



Five storey development approved for Morris St corner

A five-storey \$7.6 million development for the corner of West and Morris Sts, Umina, was approved by Central Coast Council on February 11.

The proposed development is one storey above the four-storey height allowed in the Gosford Local Environment Plan and also greater than the maximum floor space ratio by 10 per cent.

An existing two-storey commercial building at 211 and 213 West St will be demolished for the development.

Mayor Cr Jane Smith said it had 20 non-complying points and she foreshadowed an amendment to the recommendation. But her amendment never saw the light of day.

Only three councillors voted against the proposal.

They were Cr Kyle MacGregor, Cr Louise Greenaway and Cr Smith.

Two people spoke at the Residents' Forum before the meeting.

Planning consultant Mr Matthew Wales spoke on behalf of the owner Sans Filter Pty Ltd in favour of the proposal and local resident Mr Bruce Illfield spoke against it.

Cr Richard Mehrtens opened

debate, saying he supported the recommendation because it was in a good area and he would like to see more of this style of development in town centres.

"This sort of development contributes to the streetscape, and will allow new life into the town centre of Umina," he said.

Cr Greg Best supported the recommendation, saying "if you applied the strictest rule of the Development Control Plan, you would pass nothing".

Cr Chris Holstein said he was generally supportive of the proposal but the number of variations did draw his concern.

He said he worried about precedence being set, although in this case the outcome was good.

His two main concerns were garbage collection and drainage.

He cited the example of a Gosford development which led to angst and concern from neighbours when drainage meant ongoing pumping of water onto the roads.

Cr Chris Burke supported the recommendation, saying Umina was the "forgotten south", where they had had to fight hard for Bunnings and McDonalds and he was supportive of this development too.

Cr Greenaway said residents needed a sense of certainty when they heard variations to the planning provisions.

The Council director responsible for planning, Mr Scott Cox, said he agreed but said not every site was perfect and so not every objective of the provisions could be met.

Cr Greenaway asked why this flat block of land was allowed to have so many variations.

Mr Cox said a lot of the reasons were in the report. He explained the planning provisions allowed for variations.

He said it was a corner block, in a transition zone and staff thought it was a good design.

The report noted the development was one storey or 25 per cent above the guidelines.

It was above the floor space ratio by 10 per cent.

The site falls 9.34 per cent short of the required 1000 square metres for such a development.

The height of the facade to Morris St was 50 per cent above Gosford Development Control Plan 2013 guidelines and an external wall height would be 19 per cent above.

SOURCE
Central Coast Council
agenda 2.1, 11 Feb 2019



Shadow Health Minister Ms Catherine King and Robertson Labor candidate Ms Anne Charlton with Elsie's Retreat committee member Ms Oana

Labor pledges funding for palliative care centre

The Labor Party has pledged support for a palliative centre on the Peninsula in an announcement at the Woy Woy waterfront on February 15.

The \$20 million palliative care hospice was announced by NSW Shadow Health Minister Mr Walt Secord and Federal Labor Shadow Health Minister Ms Catherine King.

A Federal Labor government would fund the building of the centre and a State Labor government would fund its maintenance and staffing.

Ms King said Federal Labor

would invest \$20 million to set up a 20-bed standalone palliative care unit at Woy Woy Hospital.

Mr Secord said a State Labor Government would provide ongoing staff.

Members of the Elsie's Retreat Committee and Wyoming East Gosford Centennial Lions Club couldn't hold back the tears when the \$20 million palliative care hospice was announced.

SOURCE:
Media release, 15 Feb 2019
Walt Secord, NSW Shadow
Health Minister

Tears fall with announcement
- Page 19

Another five-storey development submitted

A development application for a five-storey building near the corner of West and Alfred St, Umina Beach, was submitted to Central Coast Council on February 12.

This was the day after the Council had approved a similar non-complying application for a five-storey development at the Morris St corner with West St, at the other end of the Umina commercial area.

The application prepared by Michael Leavey Consulting for M and G Cunico Family Trust showed the building would be situated on a T-shaped block with frontages to 315 West St, and 1-3 Alfred St.

The proposed building height of 16.3 metres exceeds the council's height limit of 14.25 metres, a variation of 14.3 per cent.

The proposed floor space ratio of 2.13:1 exceeds the council's maximum of 1.8:1, a variation of 18.8 per cent.

The development would have basement carparking for 20 cars, and a total of 18 units made up of two studio apartments, two one-bedroom units, four two-bedroom units and 10 three-bedroom units.

The ground floor would be commercial space.

The proposed mixed use development has been called Cunico's Apartment in the development application on the council website.

Council's DA tracker shows the next step is to notify and advertise.

DA tracker, 19 Feb 2019
DA56020, Central Coast Council

Different responses to
approval - Page 8

THIS ISSUE contains 66 articles - Read more news items for this issue at www.peninsulanews.info

NEWSPAPERS

central coast

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News

Peninsula News
Community Access

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

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

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Contributions

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All accepted contributions also appear on our website.

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Sometimes we may interview a person or report what they said at a meeting.

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Forum contributions may be: **Email** if sent electronically and **Letter** if written on paper.

Below average rainfall continues

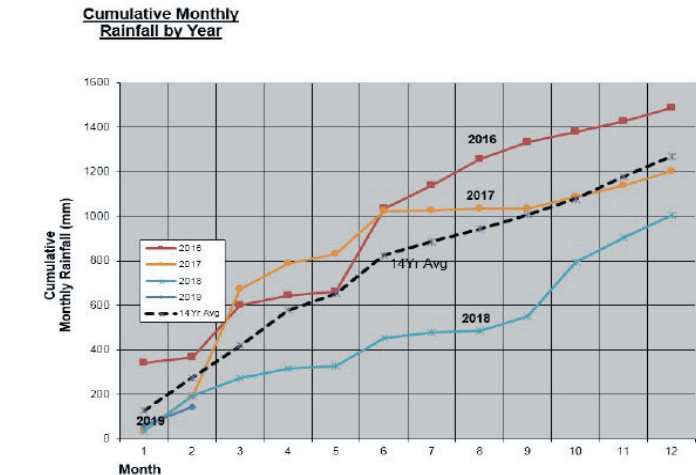
Precipitation across the Peninsula has markedly improved over the past fortnight but figures are still below average for February, according to data compiled by Umina's Mr Jim Morrison.

As of February 22 the Peninsula has recorded 82.9mm of rainfall this month with over 60mm falling over the past two weeks.

The highest single rainfall event was 24.7mm recorded on February 21.

Despite the seemingly high total, February has traditionally been one of the region's wetter months and on average has recorded over 150mm of rainfall over the past two years.

With just a week left of this February at the time of writing, the Peninsula will be hard pressed



to even break the 100mm mark without consistent rainfall events, let alone the 150mm average set in 2017-18.

There is hope however, with light to moderate rainfall forecasted throughout the final week of the

month.

The result brings the Peninsula's yearly total rainfall figure up to 143.2mm.

SOURCE: Spreadsheet, 22 Feb 2019 Jim Morrison, Umina

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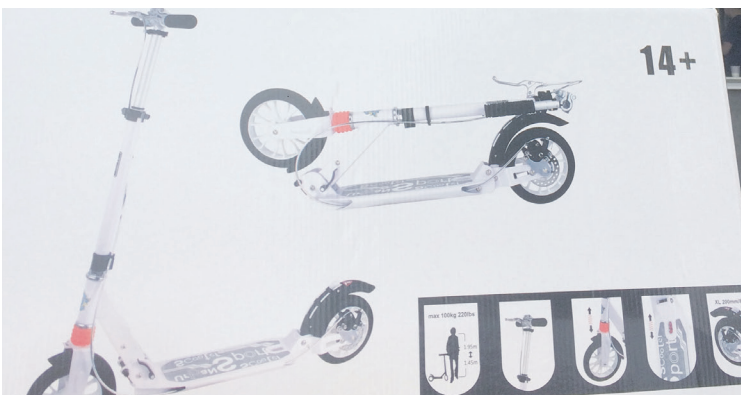
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on the back of an envelope and mail it to Peninsula News Scooter Competition, PO Box 1056, Gosford, NSW, 2250, before 5pm on Wednesday, March.

The winners of the Private

Lives Competition were Ms Pat Kelly of Woy Woy, Ms Sally Hanzikourti of Point Clare and Ms Janice Smith of Woy Woy.

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Heritage request for two shops on development site

Two shops, which would be demolished to allow a six-storey development at 231-233 Ocean View Rd, Ettalong, should be recognised as heritage items, according to an objector to the development.

Local resident Mr Peter Brell said the two properties should be urgently considered for local heritage listing, hoping for an interim heritage order before the application for the six-storey was determined.

He said number 231 was an old general store and number 233 was an old butcher's shop.

He said the existing shop at 231 was a very old weatherboard building and largely in its original state. "It may date back to 1902, before general subdivisions occurred in Ettalong, but there would still have been inhabitants in the area," Mr Brill wrote in his submission to council.

"I remember when the brick shopfront was added in the late 1950s by the owners, Jack and Hilda Hileard."

Architects Howard Leslie and Associates on behalf of client Jedaclew put forward a development application on



January 14 for the six-storey, 26-apartment tower worth \$9.5 million.

The proposal has been on public exhibition for a month. Submissions closed on February 22, with more than 60 being

received.

The development would include street-front shops.

The bulk and scale of the development was the main reason behind many of the objections shown on council's

website.

"The proposed development would be completely out of scale with the existing residential dwellings," one said.

"The height proposed would

destroy the privacy we now enjoy at our property.

"Destruction of the village atmosphere and charm of Ettalong, due to the demolition of historic buildings: Once demolished the history will be gone forever,

"Traffic: would cause a significant increase in traffic along Ocean View Road.

"It is imperative to maintain the current streetscape and village atmosphere."

Another clearly frustrated objector said point-by-point submissions on non-compliance issues had been to no avail on previous proposals in the area which had been approved anyway.

"The fact is this application does not comply with the current council development standards.

"The development application uses the well-worn phrase that it is consistent with previously approved developments.

"The problem with that statement is that they did not comply either.

"The rot has set in."

SOURCE
DA Tracker, 19 Feb 2019
DA55896, Central Coast Council

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Community workshop on climate change

A community workshop will be held at Ettalong Beach this Wednesday, February 27, to give residents the chance to have their say on Central Coast Council's Climate Change Policy.

It is one of a series of workshops to be held in each of the Council wards.

Council endorsed a draft policy in August last year, which provides

a framework to plan for the possible impacts of climate change.

The draft policy aims to align the council's operations and strategic planning with the NSW State Climate Change Policy Framework.

The community workshops will allow residents to build on their understanding of key themes around climate change and provide feedback on how they would like to be involved in future planning

around these themes.

Mayor Cr Jane Smith said it was vitally important that the community have a voice in the development of the policy and related strategies, plans and actions.

"The purpose of these community workshops is to further educate and work directly with the community to develop the first Climate Change Policy for the Central Coast," Cr Smith said.

"It is crucial Council

demonstrates leadership in addressing climate change and its impacts through responsible planning and collaboration in the best interests of our community and we are doing this by involving the community every step of the way in this policy development.

"We need to reduce emissions to start solving the long term challenges of climate change but also adapt to the changes that we know are already happening."

The Peninsula workshop will be held from 6pm to 8:30pm on Wednesday, February 27, at the Ettalong Diggers club.

Workshop registration and information packs are available at the Council on 1300 463 954 or from www.yourvoiceourcoast.com/climatechange.

Source:
Media release, 4 Feb 2019
Jane Smith, Central Coast Council

Draft plan may be re-released with maps

A section of Central Coast Council's draft Development Control Plan is likely to be re-released after the public exhibition period ends on February 28 to include maps in the floodplain management chapter.

Cr Troy Marquart moved at the February 11 Council meeting for chapter 3.1 on Flood Management to be withdrawn from exhibition until maps could be provided clearly showing proposed new flood hazard areas.

"This chapter introduces a new hazard categorisation to be applied via six separate categories, H1

through to H6," Cr Marquart said.

"These will be applied to every property in the LGA subject to any form of flood affectation.

"The proposed hazard categories will impact many thousands of homes.

"They apply various development constraints depending on flood affectation, culminating in the complete sterilisation of residential properties from all future development in categories H4 and above."

Cr Marquart said that, although the chapter referenced hazard mapping, it contained no actual maps for proposed hazard zones or guidance for residents to

ascertain which hazard category would apply to their properties.

He also urged council to consider the impact of a requirement in the draft chapter that homes experiencing a flood depth of 20cm or more must display a flood danger sign prominently on their property.

Addressing the councillors prior to the meeting in support of the motion, the deputy chair of the local chapter of the Urban Development Institute of Australia, consultant Town Planner Mr Chris Smith, said the absence of mapping was causing "some angst in the community".

"In discussions with staff last

week, I've been informed that floodplain mapping may still be some months off," he said.

"Industry considers it premature to advance chapter 3.1 (of the draft plan) without the accompany mapping."

Cr Marquart's motion was lost, with mayor Cr Jane Smith saying it was difficult to withdraw part of a plan already on exhibition.

However, the council resolved that further public consultation occur once flood plain maps were available.

In the interim, the existing DCP provisions would apply.

It also resolved that a report be prepared on how many properties

currently zoned with development rights (residential or commercial type) would subsequent to the adoption of this policy fall into categories H4 and above and face complete sterilization of development rights.

It also asked for advice about the depth that is considered "safe access" for emergency vehicles, and the impact of a displaying 600 x 600mm flood danger signs on properties.

SOURCE
Central Coast Council
agenda 6.4, 11 Feb 2019
Media statement, 11 Feb 2019
Troy Marquart, Central Coast Council
Media statement, 11 Feb 2019
Chris Smith, UDIA

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Cakes and biscuits wanted for Bays Fair

The Bays Community Group president Ms Cathy Gleeson is seeking donations of baked goods for the 2019 Bays Fair cake stall.

"If you can bake cakes, pies, slices, or biscuits, we'd love to hear from you," Ms Gleeson said.

The group is especially interested in anyone who can cook for fair goers with special dietary requirements and can bake items free of dairy, nuts and gluten.

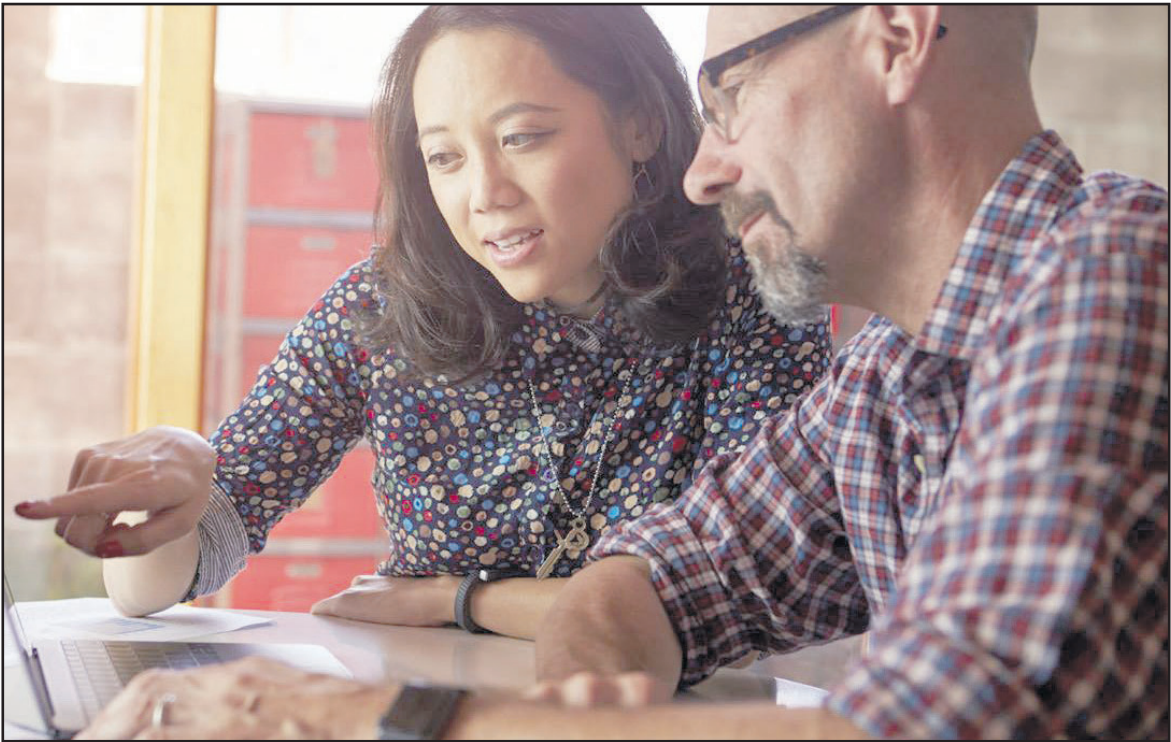
"Anyone who can spare some

time on the day to assist with selling cakes would also be greatly appreciated."

The Bays Community Group can be contacted through its website.

The 2019 Bays Fair gets underway from 9:30am at the Phegans Bay Waterfront Reserve on March 10.

SOURCE:
Newsletter, 19 Feb 2019
Cathy Gleeson, The Bays Community Group



Ombudsman present to explain bills

Representatives of the Energy and Water Ombudsman NSW will be present on the Peninsula once a month to help residents with their bills.

The service will be available on the last Tuesday of the month at

the Peninsula Community Centre, with the first session being held tomorrow, February 26.

The Ombudsman's staff will help review and explain bills, check rebate eligibility, help resolve complaint issues and help establish payment plans.

Sessions will be held from 9am to 3pm and are via appointment only through the community centre's operator Coast Community Connections.

SOURCE:
Social media, 8 Feb 2019
Bruce Davis, Coast Community Connections

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CWA branch supports appeal for siblings group

The Woy Woy branch of the Country Women's Association has donated a range of handmade goods to raise money for local therapy services in Woy Woy.

The branch is helping Point Clare primary school student Courtney Cottle, 11, to raise \$5000 to help re-start the Siblings Group at the Woy Woy office of Coastwide Therapy Services.

The program aims to provide siblings of special-needs children with tools to cope at home and an opportunity to connect with others in similar situations.

Coinciding with Autism Awareness Month in April, the fundraiser will include an art exhibition and Family Fun Day, a silent auction and pre-launch showing of the film Wonder at Avoca Beach Picture Theatre.

"Courtney approached the Woy Woy branch about the possibility of donating items for the silent auction," said branch publicity officer Ms Emily Bowtell.

"Being strong supporters of the local community, we of course jumped at the opportunity to support this important cause."

The branch has donated a range of items for the cause including a hand-crocheted blanket, a hand-



CWA members with Courtney Cottle and the donated items

painted silk lamp, framed hand embroidery and a handmade bird of paradise papertole artwork valued at \$450 and donated to the branch by papertole artist and teacher Mr Kevin Menzies.

"Growing up with a sister with autism has not been easy for Courtney, often leaving her feeling isolated and voiceless," Ms Bowtell said.

"In the past, Courtney had the opportunity to attend the Siblings Group at Coastwide Therapy Services.

"However recently, due to a lack of funding, the Siblings Group has not been running, leaving Courtney and others like her with no outlet to

meet like-minded children within their community," Ms Bowtell said.

The film screening and silent auction will be held at Avoca Beach Picture Theatre on March 28.

The art exhibition and Family Fun Day will be held at the Point Clare Scout Hall on April 6.

In 2017, Courtney held an art exhibition to fundraise for sensory items for Point Clare Public School.

The event raised \$500 and allowed the school to buy resources for children with sensory processing disorders and those on the autism spectrum.

SOURCE:
Media release, 20 Feb 2019
Emily Bowtell, Woy Woy CWA branch

Ettalong is entered in Tidy Towns competition

A tourism body representing the Peninsula region has entered Ettalong in the 2019 Keep Australia Beautiful Tidy Towns Competition.

Peninsula Tourism Partners president Ms Kim Cole said the group had entered Ettalong into the competition on February 2 and that the competition represented a unique opportunity for the township.

"Ettalong Beach is truly a beautiful place but is a bit rough around the edges.

"We will be putting strategies into place to fix issues such as litter on our beach, the 50 garbage bins

that line our streets, overgrown gardens beds, graffiti and the list goes on.

"We will be calling on assistance from the local community and council to make Ettalong a Tidy Town," Ms Cole said.

Ms Cole is now forming a taskforce to get the beautification of Ettalong underway.

Anyone interested in joining the taskforce can contact Ms Cole on 4343 0140.

The Tidy Towns Competition officially starts in August.

SOURCE:
Social media, 2 Feb 2019
Kim Cole, Peninsula Tourism Partners



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LUCY WICKS MP
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Different responses to Morris St development decision

The two people who spoke at Central Coast Council's Residents' Forum before the council approved a five-storey development at the corner of West and Morris Sts in Umina have given very different responses to the decision.

Planning consultant Mr Matthew Wales spoke at the Forum on behalf of the owner Sans Filter Pty Ltd in favour the proposal and local resident Mr Bruce Illfield spoke against it.

Mr Bruce Illfield said afterwards that he was disappointed that Cr Richard Mehrtens and Cr Chris Holstein both spoke for the development to be approved, even though this development had 20 or 21 planning variations as well as over shadowing neighbouring properties.

"I would have thought 21 variations must be some sort of record for approval," Mr Illfield said.

"I find it hard to believe that they read the submissions as only one submission was in favour of it.

"It should have got you asking why.

"Pandora's Box has been opened.

"A different person has put in an application for another five-storey

building in Alfred St within four days of the council approval of the West St one, the first of more to come.

"They will use the West St approval as a base to get their building approved.

"I don't know what the future holds but surely council must have known that once you approve the first one with so many planning variances more will follow down the same path.

"I would like to see council be proactive and raise a rescission motion on DA 52563 and make them follow the planning rules and stop what is about to follow, unless of course killing the character of Umina was what they had in mind."

Mr Illfield said he was pleased the mayor Cr Jane Smith and Cr Louise Greenaway stuck to their guns on planning rules.

"Why have them if you're not going to follow them," he said.

Planning consultant Mr Matthew Wales spoke on behalf of the owner Sans Filter Pty Ltd after Mr Illfield at the residents' forum.

Afterwards, he welcomed the decision.

"The applicant has spent the last 18 months liaising with Central Coast Council planning staff leading up the Council meeting last night ensuring that they achieved the best possible urban outcome

for the site", Mr Wales said.

"It was important that a high quality design outcome was obtained so that the development of the key corner site set a high benchmark for future development in the Umina Beach town centre.

"The development includes basement parking, ground level retail floor space and four levels of residential apartments consisting of 20 units.

"I was particularly pleased that the councillors acknowledged the need for good quality residential accommodation within our town centres where it is close to shops, services, medical facilities and public transport.

"The West St development achieves all these things and will be a catalyst for the ongoing urban revitalisation of the town centre.

"With the success of the Umina Beach retail strip, there has been increased demand for good quality residential accommodation close to the town centre.

"The design includes eight one-bedroom apartments aimed at single couples who want to live close to all the amenities that Umina Beach has to offer.

"The applicant acknowledged that the application had a number of variations to Council's development standards but as the Council highlighted, the variations

have led to a much better design outcome than would otherwise have been the case had strict compliance been enforced," he said.

He said the owner of the property intended to proceed to

the construction phase as quickly as possible with site works to commence by mid-year.

Media release, 12 Feb 2019
Matthew Wales, Wales and Associates
Media statement, 15 Feb 2019
Bruce Illfield, Umina



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21 Feb 2019

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Council considers urban tree strategy

Central Coast Council is considering developing a Greening Places Strategy, which would aim to enhance the urban tree canopy and reduce the “urban heat island effect”.

The strategy is one of a number about which the council is seeking community views through an online survey.

These include a sustainability strategy, a biodiversity strategy and a waste strategy.

“This online survey will help us ensure we are meeting community expectations and understand what the community sees as priorities,” said mayor Cr Jane Smith.

The Council may also carry out more in-depth consultation for individual strategies before each will be placed on public exhibition for final feedback before being referred to Council for adoption.

Cr Smith said the development of a 10-year Sustainability Strategy was in response to calls from the community for a more sustainable Central Coast.

“Our community told us they would like a more sustainable Central Coast as part of their feedback on the development of the Community Strategic Plan One Central Coast,” Cr Smith said.

She said the Biodiversity Strategy would provide a policy and administrative framework and specific actions for protecting and managing biodiversity.

The Waste Strategy would look at encouraging waste avoidance, sharing and recycling, as well as reuse and “circular economy” opportunities.

The survey can be accessed through the Your Voice Our Coast website.

SOURCE:
Media release, 20 Feb 2019
Jane Smith, Central Coast Council

Committee challenges candidates on dredging policy

Peninsula Waterways Committee chairman Mr Mike Allsop has called on all candidates in the upcoming State election to indicate their stance on the Ettalong dredging issue.

Mr Allsop said the association was apolitical and simply wanted to ensure the waterways remain open to watercraft at all times.

One of its aims is to make sure residents are never again stranded after the Palm Beach to Ettalong-Wagstaffe ferry could not operate for about eight months last year causing inconvenience to travellers to and from the Coast and financial damage to local businesses.

He said the committee would invite all candidates in the upcoming State election to provide a statement of policy and intention with regard to the ongoing maintenance and enhancement of these waterways, and an explanation of the basis for funding to be made available for such works.

“We will be posting this letter on our Facebook page (Peninsula Waterways Committee) and on our website.”

The committee was formed in October last year and spent time meeting with local MPs and council representatives to get their perspective on the issues surrounding the waterways’



Mike Allsop maintenance and ongoing funding. Technical experts, marina operators and deep keel users have also been contacted.

Mr Allsop said that nine months after the “great blocked channel standoff” everyone was saying a long-term program of work was needed, informed by proper analysis, but the costs issue between council the State still needed to be settled.

He said there was on-going debate between Council and the State Government as to what works were required now and into the future, how they would be undertaken and funded.

“A clear, consistent, effective and responsive process is required.

“Our sense is that there is still concern in the waterways user fraternity, especially yachties, although the ferry operator is satisfied at present,” Mr Allsop said.

“The dredge is idle, waiting on the program of work ... to distribute the sand already removed to a spot further down towards Umina Beach.

“We’d like that piece of the puzzle sorted as soon as possible so that future resilience can be built into the waterway interface to Broken Bay.

“We’ll keep on pushing, and especially look to our election candidates to provide due consideration to this important issue as they refine their promises to us all,” he said.

SOURCE:
Social media, 17 Feb 2019
Mike Allsop, Peninsula Waterways Committee

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Authorised by Chris Stone, Liberal Party of Australia, NSW Division, Level 12, 100 William Street, East Sydney NSW 2011.





Government grant to lifesaving club projects

A local surf lifesaving club has received more than \$25,000 in grant funding from the NSW Government.

Killcare Surf Life Saving Club has received \$25,670 through the government's Community Building

Partnership and Local Sport grants programs.

Member for Terrigal Mr Adam Crouch said \$20,000 of the funding was secured to improve internet connectivity at the surf club.

Another \$5000 was provided for the club to purchase wet weather

jackets for patrol members.

"The remaining \$670 was provided to fund training programs," Mr Crouch said.

Club president Mr Peter Bagnall said the funding was most welcome and would go a long way to improving the club's internet

connectivity issues.

"As we all know, communication around the club is limited by being positioned in a documented mobile phone black spot area.

"It is therefore essential that we have access to fast and reliable communication to ensure the

ongoing safety of everyone on the beach," Mr Bagnall said.

SOURCE:
Media release, 21 Feb 2019
Ben Sheath, Office of
Adam Crouch MP

Labor promise wouldn't build half a carpark, says Wicks

A promise by Labor to spend \$15 million on three commuter carparks would not go beyond building half a carpark at Woy Woy, according to Federal Member for Robertson Ms Lucy Wicks.

Ms Wicks said: "The NSW Government's advice is that one carpark would cost in the vicinity of \$30 million, so how could \$15 million build three?"

"Labor's funding commitment of \$15 million to build three commuter carparks at Gosford, Woy Woy and Tuggerah just doesn't stack up

and it's not fair on our hardworking commuters to over-promise and under-deliver," Mrs Wicks said.

Mrs Wicks said a better parking solution at Woy Woy would involve ensuring the planning, design work and the funding was right.

In a media release on February 11, Labor candidate for Robertson

Ms Anne Charlton asked Mrs Wicks to match Labor's \$15m commitment.

Ms Wicks said: "I'm fighting hard for a parking solution that actually addresses this very critical issue and fighting for what is actually needed."

Ms Wicks said she would

continue to advocate for a real plan and real infrastructure.

SOURCE
Media Release 13 Feb 2019
Lucy Wicks, Member for Robertson
Media Release 11 Feb 2019
Anne Charlton, Labor
Candidate for Robertson

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Funding for Pearl Beach Lagoon

The State Government has announced \$47,000 to fund planning and management work at the Pearl Beach Lagoon.

The money will go to Central Coast Council to improve the health of the lagoon under the Pearl Beach Coastal Zone Management Plan.

The funding comes from the NSW Government's Coastal and Estuary Grants Program.

Liberal candidate for Gosford Ms Sue Dengate said the community

would welcome the news.

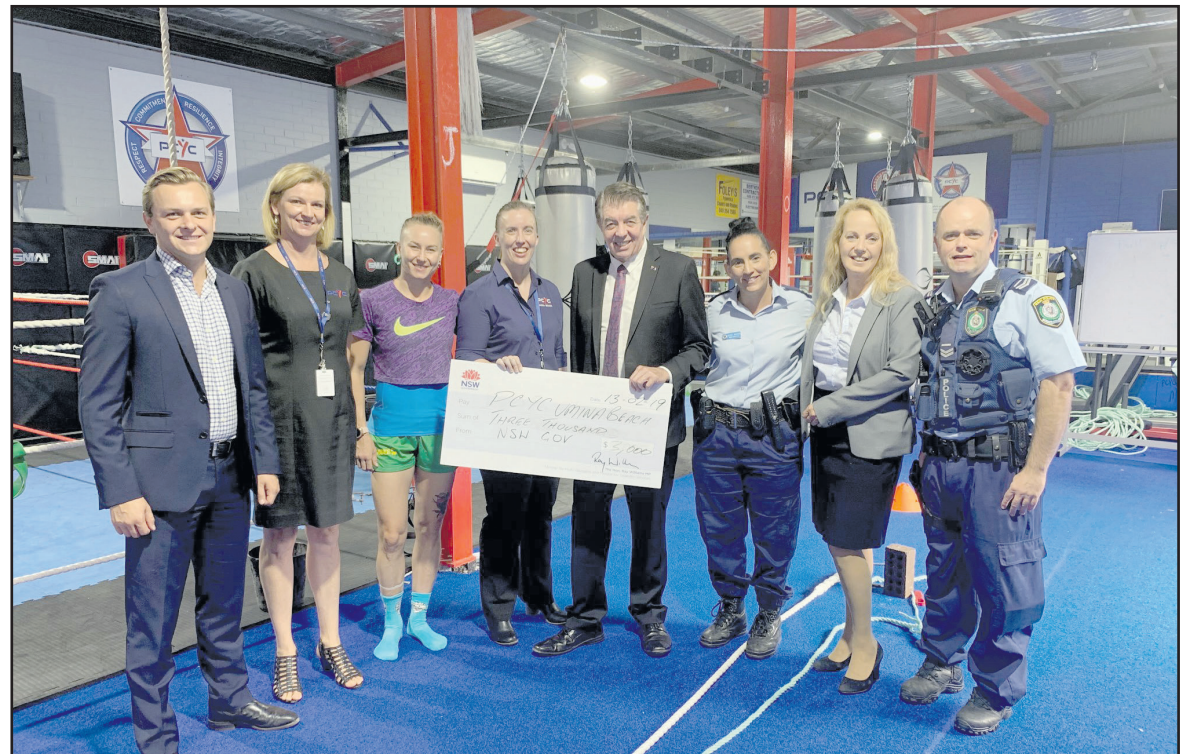
"Keeping our waterways healthy is very important and this investment will strengthen the Council's ability to manage the lagoon," Ms Dengate said.

The funding is expected to allow Council to develop processes to investigate hydrological and sedimentary processes occurring within the lagoon, which affect the lagoon's health.

SOURCE:

Media release, 18 Feb 2019

Sue Dengate, Liberal candidate for Gosford



Umina PCYC has received funding from the NSW Government to boost its programs and purchase new equipment

PCYC receives \$2000 for equipment

PCYC Umina Beach will receive \$2000 towards purchasing equipment for sport and recreational activities for youth under a grant from the NSW Government.

Liberal candidate for Gosford Ms Sue Dengate said PCYC Umina Beach was a much-loved

local youth organisation on the Peninsula.

"The PCYC provides a range of fun, safe and social sport and recreational activities for local young people," Ms Dengate said.

"It's great that we can support local community organisations like this, who have produced State and National champions, world title contenders and Commonwealth

Games medallists."

She said the PCYC worked closely with police and the community to empower young people and aimed to get young people active in life, developing their life skills, character, and leadership potential.

SOURCE:

Press release 13 Feb 2019

Ray Williams, Minister for Youth

Brigade holds recruitment evening

The Killcare Wagstaffe Rural Fire Brigade held a recruitment information evening at the Killcare Fire Station on February 19.

The Brigade is seeking new members after several long-time members have moved on.

"Over recent times, some of our more active members have unfortunately left our beautiful community," said Brigade captain Ms Michelle Biddulph.

"This has reduced the number of available members to respond to emergencies in our area.

"As a result, we really need to

bolster our membership," she said.

Ms Biddulph said the meeting was well attended and encouraged other members of the community who may have missed it to contact the brigade.

SOURCE:

Social media, 20 Feb 2019

Michelle Biddulph, Killcare RFB

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Lifeline shop gets a revamp

Lifeline's Woy Woy retail shop re-opened on February 17 with a fresh new look, aimed at increasing revenue for Lifeline's Central Coast suicide prevention and crisis support services.

"We've revamped the shop to add to the experience for shoppers but they'll still be able to take

advantage of the same great price point that all our Lifeline stores offer," said Lifeline's retail operations manager Mr Jason Fox. "It's still about the bargains but we want to ensure that from the moment they walk through the door, shoppers can experience a fresh, welcoming retail offering that they want to come back to again

and again."

Labor's candidate for Robertson Ms Anne Charlton was a guest at the launch.

SOURCE:
Media release, 11 Feb 2019
Jason Fox, Lifeline
Hunter Central Coast
Social media, 17 Feb 2019
Anne Charlton, Labor
candidate for Robertson



Meals on Wheels holds open day

Meals on Wheels Central Coast is giving service providers and potential clients the opportunity to try before they buy at an open day at its Woy Woy facility on March 7.

Meals on Wheels Woy Woy, located in the Yaringaa Building accessible from McMasters Rd, will throw open its doors between 11am and 1pm, with prospective clients, their families and carers, as well as service providers from around the Coast, expected to visit.

There will be information available to visitors on the myriad

of services on offer by Meals on Wheels.

For those interested in what the food is actually like, there will be the opportunity for some taste testing, with one of Meals on Wheels suppliers, The Good Meal Co, in attendance to hand out samples.

Information will also be available regarding home care package and National Disability Insurance Scheme plan assistance with members of the Meals on Wheels team on hand to answer questions about the services on offer.

SOURCE:
Media release, 20 Feb 2019
Pip Wilson, Meals on
Wheels Central Coast



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Winners from the 2018 Central Coast Series

Skate competition at Umina

The best skaters and riders from across the Peninsula will be on display at Umina Skate Park when the Uminafied Skate Competition gets underway at 9am on March 9.

Uminafied is the Peninsula leg

of Central Coast Council's skate, scooter and BMX competition, Central Coast Series which started on February 23 at Wadalba Skate Park.

Uminafied is the second in the three-event series aimed at unearthing the Coast's best skating talent which will culminate in the

final event of the series, Beast of the Bowl, at Bato Yard Skate Park, Bateau Bay, on April 13.

Uminafied is open to riders from Under-12 through to professional sponsored riders.

SOURCE:
Media release, 10 Feb 2019
Jane Smith, Central Coast Council



Council changes water restriction trigger point

Central Coast Council has decided it will introduce Level 1 water restrictions after Mangrove Creek Dam storage levels drop to 50 per cent.

Previously restrictions came into force when levels reached 42 per cent.

Mayor Cr Jane Smith said the move was part of Council's commitment to ensure water security for the region, which will include a review of its integrated Water Resources Plan.

"We are sitting at 57 per cent at the moment, so there is no issue but as the region's water authority we need to manage our water wisely all the time," Cr Smith said.

"We need to be aware of possible impacts on our water supply including climate change and the possible approval of the Wallarah 2 coalmine.

"I find that people have instinctively become better at managing their water use since the Millennium Drought (of 2000) on an individual household basis."

Cr Smith urged residents to continue to be water wise, with changes to the criteria for setting water restriction in the region set to be changed.

Council will review the Central Coast's long term water demand and supply, look at risk mitigation opportunities and re-evaluate its drought management system.

It will also increase its public awareness campaigns to ensure that water continues to be used as efficiently as possible.

A staff report to the Council said the region had entered current

drought conditions at about 60 per cent capacity, as opposed to about 45 per cent prior to Millennium Drought.

A number of improvements made to the system since 2000 included: a transfer main between Hunter Water and the Central Coast; a major link between the Mardi Dam and Mangrove Creek Dam including a new Wyong River pump station and fishway and the establishment of a number of small groundwater sources.

"Since the Millennium Drought, increased environmental flow requirements for Wyong River have reduced Council's access to water during low to medium stream flows," the report said.

"To address this, the Mardi Mangrove Link project included a larger pump station on Wyong River to extract more water during wet periods for storage in Mangrove Creek Dam.

"A new low flow fishway was also installed on the Wyong Weir to improve fish passage.

"This means that, on average, more water can be harvested for the water supply which is done in a more environmentally sustainable manner."

The Council's water restriction rules and guidelines were last reviewed in 2011 following the completion of the Mardi to Mangrove Link project and partial storage recovery after the millennium drought.

Source:
Agenda item 3.4, 11 Feb 2019
Central Coast Council
Ordinary Meeting
Media statement, 12 Jan 2019
Central Coast Mayor Jane Smith

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News



Sausages at community day

The Rotary Club of Umina Beach held a community day and sausage sizzle at the Ettalong waterfront on February 9.

Club publicity officer Mr Geoff Melville said the club held the

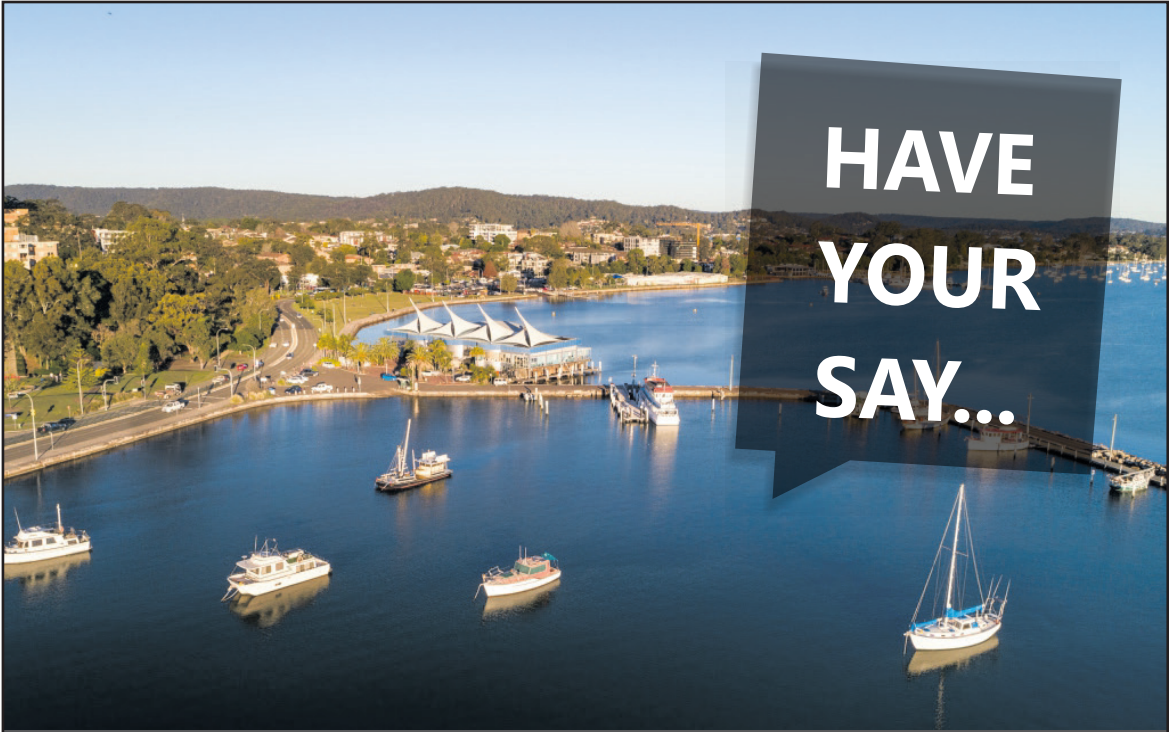
day as a way to get out into the community and to showcase what Rotary was all about.

“Thank you to all those who stopped for a sausage roll and a cool drink with us at Ettalong.

“We enjoyed your company

and the opportunity to chat with you about Rotary and what we do locally and internationally,” Mr Melville said.

SOURCE:
Social media, 10 Feb 2019
Geoff Melville, Rotary Club of Umina Beach



Draft Somersby to Erina Corridor Strategy

Central Coast Council has prepared a Draft Strategy to guide the development of the Somersby to Erina Corridor over the next 20 years. The Draft Strategy will guide growth and investment in the six centres of Somersby, Mount Penang and Kariong, West Gosford, Gosford City Centre, East Gosford and Erina. It will also implement directions of the NSW Government as part of the Central Coast Regional Plan 2036.

As part of the public exhibition, Community Workshops will be held to discuss the Draft Strategy:

Wednesday 6 March	Friday 8 March	Tuesday 12 March
5pm – 7pm	1pm – 3pm	10am – 12pm
Erina Centre, Erina Fair, Terrigal Drive, Erina	Erina Centre, Erina Fair, Terrigal Drive, Erina	The Entertainment Grounds; 4 Racecourse Rd, West Gosford

To register for a workshop or make a submission on the Draft Strategy, go to yourvoiceourcoast.com/somersbyerinacorridor or contact Council on 1300 463 954.

Public exhibition closes Monday 15 April, 2019.

yourvoiceourcoast.com/somersbyerinacorridor



Children visit retirement village for Valentine’s Day

Children from the Umina Kids Club visited Peninsula Village for Valentine’s Day.

They sang a number of well-known love songs to the village residents, including You are my Sunshine and I Love You, You Love Me.

The children gave residents hand-made Valentine’s Day cards, each with their own message.

Residents and staff were asked to bring along photos from their weddings and other celebrations.

SOURCE:
Media release, 18 Feb 2019
Katey Small, Brilliant Logic

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Former church volunteer charged with sexual assault

A former church volunteer has been charged with sexual assault offences that are alleged to have occurred around Woy Woy in the 1980s.

Police say that Brisbane Water detectives launched an investigation in September 2016 following reports a young girl had been sexually abused in the mid-1980s.

Following inquiries, investigators arrested a 54-year-old man at Gosford Police Station on Tuesday, February 19.

He was charged with two counts of sexual assault of a person under 16 years, and two other related charges.

Police alleged that the man, who

was serving as a youth services volunteer at an Anglican Church at the time, sexually abused an 11-year-old girl at multiple locations in Woy Woy between 1984 and 1986.

The Booker Bay man was granted conditional bail to appear at Gosford Local Court on Tuesday, March 12.

Meanwhile, inquiries by detectives are ongoing and anyone with information is urged to come forward.

Anyone with concerns about suspected child abuse or exploitation should call Crime Stoppers on 1800 333 000.

SOURCE:

Media release, 19 Feb 2019
Mick Fuller, NSW Police



Rotarian enjoys first day back at school

Woy Woy Rotarian Ms Sue O'Neill has enjoyed the first day of the school year at the Divine Mercy Primary School in Buwampa, Uganda.

Divine Mercy is a school championed by the Rotary Club of Woy Woy supported by Rotary Australia World Community Service as a humanitarian project.

The school is a partnership project between Woy Woy Rotary Club, Ugandan Rotary Club Njeru, and the community of Buwampa.

Ms O'Neill is the humanitarian project manager and represents the Rotary Club of Woy Woy as well as Rotary Australia World Community Service.

Ms O'Neill is also the school's primary fundraising officer in Australia and has been involved in every aspect of the Rotary project from its inception in 2017.

Students returned to the school on February 6 for their first full year of schooling and so did Ms O'Neill, who made the trip to Uganda to celebrate with the school community on the beginning of a new school year.

"It was wonderful to return to Uganda and Divine Mercy," Ms O'Neill said.

"We don't have an exact figure just yet on our new enrolments but suspect it is an additional 120 students.

"This will give us a student population of around 485.

"First day back at school was organised chaos.

"We had uniform distribution and school fee collection.

"Each child had to bring in five kilograms of maize, two kilograms of beans, a bundle of firewood, a traditional broom and rolls of toilet paper.

"We now have a functioning and registered health centre and clinic at the school.

"It is run by a nurse, clinical officer, lab technician and volunteer doctor.

"It has started well as a self-sustaining facility," Ms O'Neill said.

Ms O'Neill recalled how the project came to be after a visit to Buwampa in 2017.

"I visited the community with a fellow Rotarian who grew up in the area for a medical outreach

project.

"The outreach was held at the then primary school which was just three muddy little classrooms," Ms O'Neill said.

As part of the medical outreach, the volunteers built a new classroom to help meet demand for medical services and from there the idea for Divine Mercy was born.

Upon returning to the Peninsula, Ms O'Neill raised the project with her fellow Rotarians.

Ms O'Neill said she was thrilled to see Divine Mercy thriving in 2019.

"The first day of term was fabulous.

"The new school uniforms looked beautiful.

"The new kitchen is functioning well and Theresa, the school cook, now has an assistant.

"All in all it was a very pleasing start to what should be an exciting year at Buwampa," Ms O'Neill said.

SOURCE:

Newsletter, 9 Feb 2019

Vic Deeble, Rotary Club of Woy Woy
Interview: Dillon Luke, 21 Feb 2019

Sue O'Neill, Rotary Club of Woy Woy

Annual meeting

The Peninsula Environment Group will be holding its annual general meeting in Woy Woy next month.

The meeting will outline the goals of the group and its history, cover leadership positions, the group's 2019 agenda and the group's sustainable living projects.

The meeting will take place from 10am on March 17 at the Woy Woy Environment Centre.

It is free to attend and all are welcome.

SOURCE:

Media release, 12 Feb 2019
Mark Mann, Peninsula Environment Group

Valentine's event at club

A registered club in Woy Woy held a special dinner for local couples on Valentine's Day, February 14.

Everglades Country Club transformed its bowling green into an alfresco dining area as part of the club's Valentine's on the Green promotion.

Around 50 people attended the special event which saw couples dining on the green with live music and a screening of the romantic

film The Proposal.

SOURCE:

Social media, 15 Feb 2019
Sarah Kane, Everglades Country Club



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Forum

Bus service needed for children and shoppers

I was interested in reading the email from Joan Dalland in the Peninsula News edition 462 about buses on the Killcare peninsula.

I have lived on the Pacific Panorama Estate at Umina Beach since 1998 and we don't have any buses.

To make matters worse, we don't even have a footpath.

Over the years, the original children have now grown up and have cars of their own.

This of course means the

Forum

volume of traffic up and down has dramatically increased.

This all poses a severe threat for the school children and young mum's pushing pushchairs and fitness fanatics who walk up and down the hill all hours of the day and night.

While our hill is certainly steep, added to this a very sharp curve half way up which means that cars don't see the walkers until they are

almost on top of them.

I have driven a 22-seater bus up the hill myself so I know it can easily be done.

Numerous requests for help from Local Members over the years has resulted in no change.

Residents would, I'm sure, be happy with a service for school children and perhaps a shoppers' bus during the middle of the day.

Please help before a major accident happens.

Email, 5 Feb 2019

Jayne Mote, Umina Beach

Congratulations on good eyesight

Forum

Congratulations to Ms Fay Tattersall, Peninsula News Forum edition 463, on her marvelous eyesight.

Most people who read this paper are elderly with failing eyesight, and need a magnifying glass over their glasses.

The print is way too small and some find it difficult to read.

It's a good idea to add the TV guide to the paper, but no good if

we can't read it.

Maybe enlarge it a bit if possible?

By the way the Sunday papers, Telegraph and the Sun Herald, have a TV book each week.

Wednesday's Telegraph has a weekly TV guide also.

Letter, 13 Feb 2019

Norma Mellross, Umina

Restore title of Venice of Australia

Soon the latest major development for Ettalong, the Atlantis, will be opening.

New residents and shopkeepers will be busy spending thousands of dollars in fitting out their new apartments and shops.

Shopkeepers will be praying for fine weather with hopefully plenty of tourists and visitors arriving on a restored ferry service.

The Oyster Festival will be over and hopefully the lingering argument between the Diggers Club and the Chamber of Commerce will be resolved.

Needless to say, the community will still be without footpaths and kerbing on over 70 roads and streets and the dusty potholes will still be there for us to stumble over.

Forum

LETTERS TO THE EDITOR

should be sent to:

Peninsula News

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

See Page 2 for contribution conditions

Shopkeepers and Peninsula residents will be kept guessing whether further work will be undertaken to keep our ferry service running.

Will Council stump up the \$1.25 million to match the NSW Government's offer to continue the dredging works or will they pretend they haven't funds available?

Hopefully our dreams of recovery will all come true and the new shopkeepers and residents of Atlantis (will) find Ettalong the place they had always waited for.

Woy Woy Peninsula was once known as the Venice of Australia and with the persistence of the community plus Council's help that title may again be restored.

Email, 19 Feb 2019

Rod Fountain, Booker Bay

Privacy breach with garbage service

Forum

In every community except the Central Coast you can find the bin collection day by visiting the Council website.

It is great for helping people when you stay at their house.

There is no such freedom of information on the Coast.

No, you have to visit the website of a big commercial organisation then hand over your private contact details to register.

They might then give you the publicly-owned bin collection day.

You then have to put up with whatever spam they send and any

spam sent when they broadcast your contact information to related companies.

Presumably the related companies will treasure your privacy and not pass on your contact details to their related companies overseas.

Is it possible to find out which councillors approved the sale of our privacy and call on them to resign?

Email, 18 Feb 2019

Peter Moulding, Ettalong

How long do we have to wait?

Forum

On Monday, February 18, petrol on the Central Coast Highway at Gosford was 114.9 cents, two days' later it was 143.9 cents.

Did I miss something that happened to justify this enormous increase?

When the Hayne Royal Commission criticised the ACCC for doing nothing about the thieving banks, it is a pity he couldn't also include their absence of action on the oil companies.

Late last year an ACCC spokesperson stated, and it was reported in the Peninsula News, that they could find only slight variations in prices across the Central Coast, and certainly not enough to warrant investigating.

How long do we have to put up with being ripped off?

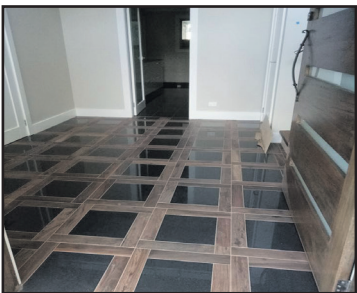
Email, 20 Feb 2019

Laurie Powell, Woy Woy

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Developers should not be able to change regulations

Our mayor Cr Jane Smith wants to stop non-complying development applications being approved by Council.

She may like to start with the building application for a five-storey building, incorporating, shops and 23 apartments on the corner of West and Morris St, Umina.

The principal consultant for the developer admits the current application does not comply with several of our Council's current planning controls.

Forty local residents took the time to object to the submission.

Morris St is a quiet street used by many pedestrians, and during weekdays used as parking by employees of local businesses.

The number of residents in Morris St will more than double with the 23 apartments.

Morris St is at the far end of the West St shopping centre.

If there is to be a land mark building in Umina, it should be in the middle of the shopping

Forum

LETTERS TO THE EDITOR

should be sent to:

Peninsula News

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

See Page 2 for contribution conditions

centre and it should comply with regulations.

Developers and consultants should not be allowed to change our council regulations to suit their developments.

Changes to council regulations should be made by our elected councillors after consultation with local residents.

Email, 14 Feb 2019
Bill Gregg, Umina

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

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

Kara Women and Children's Program
Gosford - 4323 1709

Elandra Women and Children's Program
Toukley - 4396 4263

Neleh Women and Children's Program
Woy Woy - 4340 1052

Rondeley Domestic Violence Response Program
Wyong - 4340 7088



Marie Lowndes Charitable Foundation

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

*ANROS Horizons 1 (2015)



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NEWSPAPERS
Central Coast

Other Regional News - In brief

Peninsula News focuses on news specifically relating to post code areas 2256 and 2257. Given the advent of the new Central Coast Council, following is a summary of the first 9 news articles published

in the most recent edition of each of our sister Central Coast publications. The full articles and more, as well as all previously published editions, can be seen on line on our website www.peninsulanews.info and

on www.centralcoastnews.net Copies of these other publications may be obtained from our offices in Gosford, by subscription, or from a myriad of locations in the areas covered by each publication.

COAST COMMUNITY NEWS

FEBRUARY 14, 2019

YOUR INDEPENDENT COMMUNITY NEWSPAPER - PH: 4325 7369

ISSUE 201

\$350m private hospital and medical precinct announced

A major new private hospital and health precinct is earmarked for Racecourse Rd, Gosford, and should be up and running within a few short years.

New suite of planning measures to help Darkinjung LALC

Residential developments at Somersby and Kariong will be two of the first projects to be actioned under a new suite of planning measures aimed at helping Darkinjung Local Aboriginal Land Council achieve better outcomes from its land.

Premier starts work on \$178m Pacific Highway upgrade

NSW Premier, Gladys Berejiklian, called in to turn the first sod on upgrade work on the Pacific Highway at Lisarow, on Monday, February 11.

Council pushes for Federal community forums on seismic testing to be held here on the Coast

Central Coast Council is to push for Federal community forums to be held on the Coast regarding the prospect of off-shore gas and oil exploration in the region.

Chamber and Council disagree over IHAP benefits

Gosford, Erina and Coastal Chamber of Commerce has called on Planning Minister, Anthony Roberts, to introduce an Independent Hearing and Assessment Panel (IHAP) for the Central Coast, as Central Coast Council continues to fight

Council to proceed with designs for a terminal protection seawall at Wamberal Beach

Wamberal Protection Association has applauded a Central Coast Council decision to proceed with investigations and concept designs for a terminal protection seawall at Wamberal Beach.

Coast has two new Marine Rescue NSW vessels

Two new Marine Rescue NSW vessels have been added to the region's arsenal of resources according to Minister for Emergency Services, Troy Grant.

Draft DCP floodplain management chapter has no maps

A section of Central Coast Council's draft Development Control Plan is likely to be re-released after the public exhibition period ends on February 28, due to concerns over the absence of maps in the floodplain management chapter.

Music festival cancelled at the last minute following receipt of a \$200,000 police bill

Mountain Sounds Music Festival, which was due to take place in Kariong from February 15-16, has been cancelled, with event organisers placing the blame on the NSW Government's hard line approach to music festivals.

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 158
20 February 2019

Your independent community newspaper - Ph: 4325 7369

Special planning proposals provide the opportunity for up to 1,500 dwellings

Projects at Lake Munmorah and Wallarah will be two of the first projects to be actioned under a new suite of planning measures aimed at helping Darkinjung Local Aboriginal Land Council achieve better outcomes for its land.

2020 Tuggerah Lakes Restoration Project launched

Central Coast Councillors voted unanimously at the February 11 Ordinary Meeting to set up the 2020 Tuggerah Lakes Restoration Project to cover the whole of the 77sq km of waterway system.

State government to be lobbied to return 100 per cent of waste levy collected

Mayor Jane Smith has pushed for Central Coast Council to lobby State MPs to ensure 100 per cent of the waste levy collected by the NSW Government is returned to local government waste programs.

Opposition to seismic blasting strengthens

Central Coast Council is to push for Federal community forums to be held on the Coast regarding the prospect of off-shore gas and oil exploration in the region.

Community group wants to re-open Budgewoi Lake to the ocean

Bring Back The Gap is a community movement working towards a solution to re-open Budgewoi Lake to the ocean in an effort to flush out the Tuggerah Lakes system from the top end.

Approvals for new dwellings increased by 54 per cent

Latest Australian Bureau of Statistics (ABS) figures on new home building approvals indicate that activity across the Central Coast expanded strongly in 2018, reported the Housing Industry Association (HIA), the voice of Australia's residential

Mardi to Warnervale pipeline community information session date has changed

The date of the second community information session about the Mardi to Warnervale water pipeline has changed.

Labor pledges palliative care funding

Central Coast Labor representatives came together on February 15 to announce that NSW Labor will fund a \$20m palliative care hospice if Labor is elected this March.

Ourimbah residents welcome latest masterplan but still not entirely happy

Ourimbah residents have welcomed the latest version of the Ourimbah Land Use Strategy and Masterplan, as it recognises the reality of the constraints that the topography of Ourimbah places on development, because of steep hillsides,

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

DONT TURN YOUR BACK ON HEARING LOSS

The most common work-place injury in the world*

Whilst occupational noise induced hearing loss is entirely preventable, once acquired it is irreversible. Occupational hearing loss can occur gradually over time, or it can be instantaneous if you are exposed to a one-off, very loud noise like a shotgun going off next to your ear.

Workers in industries, such as construction, use a variety of tools and machinery in the course of their work. If you are exposed to noisy tools or machinery at work, you are at an increased risk of occupational hearing loss.

It is difficult to control noise levels in workplaces. As a rule of thumb: If you are on a construction site and cannot hear the person next to you speaking unless they raise their voice, you should be wearing hearing protection.

The damage that noise induced hearing loss causes is irreversible. Two main indicators of occupational hearing loss are:

Tinnitus

Tinnitus is a condition described as the perception of sound (often buzzing, ringing, or hissing) in the absence of any external sound (there is no sound others hear but you do). This essentially takes away the opportunity for the you to experience quiet, and can be very distressing.

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High-Pitched Hearing Loss:

Occupational hearing loss happens so gradually that you can lose a significant amount of hearing before becoming aware it has occurred. During the early stages, you will begin turning up the volume on the TV or experience difficulty understanding speech in groups or in the presence of background noise. As the hearing loss worsens, it becomes difficult to understand normal conversation even in quiet, one-on-one situations.

Occupational hearing loss can be detected with a hearing test. In fact, early identification is important in order to recognise the presence of noise induced hearing loss and then take steps to prevent further hearing loss.

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Call today to find out more about occupational hearing loss or book an appointment for a **FREE** hearing screening.

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As a registered provider of SIRA and iCare NSW hearing services, our trained clinicians are equipped to offer the highest standards in hearing health care and rehabilitative services to workers who sustain hearing injuries during the course of their employment.

iCare NSW can provide fair and appropriate compensation to workers with work-related injuries or illnesses.

Call us today to find out how iCare, in conjunction with the State Insurance Regulatory Authority (SIRA) can pay the reasonable costs of a range of hearing services and devices.

Peninsula Hearing Shop 6, 2 Berith St, Umina Beach Ph 4342 9736

* World Health Organisation

Tears fall with palliative care centre announcement

Tears were in abundance when the team behind the Elsie's Retreat campaign were at the Woy Woy waterfront on February 15 to hear the Labor Party pledge support for a palliative care centre on the Peninsula.

The tears fell because this has been a fight for a community facility for dying people.

It has been a fight punctuated by the deaths of people needing palliative care, such as Anna Edgell who died on December 1 last year with terminal breast cancer.

Ms Edgell was a driving force behind the campaign for Elsie's Retreat, a campaign started after another Central Coast nurse, Elsie, needed a palliative care hospice but died in a nursing home.

In an interview with the Peninsula News last year, Ms Edgell said: "If I can continue another nurse's legacy and help achieve the dream of the Coast's first palliative facility, then that is the best gift I can give my daughter, showing her that the world is full of strong women."

"May we know them, may we raise them, may we be them."

Ms Rebecca Baldwin, who did chemotherapy with Ms Edgell and is now in remission, said that even Anna's last days were spent championing Elsie's Retreat so she could help people beyond her own life.

"As she is no longer here, I want to make sure I can help her legacy become a reality and help the families of the Central Coast have their loved ones cared for with comfort and dignity at the end of their life."

Physiotherapist Ms Phoebe Alexander, who joined other health professionals last year in urging locals to sign the petition for the Retreat, was one of many



Phoebe Alexander and Finn at the announcement

people who went along to hear the announcement.

She said last year that only when the hospice was built would the community receive the relief and comfort health professionals should be able to provide.

Elsie's Retreat committee member Ms Oana McBride, who took up Elsie's dream, spoke at the announcement.

"Today I can look up and say to my friends Elsie and Anna, they listened."

"They listened to our community, they listened to me."

"They listened to you."

"I am standing here in place of my friend Elsie."

"Elsie had a vision to close the gap in health care infrastructure."

"Creating choice for our community, her vision, as was Anna's, was to create a stand-alone palliative care hospice."

"Elsie never had a chance to

access this service but she left her dream to me, my journey brought me to Lions and a fabulous group of people that make up not only Elsie's Retreat project committee but a dedicated group of over 37 people who make up the Lions Club of Wyoming East Gosford Centennial; the amazing mentor and friend, past district Governor Margaret Pierce, who on that very first day said 'where there is Lion

there is a way',” Ms McBride said.

Ms McBride called on both sides of politics to match the funding and the promise.

On social media, co-founder of National Centre for Childhood Grief Mr Mal McKissock congratulated Ms McBride but offered a word of warning.

"I was deputy director of a 100-bed hospice and thereafter have run a charity for bereaved children for the past 40 years."

"It is with that experience I remain cautious," he said.

"I started the charity (without government funding ever) after experiencing the political interference."

"Every change of government and every change of Health Minister there was a change in policy and funding arrangements."

"It's the small print which matters not the political rhetoric."

"I have cared for numerous dying people on the Coast and was at their side, in their own home when they died."

"I certainly appreciate the need we have on the Coast."

"I commend you and the team for your thoughtfulness, energy and persistence."

"It is the people power that will get the job done."

"Thank you for all you are doing," he said.

In response to the call for both sides of politics to commit to the funding, Member for Robertson Ms Lucy Wicks said she was "extremely motivated" to see better healthcare on the Central Coast, including in palliative care services.

"There is no doubt that this is an important project for our community and for the Central Coast that has been brought about by the incredible advocacy behind the Elsie's Retreat Petition that has been circulated around the Coast," she said.

"Funding for our local hospitals and health services has grown by over 77 per cent in the last five years, with \$240m put into health on the Central Coast last year."

She said the Federal Government had made a \$48m investment locally to a Central Coast Medical School and Medical Research Institute, a commitment she was proud of.

Ms Wicks said she would have more to say about her health plan for the Coast in coming months.

SOURCE

Media release, 15 Feb 2019

Walt Secord, State Shadow

Health Minister

Media release 19 Feb 2019

Lucy Wicks, Member for Robertson

Social Media, 21 Feb 2019

Interview, 20 Feb 2019

Rebecca Baldwin.

Reporter: Marilyn Vale

Umina Chiropractic Centre

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

BACK TO SCHOOL

It's that time of the year again and as the children head back to school Australian chiropractors are encouraging parents to be mindful of their child's spinal health this new school year.

The back to school period is a great time for parents to check the fitting of their child's backpack and making a few simple changes may help prevent poor posture and long-term spinal health issues.

Some of the signs of poor posture to look out for from an incorrectly worn backpack may include: forward head posture, slouching and uneven hips. Identifying and stopping these signs early on is important as the spine is still developing

during the adolescent years.

Avoiding back to school backache is easy with these simple tips on how to wear a backpack correctly:

- Size: make sure the backpack is appropriately sized and no wider than the child's chest.
- Weight: backpacks should ideally be no heavier than 10 per cent of a student's weight when packed. Some of the ways to keep the weight of the load down is by packing only essential items and storing unrequired items in a school locker.
- Straps: both shoulder straps (preferably padded) should always be worn. Make sure to secure the sternum, waist and compression straps.
- Position: the backpack shouldn't be worn any lower

than the hollow of the lower back with all heavy items positioned at the base of the pack, closest to the spine.

ACA welcomes parents to make an appointment at your local ACA chiropractor this back to school period for more advice and assistance on selecting the right backpack, making sure it is fitted correctly to suit the child's current level of development.

For more information on how to maintain a healthy spine, please contact Umina Chiropractic Centre or visit www.chiropractors.asn.au

We look forward to caring for you and your family through the school years and beyond. Call us on 43416247 for your next appointment.



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

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AUSTRALIA

CENTRAL COAST FESTIVAL OF WOMEN

March						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Saturday 2 March		
Central Coast International Women's Day Expo	10AM-3PM	Free
Central Coast International Women's Day Committee Centre Court, Erina Fair Shopping Centre	Contact: jillgodwin16@gmail.com	
Sausage Sizzle and Cake Stall	8AM-4PM	Free
CWA of NSW Umina Beach Bunnings, Umina	Contact: margaret.key@me.com	
Monday 4 March		
Launch of 'Because We Care' Boutique	11AM	Free/Booking
Community Women's Business Network Rankins Court, Wyong	community@wnci.com.au	
Tuesday 5 March		
Women in Art Exhibition (opens)	10AM-5PM	Free
Tuggerah Lakes Art Society The Lake House, The Entrance	www.facebook.com/events/1200702833402108	
IWD Lunch & Sharing of Stories	10AM-12PM	Free/Booking
Central Coast Community Women's Health Centre 37 Maidens Brush Road, Wyoming	Contact: (02) 4337 2202	
Wednesday 6 March		
IWD Celebrating the Strength and Resilience of Women	10AM-12PM	Free/Booking
Peninsula Women's Health Centre 20A McMasters Rd, Woy Woy	pwhc@cccwhc.com.au	
CBWN Resilience Awards	10.30AM-2.20PM	\$50/\$60
Community Women's Business Network Toukley RSL, Main Road, Toukley	www.cbwn.org.au	
Thursday 7 March		
IWD Celebrating the Strength and Resilience of Women	10AM-12PM	Free/Booking
Northern Women's Health Centre 7 Rose St, Wyong	nwhc@cccwhc.com.au	
Friday 8 March		
IWD Breakfast	7AM-9AM	\$50
Community Women's Business Network and Business The Art House, Wyong	www.facebook.com/events/2140593386213549	
She Story IWD Dinner	6PM-10PM	\$110
She Story The Entertainment Grounds, West Gosford	www.shestory.com.au/events	
Saturday 9 March		
Birthing Kit Packing Day	10AM-2PM	\$3 per family
Zonta Club of Central Coast Central Coast Grammar School, Erina	hoyer_cobb@hotmail.com	
Rayon Riot	7.30PM	\$29-\$33
Naughty Noodle Fun Haus Everglades Country Club, Dunban Rd, Woy Woy	www.trybooking.com/book/event?eid=457865&	
Sunday 10 March		
SIBW Annual IWD Breakfast	7.45AM	\$47
Soroptimists International Brisbane Water The Reef Restaurant, Terrigal	Contact: cjmcc@optusnet.com.au	
All ABout Women Satellite - Streamed from Sydney Opera House	12.30PM-5.30PM	Free/Booking
The University of Newcastle UON Central Coast Campus, 10 Chittaway Rd, Ourimbah	https://bit.ly/2SEi6uV	
The Female Composer	2.30PM	\$35-\$40
Concertante Ensemble Greenway Memorial Chapel, 460 Avoca Drive, Kincumber	concertante.com.au	
Sunday 17 March		
Women in Art Exhibition (closes)		

Celebrating women on the Coast

Celebrating International Women's Day, March 8, 2019,
Tuggerah Lakes Art Society presents
a 2019 Central Coast Festival of Women event.



Women in Art Exhibition
The Entrance Lake House
5th to the 17th March 2019

Special Launch and Art Market
Tues. 5th March 2019
*Entry forms: www.tlas.org.au

LAKE HOUSE

1 Oakland Ave., The Entrance

For more information please contact
Tammy Briggs
E: secretary@tlas.org.au

*Creative artwork must be an original work by a female artist and includes - paintings, sculpture, photography, stitch art, graphics, and printmaking.
**Limitations on the number of works may apply, according to the number of entries.



www.tlas.org.au

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Everglades Country Club - Dunbar r.d. Woy Woy
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Clubs of
The Central Coast



#BalanceforBetter

Central Coast International Women's Day

EXPO

Saturday 2 March 2019 | 9AM - 3PM
Centre Court, Erina Fair Shopping Centre

Celebrating Women on the Coast – Women, Men & Children Welcome

FREE ADMISSION

Program

10.00AM	Acknowledgment to Country Chris Levis, BPW
10.00AM-10.30AM	Gosford Music Society
10.30AM-11.00AM	Ms Behavin
11.00AM-11.30AM	Glitta Supernova Cabaret Star
11.30AM-12.00PM	Embrace Belly Dancing
12.00PM-12.30PM	Central Coast Ukulele Club
12.30PM-1.00PM	Sing Australia
1.00PM-1.30PM	Coastal a Capella
1.30PM-2.00PM	Troubadours
2.00PM-2.30PM	CC Conservatorium Music
2.30PM-3.00PM	Troubadors

**all
about
women
satellite**



live streamed
direct from sydney
opera house

Booking:



me too: year two
sohaila abdulali,
emily steel,
tina tchen

leading while female
julia banks, julie bishop,
linda burney,
sarah hanson-young

**feminism in
the arab world**
aya chebbi,
randa abdel fattah,
dima matta

Date: Sunday, 10 March 2019
Time: 1pm – 6pm
Venue: University of Newcastle
10 Chittaway Road, Ourimbah
Lecture Theatre 2

#allaboutwomen



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SAMSUNG

**CENTRAL COAST
FESTIVAL OF WOMEN**
2 – 10 MARCH 2019

Health



BlueWave Living staff with their certificates

Long-serving staff recognised

A Woy Woy aged care facility celebrated the commitment

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Osteopathy and Accupuncture

Gentle treatment for back or
neck pain, joint problems,
headaches and more.

David Legge and Damon Clark
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Ph 4343 1340

of some of its longest serving staff on February 13.

BlueWave Living issued certificates of appreciation to staff members who had reached milestones in their employment with the organisation. Among those honoured included staff members who had reached the five, 10, 15 and 20 year milestones. Chief executive Mr Matt Downie said it was an honour to recognise the dedication of staff members to their careers.

“BlueWave Living enjoys an enviable reputation in the region for the provision of quality care and accommodation, and the primary reason this exists is due to the staff who make up the family of BlueWave Living. “No matter what role our staff undertake within our organisation, we each have a part to play and it is collectively as a team we really achieve truly wonderful outcomes for our residents,” Mr Downie said. **SOURCE:** Media release, 13 Feb 2019 Kylie Scott, BlueWave Living



Ms Kathy Beverley (second from left) with Brisbane Waters Private Hospital staff

Hospital staff donate money to Townsville colleagues

Staff at a local hospital have donated more than \$1000 to their colleagues in Townsville. Townsville Private Clinic staff and doctors have been impacted by the Queensland floods, according to Brisbane Waters Private Hospital chief executive Ms Kathy Beverley. “Both the hospital and the clinic fall under the Healthe Care

Australia banner so our staff felt compelled to do something,” Ms Beverley said. “We are proud to say Brisbane Waters Private held an onsite fundraiser and raised \$1017 to help our Townsville Private Clinic staff and doctors impacted by damage and loss due to the floods.” **SOURCE:** Social media, 18 Feb 2019 Kathy Beverley, Brisbane Waters Private Hospital



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Education

Students start Grease rehearsals



Students from Brisbane Water Secondary College Woy Woy Campus have begun rehearsals for their production of Grease the musical.

"The students have a great vibe and have worked so well on the opening scene," said campus principal Ms Rebecca Cooper.

"Our T Birds and Pink Ladies are looking divine and our ensemble are fabulous and have already strutted their dance moves to the opening number while learning the lyrics," she said.

The cast includes a 50-strong mix of junior and senior students with Grease set to debut at the end of Term 2.

SOURCE:
Social media, 8 Feb 2019
Rebecca Cooper, BWSC
Woy Woy Campus



Tennis player takes out championship

Umina tennis player Nick de Vivo has taken out the Opens Sydney North Tennis Championship.

The win sees Nick qualify to compete at the NSW Combined High Schools Tennis Championship which gets underway in March.

He will represent Brisbane Water Secondary College Umina Campus as part of the Sydney

North team.

Acting campus principal Mr Adam Montgomery wished Nick good luck in his quest for back-to-back selection in the Opens NSW Combined High Schools Tennis team.

SOURCE:
Social media, 19 Feb 2019
Adam Montgomery, BWSC
Umina Campus



Swim carnival held

Umina Beach Public School held its annual swimming carnival on February 15.

Over 300 students attended this year's carnival.

"The day ran very successfully and I would like to thank the parents and staff for all their hard work," said principal Ms Lyn Davis.

"The behaviour of the children was excellent and all races were competitive and great sportsmanship was displayed throughout the whole day.

"The students who were chosen for zone will be notified over the next week," she said.

The zone swimming carnival will be held at the Peninsula Leisure Centre on March 12.

SOURCE:
Newsletter, 19 Feb 2019
Lyn Davis, Umina Beach Public School

Grant for outdoor musical equipment

Pretty Beach Community Preschool will receive \$10,166 for outdoor musical equipment, thanks to a NSW Government initiative aimed at improving the environment of preschool services.

Member for Terrigal Mr Adam Crouch said the grant would make a big difference to children at Pretty Beach Community Preschool.

"I am 100 per cent committed to supporting community preschools

to ensure our littlest learners are getting access to the best quality early childhood education possible," Mr Crouch said.

"Record levels of funding are on offer thanks to our strong NSW budget, so I encourage all preschools in the Terrigal electorate to consider applying for a Quality Learning Environment grant."

SOURCE:
Media release, 20 Feb 2019
Ben Sheath, Office of Adam Crouch MP



A. Wegner
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66 Ocean Beach Road, Woy Woy

Have you been putting off getting new dentures or are your old ones not comfortable?



College principal signals shift to individual teaching

Brisbane Water Secondary College principal Mr Paul Gilmore has outlined the College's overall goals as students and staff settle into the new school year.

"The College continues to make improvements in literacy, numeracy and the Higher School Certificate results," he said.

"Schools are very complex and as we move into the year 2019, there is a continued shift from teaching a group of students to teaching the individual child.

"The challenge for every teacher is to design lessons and learning experiences that meet the individual needs of every child in their class.

"There is a new mantra in education: Every Student Matters.

"Every student has always mattered, but now we are making conscious strategic changes to the way we go about educating children.

"Two initiatives that the College is reviewing this year are Boys Education, and Gifted and Talented Education.

"This will include a whole

school review of school policy and procedures resulting in the implementation of teaching strategies for improving the outcomes of students," Mr Gilmore said.

"There is a clear intention to involve parents in this journey.

"I will be running the Parent Collaborative Group again this year.

"The parent collaborative group will meet once per term.

"I will be sending out a notice through social media and School Bytes to gather parent interest to join the collaborative group.

"The College will continue to work with the primary schools in the areas of literacy and numeracy to ensure that there is a continuum of learning from Kindergarten to Year 12.

"The cultural continuum for all aboriginal students in the Brisbane Water Learning Community will continue this year under the guidance of the Aboriginal Education Consultative Group," Mr Gilmore said.

SOURCE:
Newsletter, 19 Feb 2019
Paul Gilmore, BWSC



BWSC Woy Woy Campus has launched its HSIE Academy

Recognition for HSIE students

Brisbane Water Secondary College Woy Woy Campus' Human Society and its Environment faculty has launched a new program for HSIE students.

"After the Higher School Certificate results came out in December last year, our HSIE faculty decided to launch their HSIE Academy," said campus principal Ms Rebecca Cooper.

"This is in recognition and celebration of HSC results for our Year 12 students who have

achieved excellent HSC results in HSIE courses.

"On the noticeboard outside the HSIE staffroom upstairs in J Block, you can now see year-by-year lists of Woy Woy HSIE students who finished in the top three in their course or achieved a Band 6 HSC mark (90 plus)," Ms Cooper said.

"The HSIE Academy includes students from every Year 12 right from the start of the College in 2002, through to our most recent HSC cohort in 2018 and will be updated annually.

"There is also the very

prestigious HSIE All Stars list, which recognises students who have achieved high HSC marks in two or more HSIE courses or else one very high HSC mark (95 plus) in a HSIE course."

HSIE subjects include Aboriginal Studies, Ancient History, Business Studies, Economics, Geography, History Extension, Legal Studies, Modern History, Society and Culture, and Studies of Religion.

SOURCE:
Newsletter, 19 Feb 2019
Rebecca Cooper, BWSC Woy Woy

Parent-teacher interviews at Umina

Umina Beach Public School will be holding parent-teacher interviews from February 25 to March 6, for interested parents.

"We are hoping that parents will take advantage of the opportunity to meet the teacher in a one-to-one situation and discuss their child," said principal Ms Lyn Davis.

"Are there things about your child you want their teacher to be aware of?

"Is your child anxious about coming to school?

"How difficult is it to fit in a homework schedule around

sporting commitments?

"How do they get on with their siblings?

"Who are their friends?

"What after school activities does your child take part in?

"Does your child read at home?

"How much screen time does your child have at home?

"Knowing these things can lead to a better relationship between the teacher and your child.

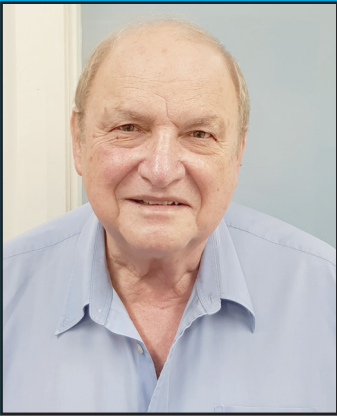
"The focus of the interview will be your child," Ms Davis said.

SOURCE:
Newsletter, 12 Feb 2019
Lyn Davis, Umina Beach Public School

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Monday 25 February

ABC (C20/21)		PRIME (C61/60)		NINE (C81/80)		TEN (C13)		SBS (C30)							
6:00 News Breakfast [s] 9:00 ABC News Mornings [s] 10:00 Antiques Roadshow [s] 11:00 Ask The Doctor (PG) [s] 11:30 Back Roads [s] 12:00 ABC News At Noon [s] 1:00 Landline [s] 2:00 Grantchester (M v) [s] 3:00 The Cook And The Chef 3:30 Julia Zemiro's Home Delivery (PG) [s] 4:00 Think Tank [s] 5:00 Grand Designs NZ [s] 6:00 The Drum [s] 7:00 ABC News [s]	7:30 7.30 [s] 8:00 Australian Story [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 Magical Land Of Oz: Human Shift [s] 12:25 The Cry (M I) [s] 1:25 Grantchester (M v) [s] 2:25 Stargazing Live [s] 3:25 Back To Earth [s] 4:00 Tony Robinson's Time Walks [s]	6:00 Sunrise [s] 7:00 The Morning Show (PG) 11:30 Seven Morning News [s] 12:00 My Kitchen Rules (PG) 1:30 Surf Patrol [s] 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 Home And Away (PG) [s] 7:30 My Kitchen Rules (PG) [s] [s] – Can perfect strangers team up to win MKR? Tonight, two	become one in a history making instant Restaurant. Can Milly and Karolina push their differences aside or will the night tear them apart? 9:00 Instant Hotel (PG) [s] 10:15 Crazy On A Plane (M I.s) 11:15 The Latest Seven News 11:45 Hooked On The Look (MA15+) [s] 12:30 Home Shopping	5:30 Today [s] 9:00 Today Extra [s] 11:30 NINE's Morning News [s] 12:00 The 91st Annual Academy Awards (PG) [s] – Join a star studded line up of presenters for the 91st Academy Awards. 'Roma' and 'The Favourite' are both up for Best Picture, while Lady Gaga and Bradley Cooper are favourites for Best Actor/Actress. 3:30 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] [s] – Join a star studded line up of presenters for the 91st Academy Awards. 'Roma' and 'The Favourite' are both up for Best Picture, while Lady Gaga and Bradley Cooper are favourites for Best Actor/Actress. 1:00 Extra [s] 1:30 Home Shopping 4:00 Ellen (PG) [s]	6:00 Headline News [s] 8:30 Studio 10 (PG) [s] 12:00 Dr Phil (PG) [s] 1:00 Dancing With The Stars (PG) [s] 3:00 Judge Judy (PG) [s] 3:30 Entertainment Tonight 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 Dancing With The Stars (PG) [s] 9:30 The Graham Norton Show (M) [s] – Graham Norton he hosts Laura Linney, Saoirse Ronan, Timothee Chalamet, Stephen Mangan and The 1975. 10:30 Program To Be Advised 11:30 WIN's All Australian News [s] 12:30 The Project [s] 1:30 The Late Show (PG) [s] 2:30 Home Shopping 4:30 CBS - This Morning	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 Look Me In The Eye (PG) 3:05 Ball & Boe: One Night Only 4:05 Hidden Restaurants With Michel Roux Jnr: The South West 5:00 The Supervet (PG)	6:00 Letters And Numbers 6:30 SBS World News 7:35 The Kennedys: The Power Of Wealth 8:30 Michael Mosley: Guts (M) 9:30 24 Hours In Emergency: Always On My Mind (M) 10:25 SBS World News Late 10:55 The World Game 11:30 Home Ground (M I) (In Norwegian) 12:30 Being Transgender 1095: A Transgender Story (MA15+) 1:30 Frisky Business (MA15+)							
ABCCOMEDY (C22)		ABCME (C23)		ABCNEWS (C24)		SBS VICE (C31/32)		SBS FOOD (C33)		SBS NITV (C34)		7TWO (C62)		7MATE (C63)	
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 I) 8:30 The Office (PG) 9:15 The Good Place (M s) 10:00 Idiotsitter (M) 10:20 30 Rock (PG) 10:45 Parks And Recreation (PG) 11:05 Reno 911! (M) 11:30 The Office (M)		3:35 The Wild Adventures Of Blinky Bill 4:00 Officially Amazing 4:35 Hank Zipzer 5:00 Find Me In Paris 5:25 Wish!art! 6:00 Kung Fu Panda 6:30 Operation Ouch! 7:00 Junior Vets 7:30 Danger Mouse 8:05 The Deep 8:25 Detention- aire 8:50 You're Skitting Me 9:10 Dance Academy 9:25 rage (PG)		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 News 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		2:55 It's Supertime (PG) 3:20 PopAsia (PG) 4:20 Vs Arashi (PG) (In Japanese) 5:15 If You Are The One (PG) (In Mandarin) 6:10 The Ice Cream Show (PG) 6:35 Mythbusters (PG) 7:30 RockWiz (PG) 8:35 Housos (MA15+) 9:00 Adam Looking For Eve (MA15+) (In Dutch) 10:00 Taboo (MA15+)		4:00 Food Lovers' Guide To Australia 4:30 Drive Thru Australia 5:00 Bonacini's Italy 5:30 The Cook And The Chef 6:30 The Naked Chef 7:35 Kylie Kwong: Heart And Soul 8:30 Essence Of India (PG) 9:30 United Plates Of America (PG) 10:00 The Cook And The Chef 11:00 The Naked Chef		3:54 Bushwhacked 4:19 Grounded 4:48 The Time Compass 5:00 Volumz 6:00 Surviving Dr Phil (PG) [s] 1:00 Ambulance Australia (PG) [s] 2:00 Entertainment Tonight 2:30 Neighbours (PG) [s] 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]		3:00 Harry's Practice 3:30 RSPCA Animal Rescue 4:00 Medical Emergency (PG) 4:30 Air Crash Investigations (PG) 5:30 Property Ladder UK (PG) 6:30 Bargain Hunt 7:30 Doc Martin (PG) 8:30 Lewis (M v) 10:30 Cold Feet (M) 11:30 Air Crash Investigations (PG) 12:30 Medical Emergency (PG)		3:00 Blokesworld (PG) 3:30 Bloopers (PG) 4:00 Swamp People (PG) 5:00 Megastructures (PG) 6:00 American Pickers (PG) 7:00 Pawn Stars (PG) 7:30 American Pickers (PG) 8:30 Movie: 'Taken 3' (MA15+) (14) Stars: Famke Janssen 10:30 Movie: 'Max Payne' (MA15+) (08) Stars: Mark Wahlberg	
7FOOD (C74)		7FLIX (C66)		10 PEACH (C11)		10 BOLD (C12)		GEM (C82)		GO! (C83/88)		9LIFE (C84)		ADVERTISE HERE 43257369	
2:00 Giada At Home (PG) 2:30 The Kitchen (PG) 3:30 The Pioneer Woman (PG) 4:00 House Of Wellness 5:00 Kid's Baking Championship (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)		10:30 Travel Oz (PG) 12:00 Blood And Oil (M) 2:15 My Kitchen Rules (PG) 3:45 Bewitched (PG) 4:15 M*A*S*H (PG) 7:30 Seinfeld (PG) 8:30 Modern Family (PG) 12:30 Movie: 'A Woman Rebels' (PG) (36) Stars: Herbert Marshall 2:30 Movie: 'Powder Town' (PG) (42) Stars: Victor McLaglen		3:00 Everybody Loves Raymond (PG) 3:30 Becker (PG) 4:30 The King Of Queens (PG) 5:30 Frasier (PG) 6:00 Pointless (PG) 6:30 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 Two And A Half Men (M) 11:30 The Late Late Show (M)		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 Rugby: Super Rugby Wrap		2:15 Mad About You (PG) 2:45 The Good Life 3:25 Expedition Unknown (PG) 4:25 Heartbeat (PG) 5:30 Vet On The Hill (PG) 6:30 Antiques Roadshow 7:30 The 91st Annual Academy Awards (PG) 11:00 Unforgettable (M) 12:00 The Good Life 12:30 My Favourite Martian 1:00 Home Shopping 4:30 Religious Programs		4:00 Be Cool Scooby Doo! (PG) 4:30 The Tom And Jerry Show 5:00 Adventure Time (PG) 5:30 Regular Show (PG) 6:00 Friends (PG) 7:00 The Big Bang Theory (PG) 9:00 Movie: 'Rambo: First Blood Part II' (M v.) (85) Stars: Sylvester Stallone 11:00 The Big Bang Theory (PG) 12:00 Meet The Hackers (PG)		2:30 Helloworld 1:30 House Hunters International 3:00 The Block Sky High (PG) 4:00 Come Dine With Me Couples (PG) 5:00 Louisiana Flip N Move 6:00 House Hunters International 7:00 House Hunters USA 7:30 Bolched (M rmp) 8:30 Dr Christian Jessen Will See You Now (M) 9:30 TBA			

Tuesday 26 February

ABC (C20/21)

6:00 News Breakfast [s]

7:00 ABC News [s]

9:00 ABC News Mornings [s]

10:00 Grand Designs NZ [s]

11:00 Ask The Doctor (PG) [s]

11:30 Back Roads [s]

12:00 ABC News At Noon [s]

1:00 Four Corners [s]

1:45 Media Watch (PG) [s]

2:00 Grantchester (M v) [s]

3:00 Poh's Kitchen [s]

3:30 Julia Zemiro's Home Delivery (PG) [s]

4:00 Think Tank [s]

5:00 Grand Designs NZ [s]

6:00 The Drum [s]

7:00 ABC News [s]

7:30 7.30 [s]

8:00 Foreign Correspondent: Climate Hackers [s]

8:30 Catalyst [s]

9:30 Forces Of Nature With Brian Cox (PG) [s]

10:30 ABC Late News [s]

11:00 The Business [s]

11:15 Q&A [s]

12:25 Grantchester (M v) [s]

1:25 Stargazing Live [s]

2:30 Back To Earth [s]

2:55 Forces Of Nature With Brian Cox (PG) [s]

PRIME (C61/60)

6:00 Sunrise [s]

9:00 The Morning Show (PG)

11:30 Seven Morning News [s]

12:00 Program To Be Advised

1:30 Surf Patrol [s]

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 Home And Away (PG) [s]

7:30 My Kitchen Rules (PG) [s]

[s] – Group 1 return with the power to send our second team home at the

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]

[s] – There is a huge flare-up between Cyrell and Martha over a rumour about Nic.

9:00 Travel Guides: Argentina (PG) [s]

10:00 True Story With Hamish And Andy: Lisa (PG) [s]

10:30 Better Late Than Never (PG) [s]

11:25 Chicago Justice: AQR (M) [s]

12:25 Major Crimes (M) [s]

1:15 Extra [s]

1:35 The Hold Down (PG) [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 Ambulance Australia (PG) [s]

2:00 Entertainment Tonight

2:30 Neighbours (PG) [s]

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]

SBS (C30)

5:00 CGTN English News

5:15 NHK World English News

5:30 Worldwatch

1:00 PBS Newshour

2:00 Look Me In The Eye (PG)

3:00 Who Do You Think You Are?: Greg Davies (PG)

4:05 Hidden Restaurants With Michel Roux Jnr: The North West

5:00 The Supervet (PG)

6:00 Letters And Numbers

6:30 SBS World News

7:35 Michael Portillo's

8:30 Abandoned Britain: Countdown To WW3

8:30 Insight: A Stranger Saved My Life

9:30 8 Out Of 10 Cats Does Countdown

10:30 SBS World News Late

11:00 Ride Upon The Storm (M) (In Danish)

12:10 Spiral (MA15+) (In French)

1:20 Gender Revolution With Katie Couric (M)

3:05 Survival Of The Fabulous (PG)

ABCCOMEDY (C22)

6:00 Rusty Rivets

6:25 Peter Rabbit

7:05 Andy's Wild Adventures

7:30 Spicks And Specks (PG)

8:00 Adam Hills: The Last Leg (M)

8:40 Black Books (PG)

9:05 The Office (PG)

9:50 Hang Ups (M I.s)

10:15 Man Like Mobeen (M)

10:40 30 Rock (PG)

11:05 Parks And Recreation (PG)

11:25 Reno 911! (M)

ABCME (C23)

3:35 The Wild Adventures Of Blinky Bill

4:00 Officially Amazing

4:35 Hank Zipzer

5:00 Find Me In Paris

5:25 Wish!art!

6:00 Kung Fu Panda

6:30 Operation Ouch!

7:00 Junior Vets

7:30 Danger Mouse

8:05 The Deep

8:25 Detention- aire

8:50 You're Skitting Me

9:00 Dance Academy

9:25 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 News

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

SBS VICE (C31/32)

2:40 It's Supertime (PG)

3:05 States Of Undress (PG)

4:00 PBS Newshour

5:00 If You Are The One (PG) (In Mandarin)

6:10 Vice News Tonight

6:35 Mythbusters (PG)

7:30 The Business Of Art (PG)

7:55 Apache Stronghold (M I)

8:40 Payday (M d)

9:35 Scientology And The Aftermath (M)

SBS FOOD (C33)

4:00 Food Lovers' Guide To Australia

4:30 Anjum's Australian Spice Stories

5:00 Bonacini's Italy

5:30 The Cook And The Chef

6:30 The Naked Chef

7:35 Luke Nguyen's Vietnam

8:30 Poh's Kitchen

9:30 United Plates Of America

10:00 The Cook And The Chef (PG)

11:00 The Naked Chef

SBS NITV (C34)

5:00 Volumz

6:00 Around The Campfire

6:30 The Chefs' Line

7:00 Our Stories

7:30 NITV News

7:35 Shade: Queens Of NYC

8:05 Transcendent

8:35 Toa Hunter Gatherer

9:35 NITV News

9:40 Hunting Aotearoa

10:40 Pro Bull Riding Newcastle, NSW

11:40 Chappelle's Show (M d.)

12:10 Transcendent

7TWO (C62)

3:00 Harry's Practice

3:30 RSPCA Animal Rescue

4:00 Medical Emergency (PG)

4:30 Air Crash Investigations (PG)

5:30 Property Ladder UK (PG)

6:30 Bargain Hunt

7:30 Jonathan Creek (M v)

8:30 Crime Investigation Australia (MA15+)

10:00 TBA

11:00 Crimes That Shook The World (MA15+)

7MATE (C63)

3:00 Mythbusters (PG)

4:00 Swamp People (PG)

5:00 Megastructures (PG)

6:00 American Pickers (PG)

7:00 Pawn Stars (PG)

7:30 Highway Patrol (PG)

8:30 Aussie Lobster Men (PG)

9:30 Mega Marine Machines (PG)

10:30 Great Lake Warriors (PG)

11:30 Hardliners (M I)

12:00 Ax Men (M)

1:00 Ice Road Truckers (PG)

7FOOD (C74)

1:30 Chopped (PG)

2:30 The Kitchen (PG)

3:30 Guy's Big Bite (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 Dinners (PG)

8:30 Ramsay's Kitchen Nightmares (MA15+)

9:30 Restaurant Impossible (PG)

7FLIX (C66)

10:30 Travel Oz (PG)

12:00 Blood And Oil (M v.s)

2:15 My Kitchen Rules (PG)

3:45 Bewitched (PG)

4:15 M*A*S*H (PG)

7:30 Seinfeld (PG)

8:30 Modern Family (PG)

12:30 Movie: 'Time Served' (MA15+) (99) Stars: Catherine Oxenberg

2:00 Movie: 'Government Girl' (G) (43) Stars: Olivia de Havilland

10 PEACH (C11)

3:00 Everybody Loves Raymond (PG)

3:30 Becker (PG)

4:30 The King Of Queens: The Rock! Educating Doves (PG)

5:30 Frasier (PG)

6:00 Pointless (PG)

6:30 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)

12:30 Home Shopping

10 BOLD (C12)

1:00 WIN's All Australian News

2:00 Jake And The Fatman (PG)

3:00 Rugby: Super Rugby Wrap

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)

12:30 Home Shopping

GEM (C82)

2:15 Mad About You (PG)

2:45 The Good Life

3:25 Expedition Unknown (PG)

4:25 Heartbeat (PG)

5:30 Vet On The Hill (PG)

6:30 Antiques Roadshow

7:30 New Tricks (M s)

8:40 The Great Train Robbery (M v)

10:40 Aircrash Confidential (M)

11:40 Law And Order SVU (M)

12:35 My Favourite Martian

GO! (C83/88)

4:00 Be Cool Scooby Doo! (PG)

4:30 The Tom And Jerry Show

5:00 Adventure Time (PG)

5:30 Regular Show (PG)

6:00 Friends (PG)

7:00 The Big Bang Theory (PG)

7:30 Young Sheldon (PG)

8:30 Movie: 'The 5th Wave' (M v.) (16) Stars: Chloe Grace Moretz

10:45 The Big Bang Theory (PG)

11:10 Young Sheldon (PG)

9LIFE (C84)

1:00 House Hunters USA

2:00 Island Life

3:00 The Block Sky High (PG)

4:00 Come Dine With Me Couples (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

10:30 TBA

11:30 House Hunters International

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Wednesday 27 February

ABC (C20/21)		PRIME (C61/60)		NINE (C81/80)		TEN (C13)		SBS (C30)							
6:00 News Breakfast [s] 9:00 ABC News Mornings [s] 10:00 Grand Designs NZ [s] 11:00 Ask The Doctor (PG) [s] 11:30 Back Roads [s] 12:00 ABC News At Noon [s] 12:30 National Press Club Address [s] 1:30 Compass (PG) [s] 2:00 Grantchester (M v) [s] 3:00 The Cook And The Chef 3:30 Julia Zemiro's Home Delivery (PG) [s] 4:00 Think Tank [s] 5:00 Grand Designs NZ [s]	6:00 The Drum [s] 7:00 ABC News [s] 7:30 7.30 [s] 8:00 Hard Quiz (PG) [s] 8:30 Rosehaven (PG) [s] 9:00 Get Krack!n (MA15+) [s] 9:30 Would I Lie To You? (PG) 10:00 Adam Hills: The Last Leg (M) [s] 10:45 ABC Late News [s] 11:15 The Business [s] 11:30 Four Corners [s] 12:15 Media Watch [s] 12:35 Grantchester (M v) [s] 1:20 rage (MA15+) [s]	6:00 Sunrise [s] 7:00 The Morning Show [s] 11:30 Seven Morning News [s] 12:00 Program To Be Advised 1:30 Surf Patrol [s] 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 Home And Away (PG) [s] 7:30 My Kitchen Rules (PG) [s] [s] - Group 1 and 2 face off for the first time in a challenge celebrating the	most memorable dishes in MKR history. One team's failure brings their whole group crashing down. Which team will be going home? 9:00 Undercurrent: Real Murder Investigation (M) 10:05 Special: The Taxi Cab Rapist (MA15+) [s] 11:05 The Latest Seven News 11:35 Robbie Coltrane's Critical Evidence: Dead Man's Hollow (M v) Home Shopping	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:	Anthropocene (M mp) [s] - Max faces the pressure of his first fundraising gala at the hospital. 10:00 True Medical: Young At Heart (M) [s] 11:00 Rizzoli And Isles: Too Good To Be True (MA15+) [s] 11:55 Cold Case: Debut (M) [s] 12:45 Real Detective: Malice (M) [s] Extra [s] Home Shopping Ellen (PG) [s]	6:00 Headline News [s] 8:30 Studio 10 (PG) [s] 12:00 Dr Phil (PG) [s] 1:00 Program To Be Advised 2:00 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 Bondi Rescue (PG) [s] 8:30 Law And Order: SVU: Brothel / Guardian (M) [s] 10:30 Hawaii-Five-O: Kau Pahi Ko'kua Kau Pu Ko'u Po'o (Your Knife, My Back, My Gun, Your Head) (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	5:00 CGTN English News 5:15 NHK World English News 5:30 Worldwatch 1:00 PBS Newshour 2:00 Look Me In The Eye (PG) 3:00 Insight: A Stranger Saved My Life 4:00 Hidden Restaurants With Michel Roux Jnr: The West Country 5:00 The Supervet (PG) 6:00 Letters And Numbers 6:30 SBS World News 7:30 Gourmet Farmer	8:00 Great British Railway Journeys: Batley To Sheffield 8:35 Secrets Of The Toy Shop: Inside Hamleys . 9:30 McMaia (M I) (In English/ Russian/ Arabic) 10:40 SBS World News Late 11:00 Berlin Station: The Green Dacha (MA15+) (15) Stars: Brennan Bastoyanszky, Pearse Egan, Aki Mizutani						
ABCCOMEDY (C22)		ABCME (C23)		ABCNEWS (C24)		SBS VICE (C31/32)		SBS FOOD (C33)		SBS NITV (C34)		7TWO (C62)		7MATE (C63)	
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 I.s) 9:00 The Office (PG) 9:45 Sick Of It (M I) 10:10 Asian Provocateur (M) 10:40 30 Rock (PG) 11:00 Parks And Recreation (PG)		3:35 The Wild Adventures Of Blinky Bill 4:00 Officially Amazing 4:35 Hank Zipzer 5:00 Find Me In Paris 5:25 Wish!art! 6:00 Kung Fu Panda 6:30 Operation Ouch! 7:00 Junior Vets 7:30 Danger Mouse 8:05 The Deep 8:25 Detention- aire 8:50 You're Skitting Me 9:00 Dance Academy 9:25 rage (PG)		6:00 News Breakfast 9:00 ABC News Mornings 12:00 ABC News At Noon 12:30 National Press Club Address 1:30 ABC News 3:00 ABC News Afternoons 4:00 Afternoon Briefing 5:00 ABC National News 6:00 ABC News Hour 7:00 The Drum 8:00 ABC News Tonight 9:45 The Business 10:00 The World		2:45 It's Supertime (PG) 3:10 Huang's World (PG) 4:00 PBS Newshour 5:00 If You Are The One (PG) (In Mandarin) 6:10 Vice News Tonight 6:35 Mythbusters (PG) 7:30 RockWiz (PG) 8:35 Movie: 'Jaws: The Revenge' (PG) (87) Stars: Michael Caine 10:20 Movie: 'Troll 2' (M v) (91) Stars: Michael Stephenson		4:00 Food Lovers' Guide To Australia 4:30 Anjum's Australian Spice Stories 5:00 Bonacini's Italy 5:30 The Cook And The Chef 6:30 The Naked Chef 7:35 Paul And Nick's Big NZ Food Trip 8:30 Lee Chan's World Tour 9:30 United Plates Of America 10:00 The Cook And The Chef (PG) 11:00 The Naked Chef		5:00 Volumz 6:00 Desperate Measures 6:30 The Chefs' Line 7:00 Our Stories 7:20 Symbol Of Strength 7:25 NITV News 7:30 Shade: Queens Of NYC 8:00 Transcendent 8:30 The Point 9:30 The Rape Of Racy Taylor (PG) 11:00 NITV News 11:05 Urban Dreaming (PG) 11:35 Defining Moments 12:00 The Point		3:00 Harry's Practice 3:30 RSPCA Animal Rescue 4:00 Medical Emergency (PG) 4:30 Air Crash Investigations (PG) 5:30 Property Ladder UK (PG) 6:30 Bargain Hunt 7:30 Pie In The Sky: The Mild Brunch (PG) 8:30 Foyle's War (PG) 9:30 Mighty Cruise Ships (PG) 11:30 Air Crash Investigations (PG)		2:00 Ice Road Truckers (M I) 3:00 American Pickers (PG) 4:00 Swamp People (PG) 5:00 Megastructures (PG) 6:00 American Pickers (PG) 7:00 Pawn Stars (PG) 7:30 The Simpsons (PG) 8:00 Futurama (PG) 9:00 The Simpsons (PG) 9:30 Family Guy (M) 10:00 American Dad (M v.s) 11:00 Family Guy (M)	
7FOOD (C74)		7FLIX (C66)		10 PEACH (C11)		10 BOLD (C12)		GEM (C82)		GO! (C83/88)		9LIFE (C84)		ADVERTISE HERE 43257369	
1:30 Chopped (PG) 2:30 The Kitchen (PG) 3:30 Guy's Big Bite (PG) 4:00 Giada At Home (PG) 4:30 Restaurant Impossible (PG) 5:30 Mystery Dinners (PG) 6:30 Chopped (PG) 7:30 Hairy Bikers' Northern Exposure (PG) 8:30 Ramsay's Kitchen Nightmares USA (M I) 10:30 Ramsay's Costa Del Nightmares (M I)		9:00 ZooMoo 10:00 James Robison 10:30 Travel Oz (PG) 12:00 Blood And Oil (M v.s) 2:15 My Kitchen Rules (PG) 3:45 Bewitched (PG) 4:15 M*A*S*H (PG) 7:30 Make You Laugh Out Loud (PG) 8:30 Bones (M) 12:20 Movie: 'Having Wonderful Time' (G) (38) Stars: Ginger Rogers 2:00 Home Shopping		3:00 Everybody Loves Raymond (PG) 3:30 Becker (PG) 4:30 The King Of Queens (PG) 5:30 Frasier (PG) 7:00 Everybody Loves Raymond (PG) 7:30 Two And A Half Men (PG) 8:30 Movie: 'Signs' (M) (02) Stars: Mel Gibson 11:10 Two And A Half Men (PG) 11:40 The Late Late Show With James Corden (M)		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 NCIS: Los Angeles (M v) 10:20 NCIS (PG) 12:10 Home Shopping		2:15 Mad About You (PG) 2:45 The Good Life 3:25 Expedition Unknown (PG) 4:25 Heartbeat (PG) 5:30 Vet On The Hill (PG) 6:30 Antiques Roadshow 7:30 Poirot: The Plymouth Express (PG) 8:40 Agatha Christie's Marple (PG) 10:40 Cold Case (M) 11:40 The Bible (M v) 12:35 My Favourite Martian 1:00 Home Shopping		4:00 Be Cool Scooby Doo! (PG) 4:30 The Tom And Jerry Show 5:00 Adventure Time (PG) 5:30 Regular Show (PG) 6:00 Friends (PG) 7:00 The Big Bang Theory (PG) 8:30 Movie: 'XXX' (M v.) (02) Stars: Vin Diesel 11:00 The Big Bang Theory (PG) 12:00 Battlebots (PG) 1:00 Friends (PG) 1:30 Robot Chicken (MA15+)		1:00 Helloworld 1:30 Getaway (PG) 2:00 Flip Or Flop 3:00 The Block Sky High (PG) 4:00 Come Dine With Me Couples (PG) 5:00 Building Off The Grid 6:00 House Hunters International 7:00 House Hunters USA 7:30 Masters Of Flip 8:30 Tiny Luxury 9:00 Talking Married (M) 10:00 Love After Lockup (M)			



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THE ART HOUSE

Thursday 28 February

ABC (C20/21)		PRIME (C61/60)		NINE (C81/80)		TEN (C13)		SBS (C30)	
6:00 News Breakfast [s]	6:00 The Drum [s]	6:00 Sunrise [s]	singer are electrocuted during their turf inspired spot on a TV music show, Peregrine's ex-boyfriend Eric is under suspicion for their deaths.	5:30 Today [s]	8:00 Young Sheldon: Guons. Guacamole, And The Col- our Purple [PG] [s]	6:30 Headline News [s]	6:30 The Project [PG] [s]	5:00 CGTN English News	4:30 Vice World Of Sports
9:00 ABC News Mornings [s]	6:55 Sammy J [s]	9:00 The Morning Show [s]		9:00 Today Extra [s]		8:30 Studio 10 [PG] [s]	7:30 Show Me The Movie! [PG] [s]	5:15 NHK World English News	5:00 The Supervet [PG]
10:00 Grand Designs NZ [s]	7:00 730 [s]	11:30 Seven Morning News [s]		12:00 Ellen [PG] [s]	8:30 Australian Crime Stories: Packer's Gold [M] [s]	12:00 Dr Phil [PG] [s]	8:30 Gogglebox [M] [s]	5:30 Worldwatch	6:00 Letters And Numbers
11:30 Ask The Doctor [PG] [s]	8:30 Back Roads [s]	12:00 Program To Be Advised		1:00 Ellen [PG] [s]		1:00 Program To Be Advised	9:30 Blue Bloods: Blues [M] [s]	6:30 Football: Premier League: Chelsea v Tottenham Hotspurs	6:30 SBS World News
11:30 Back Roads [s]	7:30 Escape From The City [s]	1:30 Surf Patrol [s]		1:00 Ellen [PG] [s]		2:00 Entertainment Tonight	10:30 Blue Bloods: Pick Your Poison (M v) [s]	7:30 Henry IX: The Lost King	8:35 Secrets Of Harrods
12:00 ABC News At Noon [s]	9:00 Grand Designs Australia [s]	2:00 The Daily Edition [s]		1:30 Married At First Sight [M] [s]	9:30 Bad Mothers (M s,v) [s]	2:30 Neighbours [PG] [s]	11:30 Blue Bloods: News [s]	8:30 Department Store	9:30 Trust Me
1:00 Adam Hills: The Last Leg [M] [s]	9:50 The Tunnel (MA15+) [s]	3:00 The Chase UK [s]	10:30 The Latest Seven News	3:00 NINE News Now [s]	10:30 Program To Be Advised	3:00 Judge Judy [PG] [s]	11:30 WIN's All Australian News [s]	10:35 Counterpart: Something Borrowed (M) [s]	9:30 Trust Me
1:30 Program To Be Advised	10:45 ABC Late News [s]	4:00 Seven News At 4 [s]	11:00 Autopsy USA: George Michael (M d,s) [s]	4:00 NINE's Afternoon News	11:30 Manifest: Upgrade (M v)	3:30 Everyday Gourmet With Justine Schofield [s]	12:30 The Project [PG] [s]	11:40 SBS World News Late	11:40 The Good Fight (M)
2:00 Granthester (M v) [s]	11:15 The Business [s]	5:00 The Chase Australia [s]	12:00 Powerless: Van v Emily: Dawn Of Justice [PG] [s]	5:00 Millionaire Hot Seat [s]	12:30 Imposters: See You Soon, Macaroni (M l,s,d)	4:00 The Cook's Pantry With Matt Sinclair [s]	1:30 The Late Show With Stephen Colbert [PG] [s]	1:45 The Night Manager (M s)	
3:00 The Cook And The Chef	11:30 Wentworth (M l) [s]	6:00 Home And Away [PG] [s]	12:30 Home Shopping	6:00 NBN News [s]	1:30 Home Shopping	4:30 The Bold And The Beautiful [PG] [s]	2:30 Home Shopping		
3:25 Julia Zemiro's Home Delivery [PG] [s]	1:20 National Press Club Address [s]	8:30 Ms Fisher's Modern Murder Mysteries (M v) [s] – When a pop star singer and his back-up		7:30 Young Sheldon: A Nuclear Reactor And A Boy Called Lovey [PG] [s]	4:00 Ellen [PG] [s]	5:00 10 News First [s]	4:30 CBS - This Morning		
4:00 Think Tank [s]	2:20 The Tunnel (MA15+) [s]					6:00 Pointless [PG] [s]			
5:00 Grand Designs NZ [s]									
ABCCOMEDY (C22)		ABCME (C23)		ABCNEWS (C24)		SBS VICE (C31/32)		SBS FOOD (C33)	
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 Sammy J 9:05 The Office (PG) 9:50 Get Krackn (M l) 10:20 The Good Place (M s) 11:05 30 Rock (PG) 11:25 Parks And Recreation (PG) 11:50 Reno 911! (M)		3:35 The Wild Adventures Of Blinky Bill 4:00 Officially Amazing 4:35 Hank Zipzer 5:00 Find Me In Paris 5:25 Wish!art! 6:00 Kung Fu Panda 6:30 Operation Ouch! 7:30 Junior Vets 7:30 Danger Mouse 8:05 The Deep 8:25 Detentionaire 8:50 You're Skitting Me 9:00 Dance Academy 9:25 rage (PG)		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 News 6:00 ABC News Hour 7:00 The Drum 7:55 Heywire 8:00 ABC News Tonight 9:45 The Business 10:00 The World 11:00 ABC Nightly News 12:00 ABC Late News		3:00 Dead Set On Life (PG) 3:30 Woman With Gloria Steinem (PG) 4:00 PBS Newshour 5:00 VICE (PG) 5:30 Vice News Tonight 6:00 The Mythbusters Reunion (PG) 7:00 Football: Cup Of Nations: Australia v New Zealand 'Live' From Jubilee Stadium 9:30 The Feed 10:30 Sex Diaries (MA15+)		4:00 Food Lovers' Guide To Australia 4:30 Anjum's Australian Spice Stories 5:00 Bonacini's Italy 5:30 The Cook And The Chef 6:30 The Naked Chef 7:35 Rick Stein's Long Weekends 8:40 Two Greedy Italians 9:35 United Plates Of America (PG) 10:00 The Cook And The Chef 11:00 The Naked Chef	
7FOOD (C74)		7FLIX (C66)		10 PEACH (C11)		10 BOLD (C12)		GEM (C82)	
1:30 Chopped (PG) 2:30 The Kitchen (PG) 3:30 Guy's Big Bite (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 Costa Del Nightmares (M) 8:30 Ramsay's Kitchen Nightmares (M) 10:30 Ramsay's Costa Del Nightmares (M)		10:30 Travel Oz (PG) 12:00 Blood And Oil (M v,s) 2:15 My Kitchen Rules (PG) 3:45 Bewitched (PG) 4:15 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 Battle Creek (M d,v) 2:30 Movie: 'Step Lively' (G) (44) Stars: Frank Sinatra		3:00 Everybody Loves Raymond (PG) 3:30 Becker (PG) 4:30 The King Of Queens (PG) 5:30 Frasier (PG) 7:00 Everybody Loves Raymond (PG) 7:30 Two And A Half Men (PG) 9:00 This Is Us (M) 10:00 Sex And The City (MA15+) 11:45 The Late Late Show With James Corden (M) 12:40 Home Shopping		1:00 WIN's All Australian News 2:00 Jake And The Fatman (PG) 3:55 PBS Newshour 4:55 If You Are The One (PG) 5:30 Judge Judy (PG) 6:00 Star Trek: Voyager (PG) 6:00 Judge Judy (PG) 6:30 Bondi Rescue (PG) 7:30 NCIS (M) 8:30 Hawaii Five-O (M) 9:30 Madam Secretary (M) 10:30 NCIS (M) 11:30 NCIS: Los Angeles (M)		1:40 Mad About You (PG) 2:10 The Secret Life Of The Zoo (PG) 3:15 Poirot (PG) 4:25 Heartbeat (PG) 5:30 Vet On The Hill (PG) 6:30 Antiques Roadshow 7:30 Death In Paradise (M v) 8:40 Midsomer Murders (M v) 10:30 Rizzoli And Isles (M v) 1:00 Call And Win (M) 3:00 Home Shopping 4:30 Religious Programs	
7GO! (C83/88)		9LIFE (C84)		ADVERTISE HERE 43257369					
4:00 Be Cool Scooby Doo! (PG) 4:30 The Tom And Jerry Show 5:00 Adventure Time (PG) 5:30 Regular Show (PG) 6:00 Friends (PG) 7:00 The Big Bang Theory (PG) 7:30 Survivor: Edge Of Extinction (PG) 8:30 TBA 10:30 The Big Bang Theory (PG) 11:00 Kevin Can Wait (PG) 12:00 WWE Raw (MA15+) 1:00 Friends (PG)		1:00 Tiny Luxury 1:30 Love Shack (PG) 3:00 The Block Sky High (PG) 4:00 Come Dine With Me Couples (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 Lord Island Medium (M)							

Friday 1 March

ABC (C20/21)		PRIME (C61/60)		NINE (C81/80)		TEN (C13)		SBS (C30)	
6:00 News Breakfast [s]	7:00 ABC News [s]	6:00 Sunrise [s]	8:30 Gardens [s]	5:30 Today [s]	General sets out to exact vengeance against the corrupt emperor who murdered his family and sent him into slavery. Stars: Russell Crowe, Joaquin Phoenix, Connie Nielsen	6:00 Headline News [s]	6:30 The Project [PG] [s]	5:00 CGTN English News	The South East
9:00 ABC News Mornings [s]	7:30 Gardening Australia [s]	9:00 The Morning Show [s]	Movie: "The Martian" (M l) (15) – An astronaut becomes stranded on Mars after his team assume him dead, and must rely on his ingenuity to find a way to signal to Earth that he is alive. Stars: Matt Damon, Jessica Chastain, Kate Mara, Chiwetel Ejiofor, Jeff Daniels, Michael Peña	9:00 Today Extra [PG] [s]		8:30 Studio 10 [PG] [s]	7:30 Changing Rooms [PG] [s]	5:15 NHK World English News	5:00 The Supervet (PG)
10:00 Grand Designs NZ [s]	8:30 The Heights [PG] [s]	11:30 Seven Morning News [s]		11:30 NINE's Morning News [s]		12:00 Dr Phil [PG] [s]	9:00 The Graham Norton Show (M) [s] – Graham Norton hosts Dame Judi Dench, Sir Kenneth Branagh, Anthony Joshua, Greg Davies, Naomi Rapace and Claire Richards.	6:00 Letters And Numbers	6:00 Letters And Numbers
11:30 Ask The Doctor [PG] [s]	9:25 The Split (M s) [s] – Hannah has left the family firm to begin a new job, where she unexpectedly reconnects with the only other man she could have imagined her life with.	12:00 Movie: "Mommy, I Didn't Do It" (M v) (17) Stars: Danica McKellar, Jonathan Bennett, Paige Searcy, Jen Lilley, Jamie-Lynn Sigler, Jaleel White		1:00 Bad Mothers (M v,s) [s]		1:00 Program To Be Advised	10:00 Program To Be Advised	5:30 Worldwatch	6:30 SBS World News
11:30 Back Roads (PG) [s]		2:00 The Daily Edition [s]		2:00 Travel Guides [PG] [s]		2:30 Neighbours [PG] [s]	11:00 The Project (PG) [s]	1:00 PBS Newshour	7:30 Coast New Zealand: The Point
12:00 ABC News At Noon [s]		3:00 The Chase UK [s]		3:00 NINE News Now [s]		3:00 Judge Judy [PG] [s]	12:00 WIN's All Australian News	2:00 The Point	8:30 Movie: "Pride" (M l,n,s) (14) Stars: Ben Schnetzer, Dominic West
1:00 One Plus One [s]		4:00 Seven News At 4 [s]		4:00 NINE's Afternoon News		3:30 Everyday Gourmet With Justine Schofield [s]	1:00 The Project (PG) [s]	3:00 NTV News Week In Review	10:40 SBS World News Late
1:30 Foreign Correspondent		5:00 The Chase Australia [s]		7:00 A Current Affair [s]		4:00 The Cook's Pantry With Matt Sinclair [s]	12:00 WIN's All Australian News	3:30 Back In The Soviet Bloc: Independence, Revolution And Eurovision (In Ukrainian/ English/ Russian)	12:10 The Feed
2:00 Mrs Wilson (M) [s]		6:00 7Prime News [s]	11:30 Program To Be Advised	7:30 RBT: Lucky Unlucky/ Don't Pass Go (PG) [s]		4:30 The Bold And The Beautiful [PG] [s]	1:00 The Late Show With Stephen Colbert [PG] [s]	4:00 Hidden Restaurants With Michel Roux Jnr.	
3:00 Puh's Kitchen [s]		7:00 Better Homes And	1:00 Home Shopping	8:30 Movie: "Gladiator" (M v) (00) – A former Roman		5:00 10 News First [s]	2:00 Home Shopping		
3:25 Julia Zemiro's Home Delivery [s]	10:25 Rosehaven [PG] [s]					6:00 Pointless [PG] [s]			
4:00 Think Tank [PG] [s]	11:10 Planet America [s]								
4:00 Grand Designs NZ [s]	11:35 rage (MA15+) [s]								
6:00 The Drum [s]	12:20								
ABCCOMEDY (C22)		ABCME (C23)		ABCNEWS (C24)		SBS VICE (C31/32)		SBS FOOD (C33)	
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) 9:00 The Office (PG) 9:45 Upstart Crow (PG) 10:15 W1A (M l) 10:45 Alan Partridge's Mid-Morning Matters (PG) 11:00 30 Rock (PG) 11:25 Parks And Recreation (PG)		4:00 Officially Amazing 4:35 Hank Zipzer 5:00 Find Me In Paris 5:25 Wish!art! 6:00 Kung Fu Panda 6:30 Operation Ouch! 7:30 Junior Vets 7:30 Danger Mouse 8:05 Good Game Spaww Point 8:25 Voltorn: Legendary Defender (PG) 8:50 Dragon Ball Super (PG) 9:20 Sword Art Online (PG)		6:00 News Breakfast 9:00 ABC News Mornings 12:00 ABC News At Noon 3:00 ABC News Afternoons 5:00 ABC National News 6:00 ABC News Hour 7:00 The Drum 8:00 ABC News Tonight 8:15 Campaign Trail 8:45 ABC News Friday 9:00 Planet America 9:45 The Business 10:00 The World		3:00 Bottle Of The Sexes (PG) 3:25 Legally Brown (PG) 3:55 PBS Newshour 4:55 If You Are The One (PG) 5:30 Judge Judy (PG) 6:00 Star Trek: Voyager (PG) 6:00 Judge Judy (PG) 6:30 Bondi Rescue (PG) 7:30 NCIS (M) 8:30 Hawaii Five-O (M) 9:30 Madam Secretary (M) 10:30 NCIS (M) 11:30 NCIS: Los Angeles (M)		4:00 Food Lovers' Guide To Australia 4:30 Anjum's Australian Spice Stories 5:00 Bonacini's Italy 5:30 The Cook And The Chef 6:30 The Naked Chef 7:35 Say It To My Face 8:30 Nigella Express 9:30 United Plates Of America (PG) 10:00 The Cook And The Chef 11:00 The Naked Chef	
7FOOD (C74)		7FLIX (C66)		10 PEACH (C11)		10 BOLD (C12)		GEM (C82)	
1:30 Chopped (PG) 2:30 The Kitchen (PG) 3:30 Guy's Big Bite (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 Costa Del Nightmares (M) 8:30 Anthony Bourdain: No Reservations (PG) 9:30 Cuthroat Kitchen (PG)		4:15 Liv And Maddie (PG) 5:15 Movie: "Yogi Bearer" (G) (10) Stars: Dan Aykroyd 6:45 Movie: "The Peanut Movie" (G) (15) Stars: Hadley Belle 8:30 Movie: "27 Dresses" (PG) (08) Stars: Katherine Heigl 10:45 Movie: "Dangerous Liaisons" (M n,s,v) (88) Stars: Glenn Close		3:00 Everybody Loves Raymond (PG) 3:30 Becker (PG) 4:30 The King Of Queens (PG) 5:30 Frasier (PG) 7:00 Rules Of Engagement (PG) 8:30 Movie: "The Time Traveller's Wife" (M) (09) Stars: Rachel McAdams 10:35 Queer Eye For The Straight Guy (M) 11:35 The Late Late Show With James Corden (M)		10:00 Cheers (PG) 11:00 Bondi Rescue 12:00 The Mentalist (M v) 1:00 WIN's All Australian News 2:00 Hogan's Heroes 2:30 Supercars: Adelaide 500: Day 1 7:30 Walker, Texas Ranger (M) 11:30 NCIS: Los Angeles (MA15+) 12:30 Home Shopping 2:00 Nash Bridges: Crossfire (M) 3:00 Walker, Texas Ranger (M)		1:45 Mad About You 2:15 Great Escapers (PG) 3:15 Death In Paradise (PG) 4:25 Heartbeat (PG) 5:30 Vet On The Hill (PG) 6:30 Antiques Roadshow 7:30 Fawly Towers (PG) 8:50 Movie: "A View To A Kill" (PG) (85) Stars: Roger Moore 11:30 Rizzoli And Isles (M) 1:00 Call And Win (M) 3:00 Home Shopping	
7GO! (C83/88)		9LIFE (C84)		ADVERTISE HERE 43257369					
4:00 Be Cool Scooby Doo! (PG) 4:30 The Tom And Jerry Show 5:00 Adventure Time (PG) 5:30 Regular Show (PG) 6:30 TBA 8:30 Movie: "My Super Ex-Girlfriend" (PG) (06) Stars: Uma Thurman 10:30 Movie: "Elektra" (M v) (05) Stars: Jennifer Garner 12:30 WWE Smackdown (MA15+)		1:00 Island Life 2:00 Fixer Upper (PG) 3:00 The Block Sky High (PG) 4:00 Come Dine With Me Couples (PG) 5:00 Texas Flip N Move 6:00 House Hunters International 7:00 House Hunters USA 7:30 Building Off The Grid 8:30 Barnwood Builders 9:30 Stone House Revival 10:30 Living Big Sky							

Saturday 2 March

ABC (C20/21)		PRIME (C61/60)		NINE (C81/80)		TEN (C13)		SBS (C30)	
5:00 rage (PG) [s]	7:30 Death In Paradise [PG] [s]	6:00 Home Shopping	Downey, Jr. Jon Favreau, Gwyneth Paltrow	6:00 Ellen [PG] [s]	6:00 NBN News [s]	6:00 What's Up Down Under RPM [s]	reunite with conspiracy journalist Oliver Crane after the source for his latest story is murdered.	5:00 CGTN English News	Famous Clock (PG)
10:00 rage Mardi Gras Special	8:30 Agatha Raisin: Agatha Raisin And The Curious Curate (Part 2) (M) [s] – With one of Careless's own looking like the number one suspect in a double murder case, the pressure is on for Agatha to find the guilty party.	7:00 Weekend Sunrise [s]		7:00 Weekend Today [s]	7:00 David Attenborough's Dynasties: Lion (PG) [s]	6:30 Escape Fishing With ET I Fish [s]		5:15 NHK World English News	9:25 24 Hours In Emergency: Love Thy Neighbour (M)
11:05 Grand Designs Australia [s]		10:00 The Morning Show - Weekend [s]	9:30 Movie: "Predator" (M v) (87) Stars: Shane Black, Arnold Schwarzenegger, The Goldblums: Lucky (PG) [s] – Barry's effort to badger Murray into getting a dog backfires. Erica bans the eaves dropping Beverly from her life.	10:00 Today Extra - Saturday [PG] [s]	8:10 Movie: "Apollo 13" (PG) (95) Stars: Tom Hanks, Kevin Bacon, Bill Paxton, Gary Sinise, Ed Harris	7:30 Healthy Homes [s]		5:30 Worldwatch	10:30 Food Asia
12:00 ABC News At Noon [s]		12:00 Seven's Horse Racing: Flemington - Australian Guineas, Randwick - Chipping Norton Stakes	11:45 The Goldblums: Lucky (PG) [s] – Barry's effort to badger Murray into getting a dog backfires. Erica bans the eaves dropping Beverly from her life.	12:00 Destination Wa [s]	11:00 Travel Guides: Argentina [PG] [s]	9:30 Studio 10: Saturday (PG)	10:30 NCIS: New Orleans: The Last Mile (M v) [s]	1:00 PBS Newshour	10:55 Destination Flavour China Bitesize
1:30 Redesign My Brain With Todd Sampson [PG] [s]		5:00 Seven News At 5 [s]		12:30 Cats Vs Dogs: Which Is Best? (PG) [s]	12:00 Gavel Guides: Las Vegas With Trevor McDonald [M] [s]	12:00 Luxury Escapes [s]	11:30 Elementary: You've Come A Long Way, Baby (M v,d) [s] – Holmes engages an old foe to protect his father after he learns Moriarty is in danger.	2:00 Figure Skating: ISU: Euro Part 2	11:00 Food Asia
2:30 Life At 9: Creativity (PG)		5:30 Border Security - Australia's Front Line (PG) [s]	12:30 Home Shopping	2:00 Movie: "Three Amigos!" (PG) (86) Stars: Steve Martin, Martin Short, Chevy Chase	12:00 Las Vegas With Trevor McDonald [M] [s]	12:30 Which Car? [s]	1:00 Supercars: Adelaide 500 Day 2 'Live' [s]	4:25 This Is Greece With Michael Scott: The Decadence Islands	11:00 Football: Premier League: Spurs v Arsenal
3:30 Flying Mirrors: Boom Or Bust [PG] [s]	9:20 The Cry (M l) [s]	7:00 Movie: "Iron Man" (PG) (08) Stars: Robert		4:00 The Garden Gurus [s]	1:00 Getaway [PG] [s]	1:00 Supercars: Adelaide 500 Day 2 'Live' [s]	1:00 Changing Rooms (PG)	5:25 Who Do You Think You Are?: Emma Willis	1:50 Movie: "Paradise Road" (M v) (97) Stars: Cate Blanchett (In English/ Japanese/ Cantonese)
4:35 Landline [s]	10:20 Riot (M l,n,s,v) [s]	6:00 7Prime News [s]		4:30 Love Shack [s]	1:30 Destination Wa [s]	7:30 Program To Be Advised	8:30 NCIS: New Orleans: Conspiracy Theories (M v) [s] – Pride and the team	6:30 SBS World News	
5:05 Escape From The City [s]	12:05 rage Mardi Gras Special (MA15+) [s]	7:00 Movie: "Iron Man" (PG) (08) Stars: Robert		5:00 NINE News: First At Five	2:00 Destination Wa [s]	9:30 NCIS: New Orleans: Conspiracy Theories (M v) [s] – Pride and the team	12:30 Home Shopping	7:30 Morocco From Above	
6:05 The Heights [PG] [s]				5:30 Getaway [PG] [s]	5:30 Wesley Impact [s]			8:25 Big Ben: World's Most	
7:00 ABC News [s]									
ABCCOMEDY (C22)		ABCME (C23)		ABCNEWS (C24)		SBS VICE (C31/32)		SBS FOOD (C33)	
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) 9:15 Bridget Christie: Stand Up For Her (MA15+) 10:05 Adam Hills: The Last Leg (M) 10:45 Would I Lie To You? (PG) 11:20 TBA		4:00 Officially Amazing 4:35 Hank Zipzer 5:00 Find Me In Paris 5:25 Wish!art! 6:00 Kung Fu Panda 6:30 Operation Ouch! 7:30 Deadly Dragons: Race To The Edge (PG) 6:30 Operation Ouch! 6:55 Deadly 60 (PG) 7:25 First Day (PG) 7:45 Mardi Gras + Me 8:00 Camp Lakebottom 8:10 Teenage Mutant Ninja Turtles 8:35 Detentionaire 8:55 You're Skitting Me 9:10 Dance Academy		3:00 ABC News 3:30 The Breakfast Couch 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 Australian Story 8:00 ABC News Weekend 8:15 Four Corners 9:00 ABC News Weekend 9:30 Foreign Correspondent		5:10 Vice Does America (PG) 5:35 Back In The Soviet Bloc (In Ukrainian/ English/ Russian) 6:05 Chinese Dating With The Parents (PG) (Chinese) 7:30 If You Are The One (PG) (Mandarin) 8:10 Movie: "Watchmen" (M) (09) Stars: Malin Akerman 11:30 Movie: "Fix" (M) (86) Stars: Bryan Brown		3:30 Food Porn (PG) 4:30 Anjum's Australian Spice Stories 5:00 The Cook And The Chef 6:30 Darren Robertson's Charcoal Kitchen 7:30 The Travelling Chef 8:30 Dinner Date 9:30 Destination Flavour Down Under 10:30 The Chef And The Chef 11:30 Worst Cooks In America (PG)	
7FOOD (C74)		7FLIX (C66)		10 PEACH (C11)		10 BOLD (C12)		GEM (C82)	
2:30 Cuthroat Kitchen (PG) 3:30 Guy's Big Bite (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 Around The World With Manu (PG) 8:00 Iron Chef America (PG) 10:00 Throwdown With Bobby Flay (PG)		3:45 Instant Hotel (PG) 5:00 Movie: "Oh, God! You Devil" (PG) (84) Stars: George Burns 7:00 Movie: "The Wizard Of Oz" (G) (39) Stars: Judy Garland 9:15 Movie: "Jersey Boys" (M l) (14) Stars: John Lloyd Young 12:00 Movie: "London Boulevard" (MA15+) (10) Stars: Colin Farrell 2:30 Home Shopping		1:30 Queer Eye For The Straight Guy (PG) 2:30 Becker (PG) 3:30 The King Of Queens (PG) 4:30 Frasier (PG) 7:00 Rules Of Engagement (PG) 8:30 Hughesy: We Have A Problem (M l) 9:30 The Graham Norton Show (M l,s) 10:30 Will & Grace (PG) 11:30 The Loop 2:00 Charmed (PG)		3:00 Undercover Boss (PG) 4:00 Which Car? 4:30 Escape Fishing With ET 5:00 10 News First 6:05 Scorpion (PG) 7:00 COOPS (PG) 7:30 Football: Hyundai A-League Round 21: Melbourne Victory v Newcastle Jets 'Live' From GMHBA Stadium 10:30 Movie: "Code Of Honor" (MA15+) (16) Stars: Steven Seagal		2:00 Movie: "The Railway Children" (G) (70) Stars: Jenny Agutter 4:15 Movie: "The Pride And The Passion" (PG) (57) Stars: Sophia Loren 7:00 Movie: "Julie & Julia" (PG) (09) Stars: Meryl Streep 9:30 Movie: "August: Osage County" (MA15+) (13) Stars: Meryl Streep 12:00 Rizzoli And Isles (MA15+)	
7GO! (C83/88)		9LIFE (C84)		ADVERTISE HERE 43257369					
5:00 The New Looney Tunes 5:30 Movie: "Space Chimps 2: Zartog Strikes Back" (G) (10) Stars: Patrick Warburton 7:00 Movie: "Journey 2: The Mysterious Island" (PG) (12) Stars: Dwayne Johnson 9:00 Movie: "The Hunger Games: Catching Fire" (M v) (13) Stars: Jennifer Lawrence		1:30 Stone House Revival 2:30 Tiny Luxury 3:00 Delish Destinations 3:30 HelloWorld 4:00 Flipping The Heartland 4:30 Masters Of Flip 'Journey 2: The Mysterious Island' (PG) (12) Stars: Dwayne Johnson 9:00 Movie: "The Hunger Games: Catching Fire" (M v) (13) Stars: Jennifer Lawrence							

Sunday 3 March

ABC (C20/21)		PRIME (C61/60)		NINE (C81/80)		TEN (C13)	
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Education



SRC members to help in canteen

Brisbane Water Secondary College Umina Campus has unveiled its 2019 Student Representative Council.

“Our 2019 Student Representative Council has hit the ground running with every student undertaking training with Mrs Parker in the canteen in readiness

for their lunch time service,” said acting campus principal Mr Adam Montgomery.

“Our Council have voted to continue to assist our canteen staff by ensuring two members are in the canteen helping every lunch time throughout the year.

“We have an induction day this

month which will help our team get to know each other a little more, while brainstorming ideas that will shape this leadership team’s projects for the year,” Mr Montgomery said.

SOURCE:
Newsletter, 15 Feb 2019
Adam Montgomery, BWSC Umina Campus

College establishes one-stop Student Services

Brisbane Water Secondary College Woy Woy Campus has established a Student Services section, similar to those in the tertiary system.

“We have established a one stop shop service where all students can go to request help for anything from essay support and assignment assistance to emotional and social support,” said campus principal Ms Rebecca Cooper.

She said it could be useful for students transferring from the

junior to senior campus.

“It is a time of great change and increased responsibility which can lead to stress and anxiety for some.

“If you are ever worried, you can always make contact with the year advisor, HT Welfare or counsellor.

“If you have any concerns about anything, we are here to help,” Ms Cooper said.

SOURCE:
Newsletter, 19 Feb 2019
Rebecca Cooper, BWSC Woy Woy Campus

Parents group prepares for election day

The Ettalong Public School Parents and Carers Group is seeking volunteers to assist with the election day barbecue and cake stall school fundraiser.

“The P and C is seeking volunteers to help out from 6:30am to 12:30pm on March 23.

“They need lots of help both on the day and for preparation beforehand,” said principal Ms Lynn Balfour.

The group is hoping to find some

long-term volunteers to assist with other events they’re coordinating this term including a mufti day and Easter raffle.

The group will also hold its annual general meeting in the school library from 7pm on March 13.

“The P and C hopes to see many new faces at the meeting,” Ms Balfour said.

SOURCE:
Newsletter, 19 Feb 2019
Lynn Balfour, Ettalong Public School

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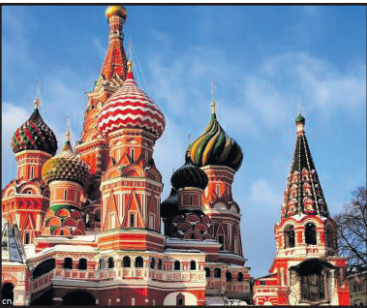
This tour combines a China Silk Road tour with a Russia Waterways tour, letting you explore the rich historical heritage of China and Russia and experience the lifestyles of the people in these two countries.

In China, you will retrace the steps of Marco Polo along the Legendary Silk Road from Urumqi

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Enjoy the amazing desert landscape, learn about the unique history of Western China and enjoy the local cuisine of Xinjiang, a province renowned for its produce as well as enjoying the local traditions, the songs and the culture of the local ethnic people.

See the well-preserved architectural splendours and explore the amazing artistic



achievements of the incredible Buddhist cave art of Mogao Caves.

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23 Day China Silk Road & Russia Waterways (Special)

\$6,880, NOW fr \$6,480, departing 20/05 & 12/08/2019, including 11 day China Silk Road & 12 day Russia Volga River cruise on a deluxe 4 cruise ship.

13 Day Vietnam Holiday Special Tour (Special)

*\$3,480, NOW fr \$2,380, departing monthly from now to Nov. 2019 except for Dec. & Jan., covering the must-see highlights in Vietnam from North to South.

23 Day Spain, Portugal & Morocco Vista Tour (Special)

*\$6,280, NOW \$5,580, departing 10/05/2019 including many must-see highlights in Spain, Portugal & Morocco.

17 Day Greece with Aegean Cruise (School Holiday Special)

*\$6,780, NOW \$5,990, departing 14/04/2019 including Athens, Corinth, Mycenae, Epidaurus, Olympia, Ioannina, Kalambaka, Meteora, Delphi, Hosios Loukas and cruise to Mykonos, Milo, Santorini, Crete & Kusadasi.

13 Day China Tour with Majestic Yangtze (Special)

*\$3,240, NOW \$2,590, departing 21/05, 05/09 & 08/10/2019 including Shanghai, Wuhan, Yangtze River Cruise (balcony cabin on 5 star ship), Chongqing with Panda house visit, Xian & Beijing.

15 Day Vietnam and Cambodia Tour (Special)

*\$3,980, NOW fr. \$3,480, departing monthly from now to Nov. 2019 (except for Dec. & Jan.), including many highlights in Vietnam and Cambodia.

20 Day Best of Balkan Tour (Special)

*\$7,680, NOW \$7,480, departing 01/06 & 13/09/2019 including Croatia, Slovenia, Bosnia and Herzegovina, Montenegro, Albania, Macedonia, Bulgaria & Serbia.

15 Day Russia Waterways Tour (Special)

*\$5,480, NOW \$4,680 for departing 19/07 & \$4,480 for departing 13/09/2019 on a 4 star deluxe cruise ship from St. Petersburg to Moscow (including airfare).

10 Day China Holiday Special Tour (Excellent Value)

*\$2,590, NOW only \$1,590, departing 27/03/2019, including Hangzhou, Suzhou and Shanghai.

19 Day India and Sri Lanka Double Indulgence (Special)

*\$5,580, NOW fr. \$5,080, departing 06/03, 08/05, 03/09 & 06/11/2019, including many must-see highlights in India and Sri Lanka. (14 Day Sri Lanka only: \$3,980)

15 Day China Shangri-la Tour (Special)

*\$3,690, NOW \$3,290, departing 14/04/2019, including Kunming, Shangri-la, Lijiang, Dali, Jianshui, Yuanyang, Pu'er and Xishuangbanna.

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Ms Julie Atchison and Mr Stephen Cummings

History group to release book

The Ocean Beach-Umina History and Research Group will release a new book chronicling the history of Umina next month.

Principal author Ms Julie Atchison and principal editor Mr Stephen Cummings will launch their new book, Umina the First 50 Years 1914-1964, at the Ocean Beach Surf Club from 10am on March 2.

The work is the culmination of more than eight years of research on the Umina township's colourful history.

"It contains 16 chapters

covering everything from real estate, bushfires, floods the beach, holiday makers and of course the people who first settled the town," said Ms Atchison.

"It is A4 in size, containing 230 pages, 90,000 words and over 300 hundred photos, maps and newspaper plates," she added.

Ms Atchison and Mr Cummings will be available to discuss the book at the event and will also be taking orders.

SOURCE:

Media release, 20 Feb 2019
Julie Atchison, Ocean Beach-Umina History Research Group

Pearl Beach resident wins short film competition

Pearl Beach resident 15-year-old Kat Alexander has won the 2019 Trop Junior short film competition.

Trop Junior is a short film festival for aspiring film makers.

Alexander took out the 2019 festival with her short film Rewire, a Pinocchio-esque story of a female coded robot that rejects patriarchal constructs and breaks free from her hardwiring after being inspired by strong female figures throughout history.

Alexander filmed Rewire over three days across various locations in Sydney.

She said the message of Rewire was for everyone.

"The idea came pretty quickly to me," Alexander said.

"I knew I wanted to do something about how women are expected to behave in a certain way but I had a bit of trouble nailing down the story at first," she said.

She said the goal of her film was to bring attention to the constructed ideals of femininity and what it meant to be a woman.

"I really just want people who see Rewire to come away thinking about the way women are constructed into acting and being a certain type of way.

"Even though the film setting is very fictional, it's not too far off what the world is really like today



and I just want people to think about that," she said.

Alexander has been making films for as long as she can remember.

"I started with iMovie and vividly remember making my first real film and submitting it to Trop Junior when I was 10," she said.

Alexander was previously a finalist, having made it into the final rounds of the 2017 competition with her film Love Ella.

Of the win, Alexander said she was incredibly proud.

"I couldn't believe it.

"It was an incredible moment for me and for everyone who helped me with the production of Rewire," she said.

Alexander is now focusing on script writing for her next project.

She's aiming to debut in Tropfest next year and until then will be honing her craft.

As the 2019 Trop Junior winner, Alexander received a trophy and \$1500 in cash, a 12-month cinema pass, a film course voucher, the cost of attending a screen conference in Adelaide, and a Western Sydney University Studio package, valued at \$12,500.

SOURCE:

Media release, 10 Feb 2019
Amy Owen, Cardinal Spin
Interview, 21 Feb 2019
Kat Alexander, Pearl Beach
Reporter: Dillon Luke

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Out&About

Author writes about work-life balance



An Ettalong author has written a book for women who were struggling to find a work-life balance.

Ms Laura Piccardi's latest book, *Unfaked*, asks the question: Are women working themselves into an early grave?

Ms Piccardi is a life coach and said she was prompted to write *Unfaked* after hearing from so many women who were struggling to find a positive work-life balance and were succumbing to stress.

She said her book analysed how the female empowerment movement had impacted on women's health, particularly in relation to lifestyle and employment.

"We're in the midst of a busyness epidemic," Ms Piccardi said.

"Although the world has evolved at an amazing rate, our bodies have not, and they simply can't cope with all the stress and pressure we're putting them under.

"I'm sick of seeing women struggle with their health, and indeed their lives, so I wrote *Unfaked* as a sort of guide to show them how to make life easier and get to the heart of their true health and happiness once and for all," she said.

Ms Piccardi draws on her years of coaching, studies, research and experiences to deliver a story that she believes will be all too familiar to most women.

"Through the fictional character of Debs, an executive who has reached the peak of her career and is burning out, the reader gets to experience very real issues like impostor syndrome, perfectionism, weight loss struggles, bloating, anxiety, fatigue and relationship challenges," Ms Piccardi said.

SOURCE:
Media release, 21 Feb 2019
Laura Piccardi, Ettalong

Early childhood music program launched in Woy Woy

The Central Coast Conservatorium of Music has launched a music program aimed at improving children's music comprehension skills in Woy Woy.

The classes will be held at Woy Woy Presbyterian Church Hall on Saturdays and were designed to unlock children's potential through musical theory and practice, according to teacher Ms Jo McMahon.

The classes were available for children aged 0 to 10 and were broken down into age groups to better facilitate an appropriate level of music comprehension skills.

In each class, a stimulating range of musical experiences was offered, including bouncing and patting rhymes, singing with the child as a way of encouraging vocalisation, and moving to music, she said.

As the child grows older, more advanced concepts were introduced, such as learning short songs, listening games, moving to music, how to keep a steady beat, moving to a specific rhythm and experimenting with finding their own singing voice.

Activities were repeated and built upon so children could start to memorise actions, words and melodies, which develops memory and coordination skills, she said.

Ms McMahon believes participating in early childhood classes is one of the best things you can do with children, from babies up to pre-schoolers.

"Apart from building brain pathways, especially for language, music is fun and interactive.

"Parents bond with their children in a very special way as they attend all classes up to the age of three years," Ms McMahon said.

"Music is one of the first memories formed and the last to go.

"We attach musical memories to all of the important milestones in our lives, whether they're happy or sad."

SOURCE:
Media release, 11 Feb 2019
Meldi Arkinstall, Central Coast Conservatorium

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New arts and crafts market

An Ettalong business has launched a new arts and crafts market.

The Galleria Ettalong held the inaugural market on Sunday, February 10.

The markets featured a variety of handmade wares from local artisans and collections of textiles

and other goods.

Children's craft and painting was also available on the day.

Folk musicians, the Raduga Trio, entertained the market-goers with their raw gypsy styling and original arrangements.

SOURCE:
Social media, 11 Feb 2019
Dianne Lenham, Raduga Trio



Meg and Tom Keneally

Photo: Penguin Books Australia

Keneallys to talk about Monserrat series

A talk by Australian author Tom Keneally and his writer daughter Meg Keneally will be given at Woy Woy Library from 5:45pm on March 27.

The Keneallys are the co-authors of the Monserrat Series, a crime series set in the penal settlement of Port Macquarie, Sydney and Parramatta.

They will be discussing the latest book in the series.

Mr Keneally was born in 1935

and his first novel was published in 1964.

He is most known for his award-winning novel Schindler's List.

Other works of Mr Keneally's of repute include The Chant of Jimmie Blacksmith and The People's Train.

He has won the Miles Franklin Award, the Booker Prize, the Los Angeles Times Prize, the Mondello International Prize and has been made a Literary Lion of the New

York Public Library, a Fellow of the American Academy and a recipient of the University of California gold medal.

The evening has been organised by Umina Book Bazaar in collaboration with Penguin Books Australia.

The event is free but seats are limited so bookings are essential.

SOURCE:
Media release, 20 Feb 2019
Meg Keneally, Author

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

TUESDAY, FEB 26

Climate Change Community Workshop - Gosford East Ward, Erina Centre, Erina Fair, 6 - 8:30pm
To register visit yourvoiceourcoast.com/Climatexchange

Smartphones & Tablets – How to use them! Meeting Space 2, The Erina Centre, Free - Bookings essential, 1:30pm - 2:30pm

Symphony Central Coast Discussion: Paradise Lost, Paradise Found, Erina Library, Bookings essential, 1pm - 2pm

WEDNESDAY, FEB 27

Vissla NSW Pro Surf Series, Avoca Beach, 27/02 - 04/

Climate Change Community Workshop - Gosford West Ward, Mantra Ettalong, 6 - 8:30pm
To register visit yourvoiceourcoast.com/climatexchange

Accessing Home Care with Adssi In-Home Support, Toukley Library, Free, 11am

Social Enterprise - Launch Pad program, Gosford Smart Work Hub, 5:30pm - 7pm, Bookings essential - adele.johns@centralcoast.nsw.gov.au

Author Talk: Ingrid Alexandra - The New Girl, Kincumber Library, Bookings essential, 5:30pm - 8pm

Are you receiving your full age pension entitlement? Free seminar with our financial planners to maximise your centrelink benefits, Gosford RSL, 27 & 28/02, 12pm - 1pm
Book now 02 9046 1920

Summer Flicks: 'Cape Fear' Tuggerah Library, Free, Bookings essential, 1:30pm - 4:30pm

Deciphering Old Handwriting: State Archives

of NSW, Tuggerah Library, Bookings essential, 10:30am - 12:30pm

Gosford Bush Poets, Conference room of the Gosford Hotel, Free, 5pm

THURSDAY, FEB 28

Morning Tea with Jake Cassar, Alison Homestead, Bookings essential, 10am - 12pm

FRIDAY, MAR 1



Andrew De Silva's PURPLE REVOLUTION In Loving Memory of Prince, The Ettalong Diggers, Ticketed, 8:30pm 4343 0111

World day of prayer Celebrating Slovenia, Toukley Presbyterian Church, 10am

Tuggerah Lakes U3A presents a Talk on Small Countries And Why The Vatican Is Not One Of Them, The Entrance/Long Jetty RSL Hall, 10am - 12pm

Gosford Musical Society Presents - South Pacific, Laycock Street Theatre Auditorium, Ticketed, 01/03 - 16/03, 2pm & 8pm Sessions

SATURDAY, MAR 2



I Want to Know What Love Is, The Art House Wyong, Ticketed, 8pm 4335 1485
www.theearthhousewyong.com.au

Central Coast Cactus and Succulent Club INC -

Autumn & Spring Sales Days, Charmhaven Community Centre, 9am - 1pm

Sea Eagles v Roosters Trial, Central Coast Stadium, Ticketed, 2:30pm

Chemical CleanOut drop off, Council's Long Jetty Depot, Free, 9am - 3:30pm
www.cleanout.com.au

Come and Play AFL with Wyong Lakes Magpies - Registration Day, Cartel Clothing Wadalba, 12pm - 3pm 0404257702

Sausage Sizzle and Cake Stall, Bunnings Umina, 8am - 4pm

Central coast Interntional Women's Day Expo, Erina Fair Centre Court, Free, 9am - 3pm

SUNDAY, MAR 3

Westpac Rescue Helicopter Service - Community Open Day, Free entry, 11am - 3pm

MONDAY, MAR 4

Launch of - Because We Care Boutique, Community Women's Buisness Network, Rankins Court Wyong, Free - Booking's essential, 5pm
community@wnci.com.au

Election candidates to address housing crisis at community forum, Gosford Uniting Church, Free, 7:30pm - 9pm

TUESDAY, MAR 5

Women in Art Exhibition - Tuggerah Lakes Art Society, The Lake House The Entrance, Free, 10am - 5pm

IWD Lunch & Sharing of Stories, Central Coast Community Women's Health Centre, Free - Bookings essential,

10am - 12pm
4337 2202

WEDNESDAY, MAR 6

CBWN Resilience Awards - Community Women's Buisness network, Toukley RSL, Ticketed, 10:30am - 2:20pm,
www.cbwn.org.au

IWD Lunch Celebrating The Strength & Resilience of Women, Peninsula Women's Health Centre, Free - Bookings essential, 10am - 12pm
pwhe@cccwhc.com.au

Have your Say - Draft Somersby to Erina Corridor Strategy, Erina Centre Erina Fair, 1pm - 3pm
Register at 1300 463 954 or
yourvoiceourcoast.com/somersbyerinacorridor



Room on the Broom, The Art House Wyong, Ticketed, 6 & 7/03, 6pm & 1pm Session, 4335 1485
www.theearthhousewyong.com.au

New Group for Family History Lovers, Tuggerah Library, 10:30am - 11:30am

CC Mayor hosts - Small Business Forums, Booking's essential, Les Taylor Function Room, Central Coast Council Office Wyong, 2pm - 5pm, Gosford Chambers, Central Coast Council Office, 6pm - 9pm

THURSDAY, MAR 7

Climate Change Community Workshop - Budgewoi Ward, Camp Breakaway San Remo, 6pm - 8:30pm
To register visit yourvoiceourcoast.com/climatexchange

IWD Celebrating the Strength & resilience of Women, Northern Women's

Health Centre, Free - Booking's essential, 10am - 12pm
nwhc@cccwhc.com.au

Meals on Wheels Central Coast Open Day, 93 McMasters Road Woy Woy, Register interest, 11am - 1pm

FRIDAY, MAR 8

IWD Breakfast - Community Women's Buisness Network, The Art House Wyong, Ticketed, 7am - 9am

Have your Say - Draft Somersby to Erina Corridor Strategy, Erina Centre Erina Fair, 5pm - 7pm
Register at 1300 463 954, or yourvoiceourcoast.com/somersbyerinacorridor

2019 International Women's Day Breakfast w/ Guest speaker Gina Jeffreys, The Art House Wyong, Ticketed, 7am - 9am

She Story IWD Dinner, The Entertainment Grounds, Ticketed, 6pm - 10pm
www.shestory.com.au/events

Steve Balbi, The Rhythm Hut, Ticketed, 6:30pm

Creative Communities Workshop, Kariong Neighbourhood Centre, Ticketed, 08/03 - 12/04, 9:30am - 12pm, 4340 1724

SATURDAY, MAR 9

Birthing Kit Packing Day, Central Coast Grammar School Erina, Ticketed, 10am - 2pm
hoyer_cobb@hotmail.com

Rayon Riot - Naught Noodle Fun Haus, Everglades Country Club Woy Woy, Ticketed, 7:30pm

Top of the Hill Markets, Anglican Church The Entrance, Eftpos event, 8am - 1pm

Living Big in a Tiny House - Bryce Langston, Narara Ecovillage, Ticketed,

1pm - 6pm
SUNDAY, MAR 10

SIBW Annual IWD Breakfast - The Reef Restaurant Terrigal, Ticketed, 7:45am
cjmcc@optusnet.com.au

International Women's Day, All About Women Satellite - Live Stream from the Sydney Opera House, UON Central Coast Campus Ourimbah, Free - Bookings essential, 12:30pm - 5:30pm

The Female Composer - Concertante Ensemble, Greenway Memorial Chapel Kincumber, Ticketed, 2:30pm
concertante.com.au

TUESDAY, MAR 12

Have your Say - Draft Somersby to Erina Corridor Strategy, The Entertainment Grounds, 10am - 12pm
Register at 1300 463 954, or yourvoiceourcoast.com/somersbyerinacorridor

WEDNESDAY, MAR 13

Climate Change Community Workshop - Wyong Ward, Central Coast Council Wyong Office, 6 - 8:30pm
To register visit yourvoiceourcoast.com/climatexchange

Keith Potger, Laycock Street Theatre Auditorium, Ticketed, 11am

SATURDAY, MAR 16

Rotary Club of Woy Woy - Opera in the Arboretum, The Crommelin Native Arboretum Pearl Beach, Ticketed, 3pm - 5:30pm 4342 3593

Inagural Central Coast Charity Ball, Gosford RSL Club, Ticketed, 7pm - 11:30pm

SUNDAY, MAR 17

NSW Tourism Conference, Crowne Plaza Terrigal, 17/03 - 19/03

The Vampires, Laycock Street Theatre Don Craig Room, Ticketed, 4pm

TUESDAY, MAR 19

TWO by Jim Cartwright, Laycock Street Theatre Auditorium, Ticketed, 7:30pm

FRIDAY, MAR 22

Sydney Symphony Orchestra: Alessio Bax Performs Mozart, The Art House Wyong, Ticketed, 7:30pm

Cliff Richard & The Shadows 60th Anniversary Concert, Laycock Street Theatre Auditorium, Ticketed, 7:30pm

SATURDAY, MAR 23

Troubadour Folk - Bob Fox (UK) St Lukes Hall, Ticketed, 7pm

Mick Thomas & the Roving Commission, Hardys Bay Club, Ticketed, 8am

TUESDAY, MAR 26

In Between Two: Ancestory, Storytelling and Fighting Racism with rap, The Art House Wyong, Ticketed, 11am

WEDNESDAY, MAR 27

Third Regional Creativity and Wellbeing Seminar, Erina Hub, Erina Fair, Ticketed, 9:30am - 12:30pm
eventbrite.com.au

SATURDAY, MAR 30



Swing on This, The Art House Wyong, Ticketed, 2pm & 7:30pm Session, 4335 1485
www.theearthhousewyong.com.au

Sustain - Ability:

One-day rural yoga retreat with Mark O'Brien, Narara Ecovillage, Ticketed, 9:30am - 4:30pm

Open Precinct Day, 8 Russell Drysdale Street, East Gosford, 10am - 2pm

SUNDAY, MAR 31



COAST LIFE - Appreciating life near, on and in the water, North Entrance Surf Lifesaving Club, Ticketed, 4pm - 9pm
www.outoftheblueproductions.com.au

FRIDAY, APR 5

Blues and Roots Competition, Treble Clef Café Umina, 6pm

SATURDAY, APR 6

Rescue Ball Fiesta - Hosted by celebrity Effie, Crowne Plaza Terrigal, Ticketed, 6:30pm - 12am

SUNDAY, APR 7

Live Well Festival, Gosford Waterfront, 10am - 4pm

SUNDAY, APR 14

Tuggerah Lakes Choral SCY - Easter Cantata, Toukley Presbyterian Church, Ticketed, 2pm

SATURDAY, MAY 11



Mad About Dirt, Narara High School - 10am to 1pm, Narara Ecovillage - 1 - 4pm, 0478 636 033

Central Coast Comicon 2019, The Entertainment Grounds Gosford, 10am - 4pm

SUNDAY, JUN 9

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.

Nominations open for Rotary awards

The Rotary Club of Woy Woy has opened nominations for their 2019 Vocational Excellence Awards.

"It is once again time to recognise people within our own community who stand out from the crowd in their dedication to their work, whether this be paid or

unpaid," said club publicity officer Mr Vic Deeble.

"This year we have four categories," he said.

Nominations close on March 1, with the awards taking place on March 26.

SOURCE:
Newsletter, 22 Jan 2019
Vic Deeble, Rotary Club of Woy Woy



Risque cabaret for Festival of Women

A risque cabaret and burlesque show that challenges stereotypes and gender norms will be held in Woy Woy as part of the 2019 Central Coast Festival of Women.

The Rayon Riot cabaret show will be performed at Everglades Country Club on March 9.

According to festival committee member Ms Sally Johe, the show, which will be presented by the Naughty Noodle Fun Haus, aligned perfectly with the theme of this year's International Women's Day: Better the Gender Balance, Better the World.

Ms Johe said the show was "a monumental multi-generational line-up of female-identifying artists exploring resilience, empowerment and liberation through cabaret, burlesque, storytelling and performance art".

"Challenge your assumptions, bust apart stereotypes and celebrate original, cutting edge work this International Women's day because, when you can't find someone to follow, you have to find a way to lead by example," Ms Johe said.

SOURCE:
Media release, 19 Feb 2019
Sally Johe, Central Coast
Festival of Women

Parents group prepares for election day

The Ettalong Public School Parents and Carers Group is seeking volunteers to assist with the election day barbecue and cake stall school fundraiser.

"The P and C is seeking volunteers to help out from 6:30am to 12:30pm on March 23.

"They need lots of help both on the day and for preparation beforehand," said principal Ms Lynn Balfour.

The group is hoping to find some

long-term volunteers to assist with other events they're coordinating this term including a mufti day and Easter raffle.

The group will also hold its annual general meeting in the school library from 7pm on March 13.

"The P and C hopes to see many new faces at the meeting," Ms Balfour said.

SOURCE:
Newsletter, 19 Feb 2019
Lynn Balfour, Ettalong
Public School

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(1800 726 887) or go to
www.scouts.com.au



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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
hospitalartaaustralia.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
50psgg@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 world's oldest fraternal organisation and how we help our community.
Gosford Masonic Centre
86 Mann St Gosford
www.tcd2001.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.pcfra.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 Kariang
Phillip House, 21 Old Mount Penang Rd, Fri 7.15am
4340 4529
karsuebay@philliphouse.com.au

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

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

Special Interest

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

Cash Housie
50 Games every Sat night
Peninsula Community Centre, McMasters Rd, Woy Woy,t 7.30pm. Proceeds to Woy Woy Catholic Parish.
www.phousie@hotmail.com

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

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

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

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

Ettalong Toastmasters
We provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth
2nd & 4th Tue, 7:30PM, Ettalong Diggers
0408 416 356

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

Central Coast Goju-Kai Karate
Traditional Karate & Self Defence for Teens & Adults
No Contracts, Cheap Rates
Wamberal - Mon 630pm
Kincumber - Thurs 715pm
0417 697 096
www.centralcoastgoju-kaikarate.com.au

Woy Woy Judo Club
Mon & Fri -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 Boulevard, 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.ccwahc.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.

Lifesaving clubs receive \$280,000 in funding

Two Peninsula surf lifesaving clubs have received more than \$280,000 in funding from the office NSW Minister for Sport Mr Stuart Ayres.

Umina and Ocean Beach Surf Life Saving Clubs have each received funding to undertake building and refurbishment works.

Umina has received \$210,000 for the construction of a training room that will double as a storage space and to build an office space.

Ocean Beach received \$75,565 to refurbish its training and

community room.

It is hoped the funding will help make the Nippers surf lifesaving program more attractive to local children looking for a summer sport.

Member for Terrigal Mr Adam Crouch, Liberal candidate for Gosford Ms Sue Dengate and Mr Ayres made the announcement on February 20.

Both Umina and Ocean Beach Clubs are registered providers for the Active Kids Program with Umina receiving the second

highest number of Active Kids Vouchers of any club across the Central Coast in 2018.

“More than 60 per cent of children in the Gosford electorate are benefitting from Active Kids vouchers.

“Combine that with upgraded facilities and everybody wins,” Ms Dengate said.

SOURCE:

Media release, 20 Feb 2019

Ben Sheath, Office of

Adam Crouch MP



Wolves season had just one loss

The Woy Woy Wolves Baseball Club ended its junior season on February 16 with a 13 wins to one loss record.

“Our juniors dropped the first game due to some player shortages.

“From there they never looked back,” said club member Mr Scott

Murray.

SOURCE:

Social media, 17 Feb 2019

Scott Murray, Woy Woy

Wolves Baseball Club Inc.

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

Peninsula directory of services, contacts and support groups

Ambulance, Police, Fire 000

Emergency

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

Aboriginal & Torres Strait Islander Organisations

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

Accommodation

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

Animal Rescue

Wildlife Arc 4325 0666
Wires 1300 094 737

Community Centres

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

Counselling

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

Family and Relationships

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

Health

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

Legal & Financial Help

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

Libraries

Gosford district:
Umina Beach 4304 7333
Woy Woy 4304 7555

Problems, Habits & Addiction

Alcoholics Anonymous 4323 3890
Narcotics Anonymous 4325 0524
Professional support phone services:

Mental Health Line 1800 011 511
Beyondblue 1300 224 636
Domestic Violence Line 1800 656 463
Lifeline 13 11 14

Kids Help Line 1800 551 800
Griefline 1300 845 745

Suicide Call Back Service 1300 659 467

Transport

Taxi 131 008
Busways 4368 2277
City Rail 131 500

Welfare Services

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

Classifieds

ANTENNAS

A Better Picture
Antenna & Digital Installations & Tuning
New home specialist
Credit cards OK
HAYWARD VIDEO
All areas
Gosford 4323 6367
Woy Woy 4344 4414
Warnervale 1800 244 456
0412 685 555


BOREWATER

Bores and Spears
Install high quality pumps and maintenance free spears, existing systems reconditioned, all work guaranteed.
Warren Greenway
Ph: 4341 7736
Mob: 0408 225 390
Lic No. DL1960

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

ELECTRICIANS


Electrical & Data
TIM BULLOCK
ALL ELECTRICAL AND DATA
RESIDENTIAL AND COMMERCIAL
0427707080
Lic: 236223C

LOCKSMITH

Matt Bell's Locksmith Service
All lock repairs
Lock installations
24 hour lockout service
Pensioner discount
ML 000103741
Ph: 0404 879 863

PLUMBING

UMINA BEACH PLUMBING
All aspects of Plumbing, Drainage & Gasfitting
Domestic & Maintenance Works
Hot Water Installation & Repairs
4344 3611
0412 132 729
Lic no 25650C

ASBESTOS REMOVAL

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

Bore Water Pumps

Spear pump installations, repairs & maintenance for all types of pumps
est 1978
John Woolley
4342 2024

MGL CARPENTRY

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

ENTERTAINMENT


The Troubadour
Folk and Acoustic Music Club
BOB FOX
23rd March
St Lukes Hall
\$10,13 and 15
www.troubadour.org.au
4342 6716

MASSAGE

Calming Souls

Massage
Remedial Massage Therapist
Infant Massage Instructor
Paediatric Massage Consultant
Call Kate
0423 150 561
calmingsoulsmassage@gmail.com

PLUMBER

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No job too small
40 year's experience
Fully insured
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Boats Built & Repaired
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Call Roberto
0468 438 902

CABINETMAKER

CABINETMAKER
• Cupboards
• Shelving
• Furniture
• Kitchen Updates and Robes
Call Jens
0418 993 994

CLEANING

Weston & Wilson Cleaning Services
Domestic, end of lease, holiday & vacate cleans.
Regular or one off.
Fully insured, WWC & Police check avail.
From \$35 hour.
Maryanne
0403 505 812

PAINTERS

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Painting Services
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• New Work and Repaints
Free Quotes
All work guaranteed
0410 404 664
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Deliveries & Removals, Local Sydney, Newcastle & Country. Single items or a house full. Competitive rates.
02 4342 1479
0411 049 559


Classifieds advertising rates - in print and on-line

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

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

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

Personal and Not For Profit Organisations

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

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

Business rates

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

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

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

To advertise here call
4325 7369
This size starts from
\$20pw

ELECTRICIANS

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

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Free quotes
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Small Jobs, Free Quotes
Reliable Service
0418 452 474
Licence No 2107c

TILING


Homes2NV
Tiling Wall & Floor Property Maintenance
0439 589 426
homes2nv@gmail.com

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

HANDYMAN


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Covering all your internal and external handyman jobs
FREE QUOTES
Pensioner discount
Call David: **0413 396 167**

PLUMBING

YOUR LOCAL PLUMBER
Same day service
Guaranteed
Blocked drains, Leaking taps and toilets, Hot water and all aspects Of plumbing drainage and gas fitting.
Lic number 265652C
4346 4057

TREE SERVICES

Eyecare
Tree and Stump Grinding Services
Mulching Available
Fully Insured
Call Jamie
0413 088 128
www.eyecarelawnmowing.com.au

Ettalong Memorial Bowling Club's Bailey Metti teamed up with Halekulani bowler Josh McDonnell to take out the Central Coast Zone Under-18 Pairs Championship on February 11.

Metti and McDonnell overcoming Halekulani's Reagan Peterson and Travis Henley 19-12.

Coast publicity officer Mr Kevin Dring.

"The skills and talent of the Central Coast youth was on full display and had the small crowd of spectators on the edge of their seats.

"It looked as if the title would go down to the wire, but one wayward end by Peterson and Henley dropping five shots cost them the title."

SOURCE:

Media release, 11 Feb 2019
Kevin Dring, Bowls Central Coast



Bailey Metti and Josh McDonnell

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)

25 MON	0134 1.59	26 TUE	0229 1.55	27 WED	0329 1.51
	0753 0.51		0900 0.59		1013 0.64
	1353 1.41		1452 1.27		1603 1.18
	1958 0.54		2048 0.64		2149 0.70
28 THU	0434 1.50	1 FRI	0537 1.51	2 SAT	0633 1.55
	1127 0.64		1230 0.60		1320 0.54
	1720 1.16		1827 1.19		1916 1.26
	2256 0.72		2358 0.69		
3 SUN	0051 0.65	4 MON	0135 0.59	5 TUE	0215 0.54
	0720 1.60		0800 1.64		0837 1.68
	1400 0.49		1435 0.44		1507 0.41
	1958 1.32		2033 1.38		2106 1.43
6 WED	0250 0.50	7 THU	0326 0.47	8 FRI	0401 0.46
	0912 1.70		0945 1.70		1019 1.67
	1538 0.39		1608 0.38		1638 0.39
	2138 1.47		2210 1.50		2243 1.53
9 SAT	0439 0.47	10 SUN	0518 0.49	11 MON	0601 0.52
	1054 1.63		1130 1.57		1208 1.49
	1708 0.41		1740 0.45		1814 0.50
	2317 1.55		2354 1.56		

APPROX. TIME LAG AFTER FORT DENISON

Etallog 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

Disability bowler of the year

Ettalong Memorial Bowling Club bowler Ron Mowday has been named the 2018 NSW Bowls Disability Bowler of the Year.

This is Ron's second time receiving the accolade, having also taken out the 2017 award, making him a rare back-to-back winner.

The awards are the pinnacle event of the Bowls NSW calendar year and recognise outstanding players from the 2018 season.

SOURCE:

Social media, 21 Feb 2019
Greg Helm, Bowls NSW



Ron Mowday

Australian Government
Bureau of Meteorology

[illegible]

Umina surf club dominates branch championships

Umina Surf Life Saving Club dominated during the Central Coast Branch Champion Lifesaver event held at Soldiers Beach on February 17.

Umina recorded seven first place finishes at the event, making the club the most successful of the day.

Shelley Smith got the ball rolling for Umina, recording a first place finish in the 30-39 Female Champion Lifesaver and this was followed up by Kerry Armstrong-Smith who also took out first place in the 40 Plus Years Female Champion Lifesaver.

Jemma Smith was the next Umina representative to land on the podium, taking out first place

in the Open Female Champion Lifesaver event.

In the Under-15 Female Champion Lifesaver Umina's Bethwyn Caller and Ebony Rayner found themselves neck-and-neck in the grand final, with Caller pulling ahead to claim first place with Rayner in second.

Umina also took out the Under-15 Male Champion Lifesaver with Matthew Kearney claiming the gold.

Kirsten Miller and Zachariah Halliday sealed Umina's excellent form with a first place in the Under-17 Female Champion Lifesaver and Under-17 Male Champion Lifesaver respectively.

SOURCE:
Website, 18 Feb 2019
Champion Lifesaver
Results, SLSCC



Zac Robertson, John Roberts and Lee Trethowan

Mixed results for Ettalong Eagles

The Ettalong Eagles had mixed results during the Zone Triple Finals on February 16.

The club had three teams make it into their respective finals.

The Open Final team of Zac Robertson, John Roberts and Lee Trethowan came up against a formidable Terrigal outfit who they

could not overcome due to a large early deficit.

The Presidents Reserve Final saw the team of Garry Eggleton, Carl Wilson and Mick Braham take on Ourimbah, who proved too strong.

In the Seniors, Ettalong's Garry Frost, Al Lewin and Col Passfield

overcame a determined side from Avoca to win on the final bowl.

"All in all it was a strong showing from Ettalong Bowling Club," said Bowls Central Coast publicity officer Mr Kevin Dring.

SOURCE:
Media release, 16 Feb 2019
Kevin Dring, Bowls Central Coast



Lions to hold annual luncheon

Woy Woy Lions Rugby Club will hold its annual Sports Luncheon at Ettalong Diggers on March 8.

This year's luncheon will feature guest speakers Mr Matt Burke and Mr Paul Martell.

Mr Burke is a rugby commentator for Channel 10 and a

celebrated player in his own right, having played for Australia.

Paul Martell is one of Woy Woy Rugby Club's favourite Australian comics.

Martell has been voted the Australian Comic of the Year 24 times and has long been a staple act at sporting grand finals

including the Bledisloe Cup, State of Origin and the Australian Open.

The lunch will start at midday and will be hosted by Peter "Fab" Fenton.

Tickets are essential.

SOURCE:
Social media, 1 Feb 2019
John Hewett, Woy Woy
Lions Rugby Club

ROUND 21

SAT 9 MAR KO: 7.50PM

CENTRAL COAST STADIUM



V



TICKETS AVAILABLE FROM CCMARINERS.COM.AU



FAULDING Probiotics 25 Billion 30 Capsules*



BUSCOPAN Double Strength Forte 20mg x 10 Tablets and Specialised Relief 10mg x 20 Tablets*



COMBANTRIN Chocolate Squares for Treatment of Threadworm, Roundworm and Hookworm x 24*



METAMUCIL Multi-Health Fibre Orange Smooth 114 Doses*



NESTLE Optifast Chocolate, Strawberry, Coffee and Banana Shake x 12 Sachets*

UMINA BEACH 315 West St, Umina Beach, NSW 2257

Ph: 4341 1488

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

Saturday: 8:30am - 3pm

Sunday & Public Holidays: 9am - 3pm

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 5/2/2019 AND FINISHES 4/3/2019. YS022019C.