21)

6:00 **News Breakfast** [s]
9:00 **ABC News Mornings** [s]
10:00 **Antiques Roadshow** [s]
11:00 **Fake Or Fortune?** [s]
12:00 **ABC News At Noon** [s]
1:00 **Landline** [s]
2:00 **Agatha Raisin** (M) [s]
3:00 **The Cook And The Chef**
3:30 **Dream Gardens** [s]
4:00 **Think Tank** [s]
5:00 **ABC News Update** [s]
5:05 **Grand Designs NZ** [s]
6:00 **The Drum** [s]
7:00 **ABC News** [s]
7:30 **7.30** [s]
8:00 **Back Roads:** Finke [s]
8:30 **Four Corners** [s]
9:15 **Media Watch** [s]
9:35 **Q&A** [s]
10:40 **ABC Late News** [s]
11:10 **The Business** [s]
11:30 **Aftermath** [s]
12:25 **The Cry** (M) [s]
1:25 **Afghanistan** (M v) [s]
2:25 **rage** (MA15+) [s]
3:35 **The New Inventors** [s]
4:05 **Tony Robinson's Time Walks** [s]
4:30 **The Drum** [s]
5:30 **One Plus One** [s]

PRIME (C61/60)

6:00 **Sunrise** [s]
9:30 **Cricket:** Australia v Sri Lanka: Pre Game [s]
10:30 **Cricket:** Australia v Sri Lanka: Test 2: Day 4 *Live* From Manuka Oval, Canberra [s]
12:30 **Cricket:** Australia v Sri Lanka: Lunch Break [s]
1:10 **Cricket:** Australia v Sri Lanka: Test 2: Day 4 *Live* From Manuka Oval, Canberra [s]
3:10 **Cricket:** Australia v Sri Lanka: Tea Break [s]
3:30 **Cricket:** Australia v Sri Lanka: Test 2: Day 4 *Live* From Manuka Oval, Canberra [s]
5:30 **The Chase Australia** [s]
6:00 **7Prime News** [s]
7:00 **Program To Be Advised**
7:30 **Program To Be Advised**
9:00 **Program To Be Advised**
10:00 **Program To Be Advised**
11:00 **Program To Be Advised**
11:30 **Botched Up Bodies** (MA15+) [s]
12:30 **Home Shopping**

NINE (C81/80)

5:30 **Today** [s]
9:00 **Today Extra** [s]
11:30 **NINE's Morning News** [s]
12:00 **Ellen** (PG) [s]
1:00 **Extra** [s]
1:30 **Married At First Sight** (PG) [s]
3:00 **NINE News Now** [s]
4:00 **NINE's Afternoon News**
5:00 **Millionaire Hot Seat** [s]
6:00 **NBN News** [s]
7:00 **A Current Affair** [s]
7:30 **Married At First Sight** (M) [s] – The final two weddings. Australia's most controversial social experiment has never seen a bride like Ines. Have the experts found a groom that can tame her?
9:00 **Program To Be Advised**
10:00 **Playground Murder Plot** (M) [s]
11:10 **Chicago Justice:** Judge Not (M) [s]
12:05 **Cold Case:** It's Raining Men (M) [s]
1:00 **Extra** [s]
1:30 **Home Shopping**
4:00 **Ellen** (PG) [s]

TEN (C13)

6:00 **Headline News** [s]
8:30 **Studio 10** (PG) [s]
12:00 **Dr Phil** (PG) [s]
1:00 **Program To Be Advised**
2:30 **Entertainment Tonight**
3:00 **Judge Judy** (PG) [s]
3:30 **Everyday Gourmet With Justine Schofield** [s]
4:00 **The Cook's Pantry With Matt Sinclair** [s]
4:30 **The Bold And The Beautiful** (PG) [s]
5:00 **10 News First** [s]
6:00 **Pointless** (PG) [s]
6:30 **The Project** (PG) [s]
7:30 **I'm A Celebrity... Get Me Out Of Here!** (PG) [s]
9:00 **Murphy Brown:** Happy New Year (PG) [s]
9:30 **The Graham Norton Show** (M) [s]
10:30 **Program To Be Advised**
11:30 **WIN's All Australian News** [s]
12:30 **The Project** [s]
1:30 **The Late Show With Stephen Colbert** (PG) [s]
2:30 **Home Shopping**
4:30 **CBS - This Morning**

SBS (C30)

5:00 **CGTN English News**
5:15 **NHK World English News**
5:30 **Worldwatch** – Deutsche Welle News **6:00** France 24 News **6:30** Al Jazeera Newshour **7:30** World watch Continues
2:00 **Skies Above Britain:** When Speed Counts (PG)
3:00 **Good Listening**
3:30 **Celtic Woman: Homecoming**
4:00 **The Supervet** (PG)
4:55 **Letters And Numbers**
5:30 **Alex Polizzi Chef For Hire:** Miner's Arms Heat
6:30 **SBS World News**
7:30 **Spying On The Royals** (PG)
8:30 **Secret Life Of The Hospital** (
9:45 **24 Hours In Emergency:** To Sir, With Love (M)
10:40 **SBS World News Late**
11:10 **The World Game**
11:40 **Nox** (MA15+) (In French)
12:40 **Gangland Undercover** (MA15+)
4:00 **Poh's Kitchen**

ABCCOMEDY (C22)

6:00 Rusty Rivets **6:25** Peter Rabbit **7:05** Andy's Wild Adventures **7:30** Spicks And Specks (PG) **8:00** The Agony Of Modern Manners (M l) **8:30** The Office (PG) **9:15** The Good Place (M s) **10:05** Idiotsitter (M) **10:25** 30 Rock (PG) **10:50** Parks And Recreation (PG) **11:10** Reno 911! (M l,s) **11:35** The Office (M)

ABCME (C23)

4:10 Massive Monster Mayhem (PG) **4:35** School Of Rock (PG) **5:00** The Next Step **5:25** Wishfart! **6:00** Kung Fu Panda **6:30** Officially Amazing **7:00** Horrible Histories **7:40** Danger Mouse **8:05** The Deep **8:25** Detentionaire **8:50** Prisoner Zero (PG) **9:20** Stand And Deliver (PG) **9:35** rage (PG)

ABCNEWS (C24)

6:00 News Breakfast **9:00** ABC News Mornings **12:00** ABC News At Noon **3:00** ABC News Afternoons **4:00** Afternoon Briefing **5:00** ABC National Five **6:00** ABC News Hour **7:00** The Drum **8:00** ABC News Tonight **9:45** The Business **10:00** The World **11:00** ABC Nightly News **12:00** ABC Late News **12:30** 7.30

SBS VICE (C31/32)

4:15 Vs. Arashi **5:10** If You Are The One (PG) (In Mandarin) **6:10** The Ice Cream Show (PG) **6:35** Running Wild With Channing Tatum (PG) **7:30** RocKwiz (PG) **8:30** Housos (MA15+) **9:00** Adam Looking For Eve (M) (In Dutch) **9:55** The Girlfriend Experience (M) **11:00** You're The Worst (M) **11:55** Vikings (M s,v)

SBS FOOD (C33)

4:00 Food Lovers' Guide To Australia **4:30** Miguel's Tropical Kitchen **5:00** Richo's Bar Snacks **5:30** The Cook And The Chef (PG) **6:30** Oliver's Twist **7:30** Kylie Kwong **8:30** Essence Of India **9:35** Food Porn **10:00** The Cook And The Chef **11:00** Oliver's Twist **12:00** Worst Cooks In America (PG) **1:00** Kylie Kwong

SBS NITV (C34)

3:27 Yarramundi Kids **3:54** Bushwhacked **4:19** Grounded **4:48** The Time Compass **5:00** Volumz **6:00** Surviving Ceferino (PG) **6:15** Surviving **6:30** The Chefs' Line **7:00** Our Stories (PG) **7:20** Souvenir **7:25** NITV News **7:30** We Fight **8:35** Water Is Life **9:05** Check It **10:55** NITV News **11:00** Cunnamulla Dreaming

7TWO (C62)

3:00 Sydney Weekender **3:30** Auction Squad **4:30** RSPCA Animal Rescue **5:00** Medical Emergency (PG) **5:30** Escape To The Country **6:30** Bargain Hunt **7:30** Doc Martin (PG) **8:30** Lewis (M v) **10:30** Kingdom (PG) **11:30** Medical Emergency (PG) **12:00** Bargain Hunt **1:00** The Great Outdoors **3:00** Auction Squad

7MATE (C63)

4:00 Blokesworld (PG) **4:30** Bid And Destroy (PG) **5:00** Inside West Coast Customs (PG) **6:00** American Pickers (PG) **7:00** Pawn Stars (PG) **7:30** American Pickers (PG) **8:30** Movie: "The Man From U.N.C.L.E." (M) ('15) Stars: Armie Hammer **10:55** Movie: "Street Fighter" (M) ('94) Stars: Jean-Claude Van Damme

7FOOD (C74)

2:00 Giada At Home (PG) **2:30** The Kitchen (PG) **3:30** The Pioneer Woman (PG) **4:00** Cake Wars (PG) **5:00** Cupcake Wars (PG) **6:00** Ridiculous Cakes (PG) **6:30** Chopped (PG) **7:30** Kid's Baking Championship (PG) **8:30** Spring Baking Championship (PG) **10:30** Kid's Baking Championship (PG)

7FLIX (C66)

10:00 James Robison (PG) **10:30** House Rules (PG) **1:30** Cougar Town (M s) **2:00** Red Band Society (M d,s) **3:00** TBA **5:00** M*A*S*H (PG) **6:00** Married With Children (PG) **6:30** M*A*S*H (PG) **7:30** Seinfeld (PG) **8:30** Modern Family (PG) **12:30** Scandal (M v) **2:30** Movie: "Parachute Battalion" (PG) ('41) Stars: Buddy Ebsen

10 PEACH (C11)

12:00 WIN's All Australian News **1:00** Medium (M v) **3:00** Becker (PG) **3:30** The King Of Queens (PG) **4:30** Everybody Loves Raymond (PG) **5:30** Frasier (PG) **6:00** Pointless (PG) **6:30** Neighbours (PG) **7:00** Two And A Half Men (PG) **8:30** Fresh Off The Boat (PG) **9:30** New Girl (PG) **10:30** Supernatural (M)

10 BOLD (C12)

1:00 WIN's All Australian News **2:00** Jake And The Fatman (PG) **3:00** Diagnosis Murder (PG) **4:00** Star Trek: The Next Generation (PG) **5:00** Star Trek: Voyager (PG) **6:00** Judge Judy (PG) **6:30** Bondi Rescue (PG) **7:30** NCIS (M) **8:30** Law And Order: SVU (M) **10:30** 48 Hours (M) **11:30** CSI: Miami (M) **12:30** Home Shopping

GEM (C82)

1:40 Mad About You (PG) **2:10** World's Greatest Man Made Wonders (PG) **3:10** Spy In The Wild (PG) **4:25** Heartbeat (PG) **5:30** The Secret Life Of Zoo (PG) **6:30** Vet On The Hill (PG) **7:30** New Tricks (M s) **8:40** Silent Witness (MA15+) **10:00** Unforgettable (M) **11:00** Law And Order SVU (M) **12:00** Heartbeat (PG)

GO! (C83/88)

3:30 Ninjago: Masters Of Spinjitzu (PG) **4:00** Be Cool Scooby Doo! (PG) **4:30** Teen Titans Go! (PG) **5:00** Clarence (PG) **5:30** Steven Universe (PG) **6:00** Friends (PG) **7:00** The Big Bang Theory (PG) **9:00** Movie: "Concussion" (M l) ('15) Stars: Will Smith **11:30** The Big Bang Theory (PG) **12:00** Meet The Hockers (PG)

9LIFE (C84)

1:30 Texas Flip N Move **2:30** House Hunters International **3:00** The Block Sky High (PG) **4:00** Come Dine With Me UK (PG) **5:00** TBA **6:00** House Hunters International **7:00** House Hunters USA **7:30** Botched (M n,mp) **8:30** TBA **9:30** TBA **10:30** The Real Housewives Of Orange County (M l)

Programmes correct at the time of going to press.

Prepared by National Typesetting Services

Out&About

Australian Baritone Christopher Tonkin

Soprano Antoinette Halloran will perform at Opera in the Arboretum

Dancing by the Water attracts 20 dancers

The Central Coast Bush Dance and Music Association's second Dancing by the Water evening attracted more than 20 dancers to Lions Park, Woy Woy, on January 12.

"The gods smiled upon us that day and delivered a perfect summer evening," said association secretary Ms Robyn Northwood.

"We had more than 20 dancers wander in to socialise, picnic and dance during the evening.

"We danced Thady You Gander, Big Circle Waltz, Blackwattle Reel, Boston Two Step, Marching Through Georgia, St David's Waltz and The Black Nag.

"We also challenged the more experienced dancers with Levi Jackson and Queen of Sheba.

"It was delightful," Ms Northwood said.

SOURCE:
Media release, 16 Jan 2019
Robyn Northwood, CCBMA

Rotary club holds 14th Opera in the Arboretum

The Rotary Club of Woy Woy will hold its 14th Opera in the Arboretum on March 16.

This year's event sees a mix of Australian and international opera stars taking to the stage, said organiser Mr John Greenway.

He said international tenor Rosario La Spina would top the bill, with mezzo-soprano Millijana Nikolic and soprano Antoinette Halloran heading the female performers.

Young baritone Christopher Tonkin would appear for the first time, he said.

"These stars will be supported by the Central Coast Chamber Orchestra under the baton of Patrick Brennan," Mr Greenway said.

"The orchestra has played for the event for the past 12 years and we welcome them back to accompany the artists and play some wonderful pieces.

"Pianist Francis Greep and guitarist Giuseppe Zangari will enhance the event.

"This is the Rotary Club of Woy Woy's biggest charity fund raiser."

He said that money raised would go to the Royal Flying Doctor Service, Fairhaven, Coast Shelter and the Central Coast Conservatorium.

Tickets are available through the Pearl Beach Opera website.

SOURCE:
Media release, 21 Jan 2019
John Greenway, Rotary Club of Woy Woy

COASTAL DIARY

A COMPREHENSIVE LISTING OF EVENTS OVER THE NEXT FEW WEEKS ON THE CENTRAL COAST

WEDNESDAY, JAN 30

Gosford Raceday,
The Entertainment Grounds
Gosford, Ticketed,
12pm - 6pm

FRIDAY, FEB 1

Tuggerah Lakes U3A presents Two Travel Talks: By train through China and Tibet and Adventures in Croatia and nearby islands,
The Entrance/Long Jetty RSL Hall, 10am - 12pm

Aussie Nightmarkets,
The Entertainment Grounds
Gosford, 5pm - 10pm

SATURDAY, FEB 2

World Wetlands Day, Central Coast Wetlands - Pioneer Dairy, Ticketed, Bookings essential, 8am - 11am

Tracey-Lee Psychic Medium,
Central Coast Leagues Club in the Parkview Room,
Ticketed, 7pm

Troubadour Folkclub : The Wonderfull Winter Wilson,
St Lukes Hall, Ticketed,
7pm

Wildplant Community Nursery Sale Day, CEN Office Ourimbah, 9am - 12pm

The Songs of Neil Young,
Laycock Street Community Theatre, Ticketed,
8pm

Senior Moments,
The Art House Wyong,
Ticketed, 2pm & 7:30pm

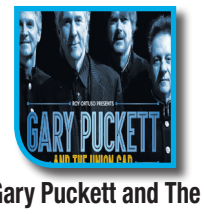
Craft Beer, Burgers & Blues Weekend,
The Dam Hotel

CCM vs Melbourne Victory,
Central Coast Stadium,
Ticketed, 5:35pm

SUNDAY, FEB 3

Clean Up Australia Day at the Terrigal Lagoon, Meet at the front of the Marine Centre, 8am

Coast Onscreen Seniors Short Film Workshops: Short Film Aspects,
Workshop 1, Bookings required, 10am - 2pm



Gary Puckett and The Union Gap, Ettalong Diggers, Ticketed, 7:30pm 4343 0111

WEDNESDAY, FEB 6

Central Coast Council Pop up Stall - consolidating planning controls, Erina Room at Erina Fair, 6 - 8pm

FRIDAY, FEB 8

Neil Diamond – The Man, The Music, Diggers @ The Entrance, Ticketed, 6:30pm 4332 3399

SATURDAY, FEB 9

BlueWave Living Tea Cosy Fair,
9am - 1pm

Marine Discovery Centre - Love The Lagoon Project, Terrigal Scout Hall, Ticketed, 9:30am - 2pm 4349 4756

UB40 FT Ali Campbell & Astro,
The Entertainment Grounds
Gosford, Ticketed,
8pm

Terrigal Love Our Lagoon Project: Water Quality & Marine Debris Workshop, Terrigal Scout Hall, Ticketed, 9:30am - 2:30pm
register at www.ccmdc.org.au/events-

Summer Spandex - cutting edge cabaret-performance, Laycock Street Community Theatre, Ticketed,
8pm

2019 Love Lanes Festival, Wyong Town Park, 9am - 4pm

SUNDAY, FEB 10

Coast Onscreen Seniors Short Film Workshops: Story Development,
Workshop 2, Bookings required, 10am - 2pm

TUESDAY, FEB 12

Shirl's Sing-A-Long,
The Greens Bowling Club,
The Entrance, Free,
10:30am

2261 Community Roundtable,
The Entrance Community Centre, RSVP,
12pm

WEDNESDAY, FEB 13

GEC Chamber February Lunch Event,
The Entertainment Grounds,
Gosford, Ticketed,
12:15pm - 2pm

CBWN after hours Sparkle Event,
Nexus Smart Hub Wyong,
Ticketed, 5:30 - 7:30pm

THURSDAY, FEB 14

Valentine's On The Greens,
Evergaldes Country Club
Woy Woy,Ticketed,
6pm

FRIDAY, FEB 15

Tuggerah Lakes U3A presents a Talk on Local Railways -Then and Now, The Entrance/Long Jetty RSL Hall,
10am - 12pm

SATURDAY, FEB 16

Central Coast Council Pop up Stall - consolidating planning controls, Central Coast Council Wyong Office, 6 - 8pm

Free Microchipping Day, SoCare Wyong Animal Care Facility, Central Coast Animal Care Facility – Gosford Pound, 10am - 4pm
centralcoast.nsw.gov.au/pets

Basic entries in the Coastal Diary are **FREE**. Send information to **coastaldiary@centralcoastnews.net**

ENHANCED entries using bold typeface with an address, phone number and a live link are available for a small fee. Photographs can also be added for a small fee. All display advertisers are entitled to a free enhanced entry.

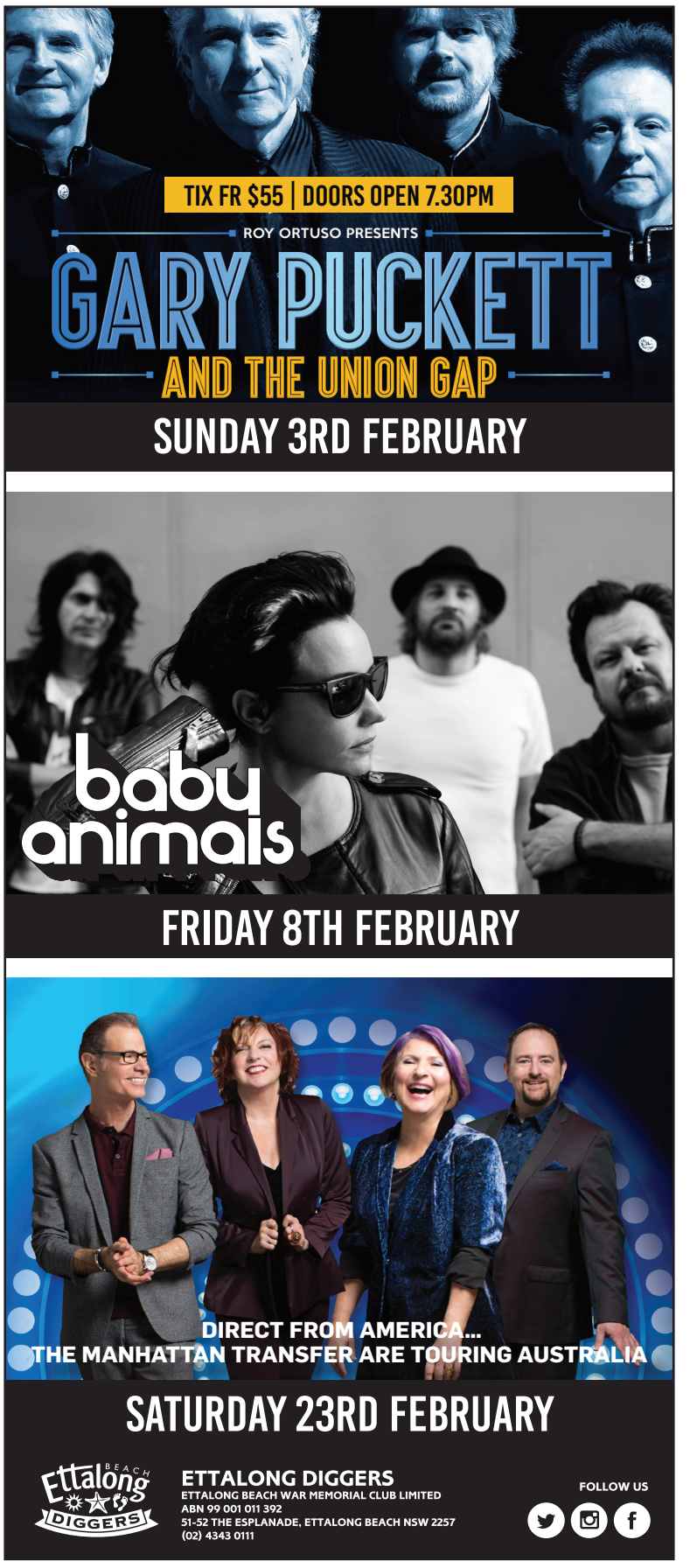
Aboriginal basket-making at Pearl Beach

The Pearl Beach Art and Craft Group and the Aboriginal History Group held a basket-making workshop in Pearl Beach on January 22.

The workshop was led by women from the Mingaletta aboriginal group in Umina and was hosted by the Pearl Beach Progress Association at the Pearl Beach Memorial Hall.

The event covered the basics of basket crafting while offering insights into aboriginal culture on the Peninsula.

SOURCE:
Social media, 18 Jan 2019
Lynne Lillico, Pearl Beach Progress Association



Melbourne Avenue - Umina Beach, New South Wales
4343 9999 - www.clubumina.com.au
CLUB UMINA just gets better

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
0431 363 347
hospitalartaustralia.com.au

Community Centres

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

Ettalong 50+ Leisure & Learning Centre
Cards, Chess, Choir, Creative Folk Art, Dancing, Darts, Handicraft, Handicrafts, Indoor Bowls, Leatherwork, Line Dancing, Mahjong, Painting, Rummking, Scrabble, Table Tennis, Ukulele, Women's Shed,
4304 7222

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

Point Clare Community Hall
Community Garden - Playgroup
Craft and Exercise Groups
Function or Meeting Hire
Managed by Gosford Regional Community Services
Enquiries regarding hire to
4323 7483
accounts@gosfordcommunity.org.au
www.gosfordcommunity.org.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 Inc
3rd Sun Monthly
Visitors - New Members welcome, Trips Away, Social Outings, friendship with like minded senior folk - Details from Geoff
0447 882 150

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

CCLC Indoor Bowls
Mon - Ladies Social
Wed Night - Mixed Social
Sat - Mixed Social
New members welcome - tuition given
level 2 Central Coast Leagues Club
4334 3800

Freemasons
Who are they?
What do they do?
Find out about the wolrd's oldest fraternal organisation and how we help our community.
Gosford Masonic Centre
86 Mann St Gosford
www.tccl2001.org

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

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

Seniors Social and Friendship Club Inc
Meets 2nd Mon
Regular monthly social activities as well as day outings and short breaks away, organised by individual members.
4322 7588 or 0427 404 322

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 added community desks
Wednesday Umina Library
10am-1pm
Thursday Woy Woy Library
10am-1pm
Free Insurance and training provided
0418 203 671
marketing@nswja.org

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
Hea ring 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.pcfa.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 Stroke Recovery Club
Everglades Country Club
2nd Tues 11am
Company, up-to-date info, hydrotherapy, bus trips
1300 650 594

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
Vibrant women's a cappella chorus. New members welcome - music education provided. Rehearsals.
Tues 7pm Gosford Tafe
Performance opportunities
Hire us for your event
0412 948 450
coastalacappella@gmail.com

Soundwaves
A cappella harmony for Men – new members welcome.
Rehearsals Mondays 7.00pm to 9.30pm Central Coast Leagues Club, Dane Drive, Gosford
Ring Max on 4324 3631 or Kieran 4324 1977

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

Political Groups

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

Umina Ettalong Branch
2nd Mon Umina Beach Bowling Club 7.30pm 4342 3676

Ourimbah/ Narara Branch
Niagara Park Primary School
7.30pm 1st Mon
0410 309 494
kyle.macgregor@hotmail.com

Woy Woy Branch
Everglades Country Club
7.30pm 2nd Mon

Peninsula Day Branch
1pm 2nd Mon
CWA Hall Woy Woy
4341 9946

Liberal Party of Australia Woy Woy Branch
4th Thur 6.30pm
Everglades Country Club
woywoyliberals@gmail.com

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
4th 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@phillip house.com.au

Rotary Club of Umina Beach
Wednesdays 6.30pm
Everglades Country Club
0409 245 861
curleys@ozemail.com.au
0409 245 861

Rotary Club of Woy Woy
Tues 6pm Everglades Country Club.
Don Tee 0428 438 535

Special Interest

Bridge
Duplicate Bridge Mon Tue Thur Fri Sat-12.15pm & Wed 9.15am
Brisbane Water Bridge Club, Peninsula Community Centre
93 McMasters Rd.
Woy Woy
www.brisbane-water.bridge-club.org

Cash Housie
50 Games every Sat night
Peninsula Community Centre, McMasters Rd, Woy Woy,t 7.30pm. Proceeds to Woy Woy Catholic Parish.
wwcphousie@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.ccsoaring.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 -Beginners
From 4:30pm
Tue & Thur - graded classes
4:30pm - 8:30pm
27 Bowden Road Woy Woy
Min Age 3 years old
0434 000 170
www.woywoyjudoclub.com

Veterans

National Malaya Borneo Veterans Association
1st Sat (except Jan) 10.30am
Umina Club
Melbourne Avenue
Umina Beach
4342 1107

The Partners of Veterans Association of Australia Inc Central Coast Sub Branch
4th Tues - 10am-1pm
Kincumber Neighbourhood Centre, 1/20 Kincumber St
Kincumber
Support Network for Partners of Past and present Australian Defence Forces
0403 499 905

Veterans' Help Centre'
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

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 Boulevarde, Woy Woy
Craft & Friendship: 1st, 2nd and 3rd Wed 10AM.
Meetings: 4th Wed 10AM.
Ph: 0411 434 785
woywoycwa@gmail.com

Peninsula Women's Health Centre
Counselling, therapeutic and social groups, workshops, domestic violence and abuse issues. All services by women for women
4342 5905
www.cccwhc.com.au

NEWSPAPERS
Central Coast
If you would like your Community Organisation listed here
see www.duckscrossing.org or www.centralcoastnewspapers.com for the forms or contact Central Coast Newspapers on - 4325 7369

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.

Political candidate leads under-water clean-up

A local political candidate is coordinating an under-water Clean Up Australia Day event in Woy Woy.

The Liberal candidate for Gosford, Ms Sue Dengate, is organising a clean-up of the waters around the Woy Woy Wharf and is looking for experienced local divers and clean up support volunteers to join her in beautifying the waters on March 3.

A professional scuba diver instructor and a lifelong lover of the sea, Ms Dengate said the waters around the wharf were long overdue for a clean-up.

"I've been at Umina for the past 27 years and I know it's been a good 20 years at least since a Clean Up Australia Day event went under the water around Woy Woy Wharf," Ms Dengate said.

Having travelled the world as a diver, Ms Dengate has seen firsthand the devastating effect dumping has on marine ecosystems.

"Reducing litter is something that's been on the forefront of Australia's conscience for a while now and the NSW Government in particular has been spending a lot of money to educate people about the effects of pollution and on the importance of reducing their waste, but people generally don't realise how big an impact marine dumping can have," Ms Dengate said.

"Partly this is because its's so hard to see what's really down there but that's exactly why it's important to get down there this Clean Up Australia Day," she said.

Aside from general litter, Ms Dengate said divers were also likely to upturn larger debris.

"I'm expecting that we'll find all the usual big bits of debris that divers normally come across such as shopping trolleys, old benches and other structures, but there will also be other items that often get dumped such as old bikes and fishing rods.

Anyone interested in being involved on the day can contact Ms Dengate through her Facebook page.

SOURCE:
Interview, 24 Jan 2019
Sue Dengate, Liberal Candidate for Gosford
Reporter, Dilon Luke

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Helen 0412 493 435
www.ballroomdance-in.com.au
ballroomdancein@bigpond.com

OCEANBEACH HOTEL
Cnr Trafalgar & West st Umina
www.obhotel.com.au
4341 2322
Email: oceanbeachhotel@alhgroup.com.au

Classifieds

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Antenna & Digital
Installations & Tuning
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HAYWARD VIDEO
All areas
Gosford 4323 6367
Woy Woy 4344 4414
Warnervale 1800 244 456
0412 685 555

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Mob: 0408 225 390
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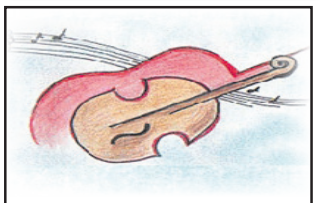
4308 6771

ENTERTAINMENT



The Troubadour
Folk and Acoustic Music Club
The Wonderfull Winter Wilson
Saturday 2nd of February
St Lukes Hall
$10,13 and 15
www.troubadour.org.au
4342 6716

BluesAngels
Your total acoustic blues/roots package, top to toe, and then some. Minnie the Moocher to Eagle Rock and on into indie roots, beatnik jazz, backhills bluegrass and prog folk. Available as duo, trio or band negotiable for your party, event or venue.
tomflood@hotmail.com
4787 5689

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calmingsoulsmassage@gmail.com

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0421 084 650

TILING

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0413 088 128
www.eyecarelawnmowing.com.au

Classifieds advertising rates - in print and on-line

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

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

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

Personal and Not For Profit Organisations

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

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

Business rates

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

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

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

James Browne Oval to get upgrade

James Browne Oval at Woy Woy will be upgraded with a grant of $120,000.

Works proposed for the oval will include irrigation, drainage and resurfacing the turf.

Member for Robertson Lucy Wicks said the Federal Government grant would improve sporting facilities as James Browne Oval and would go a long way in helping combat some of the health challenges faced by some in the community.

"I am proud of the Liberal National Government's investment into grass roots sports, especially this investment in the facilities used by Southern and Ettalong United Football Club," Mrs Wicks said.

Southern and Ettalong United Football Club president Mr Glen Balneaves said he expected club to increase to 650 members this year.

"The existing James Browne Oval amenities were constructed in 1997 and consisted of three playing fields as opposed to six playing fields today. The current training areas are congested and becoming worn from overuse," Mr Balneaves said.

Club secretary Ms Kylie Brown said the improved oval would boost the women's program which had increased by 65 per cent in recent years with a further 30 per cent growth expected in 2019.

"The oval is highly utilised and includes two full-sized senior pitches and multiple fields for non-competition football despite the fact the current state of the field is poor, uneven and susceptible to player injury," Ms Brown said.

SOURCE:
Media release, 25 Jan 2019
Lucy Wicks, Member for Robertson

Soccer club secretary Ms Kylie Brown with Member for Robertson Ms Lucy Wicks, Sports Minister Senator Bridget McKenzie and club president Mr Glen Balneaves

WANTED

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

POSITIONS VACANT

Experienced TILERS WANTED!
Start Immediately
0439 589 426

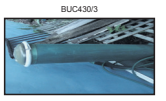
POSITIONS VACANT

PROGRAMMED
Programmed Care is looking for AIN/PCW/PCA's to look after a client near Toukley. Must have Cert III and First Aid cert.
Call 131 095

RUN IT 'TIL YOU SELL IT

ANTIQUE colonial dining chairs set of 3 $270
Ph: 0410 522 070
BUC430/2

ANTIQUE colonial dining chairs 2 individual chairs $150 each
Ph: 0410 522 070
BUC430/3



POOL CARTRIDGE filter holder
Titan CL 160 $90
Ph: 0410 522 070
BUC430/5

2005 REGENT LIFESTYLE CARAVAN
1 Owner, Island Queen Bed, Reg Sept 18, Well Presented - $19,000
Ph: 0403 520 278
GCH447

BEALE PIANOLA STOOL AND ROLLS, has just been restored, very easy to play, can help with some cartage. $1,600
Ph: 0438 244 803
MRY184A

MARLIN TWIN HULL BOAT, 5.5m 2 x 90hp yamaha motors, all safety gear, trailer, all in A1 condition. - $27,500
Ph: 0438 244 803
MRY184B

2005 HYUNDAI SONATA, Auto, Nov 2018 Rego 302641km
$3000 Ph: 4390 9692
BJO185

TWO FIBREGLASS KAYAKS
2.4m Long, 75cm beam, with paddles, $300 pair
Ph: 43421896
BST450

4MAGS+TYRES
195/65R14 Came off Hyundai Sonata $70
Ph: 4390 2646

STIHL CHAIN SAW as new $800

MAKITA RECIPROCAL SAW hardly used $150 ono
Ph: 0432 204 329
SWH452

SKODA FABIA MONTE CARLO
2011. 5-speed manual, registered, serviced, white body, black top, one owner, like new.
$14,000 ono
Ph: 0434 673 622
FFL191

MOBILITY SCOOTER
Very good condition, fold up, will fit in car, electric, $1250
Ph: 0410 039 086
WCO152

DOUBLE & SINGLE BUNK BED, White Steel, Bottom Bunk converts to Setee, Matress included $75 Ph: 4342 3650
FHO194

STEEL WORKSHOP CABINET
770x1070x550mm, Lockable 3 shelves $200
Ph: 0407 279 953
BST194

WESTINGHOUSE 600mm Electric Oven, $275 - 5 Burner Gas Cooktop 750mm (fits 600mm cavity) $275 - Both as new condition (3yrs old)
Ph: 0409 649 536
WHE457

SINGLE TEE PEE BED
white oak paid $400 sell for $250 or good offer
Ph: 0424 294 357
GFO154

USED FLOURECENT LIGHTS X 26
120cm long, as is, $50
Ph: 4325 7369

LIGHT OAK MEDIAL
106cm x 62cm x 50cm Holds Videos/CDs Cost $600
$250ono Ph: 4358 0264

ALUMINUM BOAT, Sharp Nosed Punt, 5.3m Yamaha 30hp, Aluminum Trailer, Radio Sounder, Extremely Stable $6,000 ono
Ph: 4341 9740

CARAVAN MONARCH CRUSADER, 1999, Double Bed, Club Lounge, Fridge, Microwave, Gas, Cooktop, Rollout Awning, Annex, New Tires, Rims, Rego - $14,400
Ph: 0407 213 374
KKI199

PRIDE MOBILITY SCOOTER
with rear bag and mirrors $1000, goes well
Ph: 4332 0254

KAYAK DAGGER 3.8M
Polyethylene paddle, PFD with gas cylinder, rear hatch, adjustable foot rests, $400 ono - Arcadin 3.7m 19.5kg carbon paddle polyethylene PFD with gas, adjustable foot rests, rear hatch -
$450 ono
Ph: 0414 264 627
WAE201

CARAVAN, WINDSOR WINDCHEATER 1996
Poptop 16 ft L shape: Single beds, dinette and kitchen - New: Seals, rollout awning, tyres and rims - All extras included, ready to go.
$14,000 ono
Ph: 4341 6172
RRA201

COACH SCREWS BOX'S
Gal or Zinc 40mm to 90mm, all $2 a box, Budgewoi,
Ph: 0416 444 775

KAYAK 10FT
Sit-In, Life vest, Soft roof racks, Paddle orange plastic, $200
Ph: 0421 416 229

MOBILITY SCOOTER
Three wheel as new, never used, with extra front foot comfort area $3200 ono
Ph: 4399 3851
ESH161

NOBLET THREE PIECE
Leather Lounge and Two Chairs
$330 Ph: 43686346
BKR204

PRO-HART ORIGINAL
20x20 Framed Painting 'Fixing the cart' & 42x42 Gold frame $3750 ono
Ph: 0414 367 575

VIDEO RECORDER
Panasonic VHS VWG1A, comes with Tripod, Charger and Cassettes, $30
Ph: 4341 0698

I WALK ELECTRIC TREADMILL
Walking compact exercise fitness machine, good condition as new used $300
Ph: 4344 6241

Run it 'til you sell it*

*To run in all three papers and on line for a maximum of 3 months if not sold before

Client Name: _____

Phone: _____ Email: _____

20 words $22 ☐ Photo $5.50 yes ☐ no ☐

Extra words at $1.10 per word

Card: ____ ____ ____ ____ ____ ____ ____ ____ ____ ____ ____ ____ ____ ____ ____ ____

Expiry: ____ / ____

Fill in, cut out and send in to Central Coast Newspapers PO Box 1056 Gosford NSW

Photo: Calin Jones Photography

Jemma in top 10 kayak placings

Umina's Jemma Smith has returned from the 2019 NSW Kayak Sprint Championships with a number of top 10 finishes under her belt.

The two-day event was held on January 19 and 20 at Sydney's International Regatta Centre.

Jemma competed across six different events and placed highly in the finals of each of her events.

Her best result was her first place finish in the Women's Open K1 1000 event, followed by her third place finish in the team event, the Women's Open K4 500.

Other standout results for Jemma included fifth place finishes in the Women's Open K2 500 and Women's Open K2 200 events and a seventh place in the Women's Open K1 500.

SOURCE:
Media release, 21 Jan 2019
Paddle NSW 2019 Kayak Sprint Championships Results
Dilon Luke, Reporter

First charity bowls for the year

The first Charity Bowls event for 2019 was held at the Everglades Country Club on January 20.

"What a day that was for our first gathering of the year," said event organiser, Mr Ken Dixon.

"With 60 bowlers on the green and another 25 supporters from the Woy Woy Leagues Social Club, we raised $1330 for Central Coast Kids in Need and our year to date total now stands at over $2000 after only two months' activities.

"It promises to be a big year," Mr Dixon said.

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

The funds raised are also used to cover travel costs, equipment requirements and pharmacy accounts for the affected children.

SOURCE:
Newsletter, 25 Jan 2019
Ken Dixon, Central Coast Kids in Need Charity Bowls

REGISTER WITH SEUFC

SEUFC

SEUFC was the 1st registered Football Club on the Central Coast and continues to be associated with the Ettalong Diggers. We are about to embark on our 58th season. Our Club has been built over the past 57 years based on family and community values, which is now seeing many 3rd generation players within our club. Likewise, Ettalong Diggers reflect the same family and community values as our club.

We continue to partner with White Ribbon and have joined forces with Ettalong Diggers to be proactive in Stopping Domestic Violence. Stand Up – Speak out is our message to educate to everyone.

We continue to partner with WEST HAM FC talent identification camp who run a camp in July holidays. Some of our players have enjoyed selection to the National Camp on the Gold Coast & a camp in the UK.

All registrations are online

REGISTRATION DATES

Do you need help to register or purchase merchandise?
See us at the Clubhouse

Sunday 3rd February - 10.30-2.30pm - Wednesday 6th February - 5.30-8.30pm
Non Comp MUSTER DATES –Brisbane Water High School – Umina

Saturday 9th February
U5+U6+U7 8.30-9.30 - U8+U9 9.45 – 10.45pm - U10+U11 11.00 – 12.00pm
Junior GRADING DATES - Brisbane Water High School – Umina

Wednesday 13th February
U12 +U14 5.00 - 6.00 - U13+U15 6.15 - 7.15 - U16 6.15 -7.15

Wednesday 20th February
U12+U14 5.00 - 6.00 - U13+U15 6.15 - 7.15 - U16 6.15 -7.15

Sponsored by NEWSPAPERS

TIDE CHART

FORT DENISON

LAT 33° 51' S - LONG 151° 14' E - TIME ZONE - 1000

Times and Heights(m) of high and low waters

Times are in local standard time (UTC +10:00) or daylight savings time (UTC +11:00) when in effect.

Time - Height(m)

28 MON	0308 1.50	**29 TUE**	0410 1.51	**30 WED**	0511 1.54
	0921 0.61		1037 0.63		1152 0.61
	1518 1.36		1628 1.25		1740 1.21
	2134 0.53		2230 0.59		2327 0.61
31 THU	0608 1.58	**1 FRI**	0020 0.61	**2 SAT**	0108 0.59
	1256 0.57		0700 1.62		0745 1.66
	1843 1.21		1346 0.51		1428 0.46
			1935 1.24		2018 1.28
3 SUN	0151 0.56	**4 MON**	0230 0.53	**5 TUE**	0306 0.51
	0824 1.70		0901 1.73		0936 1.74
	1503 0.41		1537 0.39		1610 0.37
	2056 1.32		2131 1.35		2205 1.38
6 WED	0343 0.50	**7 THU**	0419 0.50	**8 FRI**	0457 0.51
	1010 1.74		1044 1.71		1118 1.67
	1642 0.37		1713 0.38		1745 0.41
	2239 1.39		2314 1.40		2349 1.41
9 SAT	0536 0.54	**10 SUN**	0029 1.41	**11 MON**	0111 1.42
	1153 1.60		0619 0.58		0707 0.63
	1818 0.44		1230 1.52		1313 1.43
			1854 0.48		1932 0.53

APPROX. TIME LAG AFTER FORT DENISON

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

In view of the variations caused by local conditions and meteorological effects, these times are approximate and must be considered as a guide only. They are not to be relied on for critical depth calculations for safe navigation. Actual times of High and Low Water may occur before or after the times indicated

THE SHAME FILE

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

- **Affordable Roof Solutions -** Brad Sedgewick Ettalong
- **Depp Studios** - Formerly of Umina
- **Tony Fitzpatrick** trading as Futurtek Roofing
- **Stan Prytz** of ASCO Bre Concreting
- **Andrew and Peter Compton**
- **Bruce Gilliard Roofing** of Empire Bay
- **Jamie McNeilly formerly of Jamie's Lawn Mowing**, Woy Woy
- **William McCorriston** of Complete Bathroom Renovations
- **First Premier Electrical Service** of Umina Beach
- **High Thai-d** Restaurant of Umina Beach
- **Mal's Seafood & Charcoal Chicken** of Ettalong Beach
- **Simon Jones** - All external cleaning and sealing services
- **Erroll Baker**, former barber, Ettalong
- **Tye King** - Formerly The Fish Trap Ettalong Beach
- **Jessica Davis of Erina** - Trading as A1 cleaning services
- **Simon and Samantha Hague**, Trading as By the Bay Takeaway Empire Bay
- **Rick Supplice** of Ettalong Beach, Trading as Rick's Flyscreens
- **Mountain Mutts** - Monique Leon, Ettalong Beach
- **RJ's Diner** - Ryan Tindell of Woy Woy
- **Thomas James Clinton**, Trading as TMA Products & AthroBalm & Effective Business Solutions of Ettalong
- **Greenultimate Solar** PTY LTD
- **Decorative Fabrics & Furnishings** - Steve McGinty, Wyoming
- **Menhir Tapas & Bar** PTY LTD
- **Dean Lampard** - Trading as Lampard Painting
- **Callum McDonald** - Trading as Sunset Decks
- **Linda Smith**, Bookkeeper Horsfield Bay
- **Robcass Furniture Removals,** Mannering Park
- **Emma Knowles** - Blacksmith NSW

Ocean Beach comes ninth in junior carnival

Ocean Beach Surf Life Saving Club sent a contingent of 35 competitors to the Toowoon Bay Junior Carnival on January 20 and took ninth place overall.

"The OB Gulls (Under 10's) and the Lions (Under 11-12's) continued to dominate the Rescue and Resuscitate event, remaining undefeated this season," said club junior activities director Ms Kylie Falconer.

"The OB Blues (Under 15's) came in second.

"Jacob Falconer had an impressive day winning the Under 12 Boys Surf Race and Board Race, coming second in the Ironperson and the beach sprint.

"Ryan Mason won the Under12 Boys Flags.

"To top it off, Katelyn Wardell and Lexi Smithers combined with Ryan and Jacob to win the Under 12 Mixed Relay," Ms Falconer said.

"The rest of the results came on the beach, with Jessica Majsak (second) and Jonty Beaton (third) in the Under 9's Beach Flags.

In the Under 8's Alister Beale-West came third in the Flags in his very first carnival and can't wait to go to the next one.

"He also scored silver when he combined with Tully Sheumack and two young chaps from Killcare in the Under 8's Wade Relay," Ms Falconer said.

SOURCE:
Media release, 22 Jan 2019
Kylie Falconer, Ocean Beach Surf Life Saving Club

Hundreds expected for children's events

Hundreds of children are set to descend on Woy Woy for an annual event designed to get children outdoors and exercising.

The Kids Weet-Bix Tryathlon 2019 Series will be held in Woy Woy from 7am on February 17.

This year participants will cycle the streets of Woy Woy, swim in the Peninsula Leisure Centre's Olympic pool and race around James Browne Oval.

Registration is essential.

SOURCE:
Media release, 21 Jan 2019
Howard Kerr, Sanitarium

State bowls team to play at Ettalong

The NSW Blues bowls team will play the ACT at Ettalong Memorial Bowling Club in February.

The game will be part of the 2019 Test Series.

The first test will start at 2pm on February 9 with a second taking place from 6pm.

The final game will get underway from 9am on February 10.

SOURCE:
Media release, 8 Jan 2019
Greg Helm, Bowls NSW

yousave CHEMIST

$9.49 ea

SAVE 20% OFF RRP †

PANADOL Extra 500mg 40 Caplets*

$7.99 ea

SAVE 20% OFF RRP †

PANADOL Rapid 500mg 40 Caplets*

$12.49 ea

SAVE 20% OFF RRP †

VOLTAREN Rapid 25mg 30 Tablets*

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SAVE $4 OFF RRP †

40% OFF RRP †

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Ph: 4341 1488

Mon - Fri: 8:30am - 5:30pm

Saturday: 8:30am - 3pm

Sunday & Public Holidays: 9am - 3pm

www.yousavechemist.com.au

*Always read the label. Use only as directed. Incorrect use can be harmful. If symptoms persist see your healthcare professional. Pharmacist only medicine - requires pharmacist advice on the safe use. Breastfeeding is best for babies. Vitamin supplements are not a substitute for good nutrition or balanced diet and may only be of assistance if dietary intake is inadequate. Weight loss products are only beneficial when taken in conjunction with sensible lifestyle factors. No rainchecks. Free Gifts are subject to availability and while stocks last. Free gift is an in-store promotion only and not available online. †RRP - the save prices listed and % off are calculated from supplier RRP at time of preparation. We reserve the right to correct pricing and printing errors. YouSave Chemist may not have previously sold the product at the RRP due to our discount policy. Other savings shown are from our everyday low prices. Limit quantities apply. PROMOTIONAL PERIOD STARTS ON 2/1/2019 AND FINISHES 4/2/2019. YS012019C.