

New group calls for compliant development

A new action group has formed calling itself Residents for Responsible Ettalong Development.

The group has issued an invitation to Ettalong residents to attend a public meeting on Tuesday, March 19, at the Ettalong Bowling Club from 8pm.

Spokesman Mr Peter Gillis said the new group hoped to attract a huge membership to fight inappropriate development at Ettalong.

"The residents of Ettalong Beach are extremely concerned that recent and pending development applications are of a height, bulk, and scale which are not suitable for the tourist village nature of the area, and would detract from Ettalong's natural beauty," he said.

"These applications would create a disconnection with the existing community, rather than integrating with it, and their scale would effectively change the micro-climate of the area due to their height and bulk.

"We will be asking Central Coast Council to stop approving non-compliant development applications and consider the collective impact of multiple high density, high-rise developments in Ettalong Beach."

Mr Gillis said the coast's regional strategy outlined by the council in its town centres report named Woy Woy as a town centre



Melanie Masterson, Martin Mitchell and Peter Gillis

while Ettalong Beach and Umina were called villages and described as lower order centres compared to town centres offering a "lesser order of goods and services in a smaller-scaled setting.

"But despite this formal hierarchy and Ettalong's lower-order status

in that hierarchy, proposed mixed use-residential apartment development applications such as the one at 227-231 Ocean View Rd (DA 55696) far exceed in proposed height, size and density, those approved and actually constructed in Woy Woy – a designated key

town centre.

"On this scale differential alone, proposed developments such as this one and other similarly-sized proposals should be rejected by residents directly impacted and by the council itself as being inappropriate and in contravention

of council's own planning policies, procedures, objectives and guidelines," he said.

Mr Gillis said more than 70 objections had been sent to council about the development proposed for 227-231 Ocean View Rd so the organisers hoped for a good roll up to the meeting.

He urged residents to come along to the meeting and hear and see for themselves the areas of land along Ocean View Rd that are earmarked as potential development sites.

The new group, started by Mr Gillis, Martin Mitchell from Umina Beach and Melanie Masterton from Ettalong, wants residents to let council know they are not happy with the lack of cohesion in their approvals.

They say residents are worried by the collective impact of proposed high-rises within a 1.4 mile area including the proposed six-storey 40-unit development on the Centrelink site and newly-built seven storey Atlantis building.

They want development that is appropriate for the village.

The group has a website at rrettalong.org and an email address is info@rrettalong.org.

SOURCE:

Media release/meeting, 6 Mar 2019

Peter Gillis, Martin Mitchell,

Melanie Masterton

Residents for Responsible

Ettalong Development

Developer joins calls against non-compliance

A developer has joined calls for Central Coast Council to take a consistent approach to development applications, which ensured they complied with its published planning provisions.

"All we want is for council to set a level playing field for all developments in the Ettalong area and to stick to their strict guidelines that were applied to our development," said Mr Barry Smith, managing director of Abrotat.

His development, on the Centrelink site at 237-245 Ocean View Rd, was approved in February last year and consisted of a five-storey, part six-storey, mixed use construction for 53 dwellings, ground level commercial tenancies, parking for 85 cars, a swimming pool and gym for tenants and a roof platform for plant and equipment.

Mr Smith has made a submission about the proposed

development at 227-231 Ocean Beach Rd, Ettalong, currently being considered by the council.

The application made by Jedaclew Pty Ltd would consist of a six-storey development with commercial tenants and 26 apartments and would replace old single storey commercial buildings, one at least that has potential heritage value according to some long term locals.

Jedaclew wants zero setback to Ocean View Rd and setbacks to the northern boundary of about 7.8m and varying setbacks to the east and west.

Its height would be 18.8m, more than 10 per cent above the standard set in the Gosford Local Environment Plan.

In a submission to the council, Mr Smith said he did not object in principle to the proposal as "we firmly believe that Ettalong needs these style of projects so Ettalong

can move forward," but he wants the same standards to be applied to the proposal that were applied to his development.

He said that his development took close to two years of negotiations and drawing changes at great cost to appease "council stringent planning controls and conditions".

Mr Smith changed setbacks on his proposal after meetings with council.

"We expect the same stringent controls to be applied to the above application as boundary setbacks and height are way out of council guidelines," he said.

Should council allow non-compliance in this case, "we will assume that council will readily accept a revisit of our development so we can change back to our original setbacks and extend the height".

Mr Smith is not the only objector

wanting council to stick to their guidelines. New action group Residents for Responsible Ettalong Development estimate about 70 people submitted written objections during the council exhibition period of the proposal which is now closed.

One submission to council summed up the feelings of many, complaining about the height due to shading on adjacent buildings and the footpath and road.

Another talked about the "significant blocking of local mountain views from both Ocean View Rd and importantly from the walkway along the beach".

"This would change tourist perception of the area," the objection stated.

It mentioned the effect on residents with the blocking of the southerly winds which bring relief from the hot weather to the residents beyond Ocean View Rd.

"In summary, this proposal

represents an ugly departure from the attractive tourist nature of the commercial centre of Ettalong Beach.

"The nature of this proposed building creates a disconnection with the existing community rather than integrating with it.

"Ettalong Beach is not near any major rail or road transport systems and doesn't require high density housing structures, which this application proposes."

Another submission ended with the entreaty: "Please save our village."

The application should come before a council meeting for a decision because it received more than 50 objections but is still being assessed by the planning department.

SOURCE

DA Tracker, 7 Mar 2019

DA 55896 Central Coast Council

DA 49986/2016 Central

Coast Council

THIS ISSUE contains 64 articles - Read more news items for this issue at www.peninsulanews.info

NEWSPAPERS

Central Coast

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News

Peninsula News
Community Access

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

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

See www.peninsulanews.info for all editions published

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Contributions

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

All accepted contributions also appear on our website.

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

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Source lines: Where do our articles come from?

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

It should not be assumed that the article is a verbatim reproduction of the source. Similarly, it should not be assumed that any reporter listed is necessarily responsible for writing the whole news item. Source lines are not by-lines.

Often articles come from a number of sources. They are edited for readability and reader interest and given different headings, and consequently can be expressed quite differently from the source material.

Peninsula News usually receives its

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

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

The following descriptions are used: **Media Release** - unsolicited contributions. **Media Statement** - sent in response to our questions. **Website or Social Media** - information published online. **Newsletter or Report** - published in print or online. **Interview or Meeting** - statements recorded by a reporter.

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

Dry conditions continue

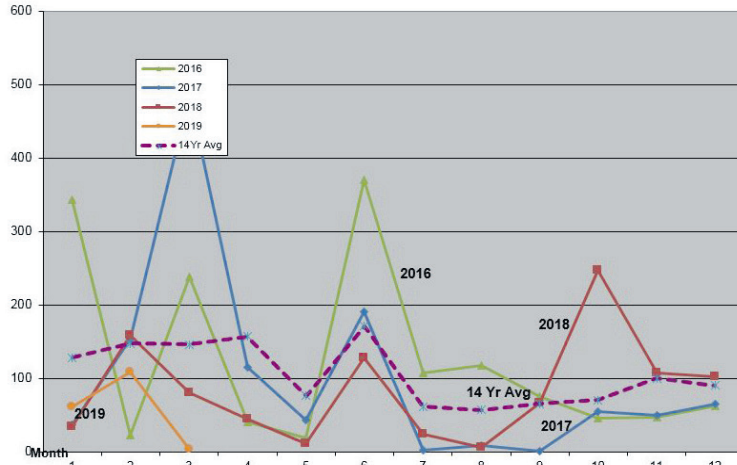
Drought conditions condition to plague the Peninsula with just 2.9mm of rain falling in the first eight days of March.

The below average rainfall of February seems to have transitioned into March with only three rainfall events recorded so far this month with two of them recording a measly 0.2mm.

The rainfall event of March 7 has so far been the highest recorded fall of the month at just 2.5mm.

This brings the Peninsula's total rainfall for the year up to 171.4mm well and truly below the Peninsula's three year average total and even below 2018's abysmal total for the same timeframe.

With Mangrove Creek Dam sitting at just 56.7 per cent Central Coast Council has already taken



pre-emptive action to prepare for a worsening of drought conditions.

At the February Council Meeting it was resolved to lift the water restrictions trigger from 42 per cent up to 50 per cent and Council's seasonal forecasts

indicate a continuation of below average rainfall over the coming months.

SOURCE: Spreadsheet, 8 Mar 2019 Jim Morrison, Umina

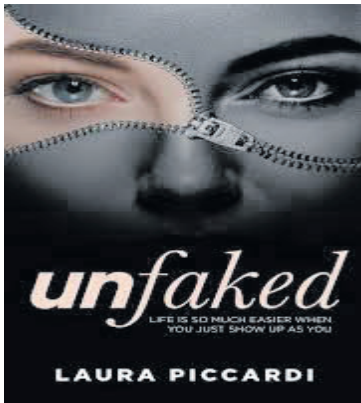
YOUR CHANCE TO WIN

The Peninsula News would like to offer two lucky readers the chance to win the latest book by Ettalong local and international bestseller, Laura Piccardi.

Laura is an International Stress Management Expert, Performance Coach and Speaker.

Her mission is to make a massive dent in the statistics of lifestyle-related disease and levels of distress that are rapidly increasing as a result of our highly pressured and busy lifestyles.

She now dedicates her life to teaching others how to change the way they think and behave,



so they too can live truly healthy, happy and fulfilled lives.

Her latest book, Unfaked, tackles a question every working woman has asked herself at

some stage, am I working myself into an early grave, and is an Amazon best seller.

"It's bloody exhausting being a woman don't you think, let's unpack why," Piccardi said.

Visit Laura's website, www.uppy.com.au/unfaked, to find out more about her work.

For your chance to win, write your name, daytime telephone number and address on an envelope and mail it to Peninsula News Unfaked Competition, PO Box 1056, Gosford NSW 2250, before 5pm on March 21.

The winner of the Scooter Competition was Melanie de Jager of Woy Woy.

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

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Geoff Melville honoured for ‘local achievement’

Empire Bay resident Mr Geoff Melville has been honoured with a NSW Government Local Achievement Award for a lifetime of services to the community.

The Rotary Club of Umina Beach publicity officer was presented with the award at a special meeting at the Empire Bay Progress Hall on March 5, attended by about 50 of Mr Melville’s family, friends and colleagues.

Mr Melville said he thought he was attending the Progress Association’s annual general meeting and it was “quite the shock” when he arrived to a packed hall.

“It was certainly a surprise.

“I walked in to see people like Member for Terrigal Mr Adam Crouch, Dr John Irvine, Peninsula Villages chief executive Mr Shane Neaves and all my friends from Rotary and I thought what’s going on?

“When I saw my sons, I knew something was up.

“I just wish I hadn’t worn my slippers,” Mr Melville said.

Mr Crouch presented Mr Melville with his award, signed by the Minister for Ageing Ms Tanya Davies.

Mr Melville said he was touched to receive the award.

“Adam read a lovely speech detailing everything that I’ve done over the years but what made it really special was having it witnessed by all my friends,” Mr Melville said.

“When people go out of their way to come to an event like that just to support you, even though you’re certain they have plenty of things going on in their own lives and other places they could be, it’s very humbling.

“For them to be there for me was very special.

“It’s something I’ll always remember,” Mr Melville said.

Friend Mr Neil Thompson said he could think of no one more worthy of the award.

“Geoff was president of the Empire Bay Progress Association for five straight years and has organised the annual Anzac Day ceremony at the refurbished Empire Bay Cenotaph for 20 years, where he was also the master of ceremonies,” Mr Thompson said.

“As an active member of the Umina Beach Rotary Club for 42 years, Geoff has held every board position (including president twice), during which time he has received an unprecedented four

Paul Harris Fellowship Awards and a Rotary International Avenues of Service Citation.

“Each week, Geoff publishes a 24-page Rotary Bulletin containing Rotary events, reports and updates, which is an enormous effort for one person.

“Being a business fundraising committee member of the Salvation Army Red Shield Appeal since 2001, Geoff became zone chairman, raising over \$46,000 each year.

“For the past 15 years, Geoff has been an honorary director of Peninsula Village and is currently the chairman of the building committee, overseeing a new 114-bed age care facility valued at over \$30 million.

“As a fundraiser, Geoff has many worthy causes (not always through Rotary) where he has helped raised funds for two local schools, Umina PCYC, Mary Macs, Coast Shelter, David Tanare’s Mission for Homeless people in Gosford and Woy Woy Peninsula, Top Blokes Foundation and Camp Breakaway, to name just a few,” Mr Thompson said.

SOURCE:
Interview (Dillon Luke), 6 Mar 2019
Geoff Melville, Empire Bay
Media release, 6 Mar 2019
Neil Thompson, Woy Woy



Mr Geoff Melville

OUT OF THE BLUE PRESENTS COAST THINK EVENT SERIES

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TICKETS: OUTOFTHEBLUEPRODUCTIONS.COM.AU

Group urges residents to use on-demand bus

The Bays Community Group president Ms Cathy Gleeson is urging Bays residents to take advantage of an on-demand bus to Woy Woy station.

"The current service is on a three month trial.

"I encourage all residents of The Bays to investigate the service and utilise it when and where they can so we might secure this service for the future," Ms Gleeson said.

"Community transport information cards were dropped

into residents' letterboxes promoting how to download the app or go to their website for further information.

"This service will run during peak times in the morning and afternoon, Monday to Friday, delivering a reliable and safe door-to-door transport service for commuters needing to get to Woy Woy station," Ms Gleeson said.

"Bays Community Group members wrote to relevant authorities, including Minister for Transport Mr Andrew Constance, about getting The Bays included

in the trial service so please make the most of it," Ms Gleeson said.

According to Ms Gleeson, the group's inquiries to Central Coast Council over recent months to see road and safety works implemented in the Bays have also borne fruit.

"We have also received a response from Council to correspondence we sent late last year, regarding pedestrian and transport improvements for the Bays."

The council had responded: "The provision of a shared pathway

to link the Bays area with Woy Woy has been previously investigated with two options identified -one option is along the Correa Bay and Horsfield Bay foreshore and the other option was along Woy Woy Rd.

"The foreshore option identified significant environmental and Aboriginal heritage issues, therefore only the Woy Woy Rd option has been incorporated into the draft Central Coast Bike Plan.

"The draft Bike Plan and Pedestrian Access and Mobility Plan are currently being finalised,

taking into account the comments and feedback received during the recent public exhibition period.

"The Bays Community Group's comments have been included in the feedback being reviewed in finalising these Plans.

"Once finalised, these documents will be updated and reported to Council for consideration."

SOURCE:

**Newsletter, 23 Feb 2019
Cathy Gleeson, The Bays
Community Group**

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Community Environment Network

HELP CEN TO PROTECT YOUR LOCAL ENVIRONMENT

SEISMIC TESTING

Seismic testing was first brought to my attention at our CEN forum in 2018 when Dr Natasha Deen founder of Save our Coast presented on the impacts of seismic testing on our marine life off our coastline and that of the Federal Governments approval to grant the PEP 11 (petroleum exploration permit 11) that covers the region off the northern beaches of Sydney to and including the Central Coast and up to Newcastle.

Seismic testing involves multiple airguns firing simultaneously every 3 – 10 seconds for 24 hours continuously for weeks on end to locate where to drill for gas/oil wells.

You don't need to be a scientist to understand the impacts explosive seismic blasts do to harm or kill our marine life including killing plankton

**Underwater explosions.
Every 3-10 seconds,
24 hours continuously for days or weeks on end.**

STOP THE TORMENT



saveourcoast.org.au

and krill for over a kilometre, causing malformations in oysters and ruining fish stocks.

Seismic blasts cause stress to whales and dolphins, leading to disorientation and weakness and have been linked to stranding and deaths.

Momentum of community members and groups to stop seismic testing planned from March 2019 on the Central Coast is building and we

must contact our State and Federal MP's and voice our opposition especially to Lucy Wicks MP Federal Liberal member for Robertson who would have a considerable influence over the Federal Liberal Resources Minister Matt Canavan who approved this permit. It's now or never to make a stand for our coast!

**Ms Hale Adasal
Deputy Chair CEN**

CEN MEMBERSHIPS ARE NOW DUE FOR 2019!

We ask that you support the work that we do by renewing your membership (if you haven't done so already!) or even joining CEN for the first time.

CEN is an overarching network covering the regions of the Central Coast and Lake Macquarie. It is the strength of our members that allow us to work to improve our local environments and advocate for ecologically sustainable development.

Your membership is important!

We rely on your membership and donations to continue

our work. Although we have a small number of grants for project work, much of the work of CEN relies on volunteers.

We need your help and support!

It is only through our members and supporters that we can provide a voice for the environment and our communities.

Visit www.cen.org.au to join - \$30 individuals or \$40 group membership

We look forward to your continued support.

MARINE DISCOVERY CENTRE RECRUITING VOLUNTEERS

The Central Coast Marine Discovery Centre (CCMDC) is calling on anybody with a passion for the marine and coastal environments of the Central Coast to become a volunteer at the CCMDC.

The next intake of volunteers will be held in March with a volunteer induction being held on the afternoon of Sunday, 31 March, 2019.

The number of volunteers is limited in each intake

and volunteers must commit to a minimum of 12 days volunteering within the next 12 months.

Interested community members should visit the CCMDC website - www.ccmcdc.org.au - and go to Events for more information.



UPCOMING EVENTS:

Waterwatch Training

Come along and learn about water quality monitoring in your local waterway and to discuss opportunities to join a local Waterwatch group.

When: Saturday 30th March 2019

Where: Terrigal Skate Park, Crn Terrigal Dr and Willoughby Rd (Opposite Terrigal Scout Hall)

Time: 9.30 am to 12:30pm

Cost: Donation for morning tea

Bookings are essential: www.cen.org.au/events

For more information phone: 4349 4757 or

Email: waterwatch@cen.org.au.

Wildplant Community Nursery

Our plant sales are held on the first Saturday of each month 9am to 12pm.

When: Saturday 6th April 2019

Time: 9am to 12pm

Where: CEN Office, Ourimbah

We have a range of local native plants available including ground covers and herbs, shrubs and trees, bush food, bird attracting, native bee attracting, frog friendly and screen plants. Current specials on wetland plants. Cash or Credit Card. No EFTPOS

Location: Brush Road, Ourimbah

Best access is via the Community College Carpark, Ourimbah Campus walk to the end of the carpark and then follow the signs up the steps

COSS Connections & Rehabilitation Project

Do you need help managing bushland on your property? Come along and find out if you are eligible for free weed control services and bushland management to help conserve the natural bush and wildlife on your property. Talks on the COSS Connections Project, Land for Wildlife, COSS, threatened Eastern Pygmy Possum followed by a guided spotlight walk in Strickland State Forest.

When: Thurs, 28th March

Where: Narara EcoVillage, 25 Research Rd, Narara

Time: 6 to 8pm

Cost: Free (Includes refreshments)

Bookings Essential: www.cen.org.au/events

For more information Ph: 4349 4756

Email: habitatforwildlife@cen.org.au

Chairman's Report



A busy time of year, with school starting and holidays over. Government recently changed the planning rules to cut out local input and CC Council,

claiming that meetings behind closed doors are democratic.

However, our environment never sleeps, with pressures for more waste facilities, coal mining and water decline continuing as the big issues.

I have been shocked by the lack of concern by proponents of the Wallarah Coal Mine for the impacts on our health by polluting our water supply.

With elections at a state and federal level over the next 2 months, ask your candidates what they would do if elected.

Climate change is accelerated by clearing and with increasing bushfires and drought we need to replant our forests and urban trees to cool the planet.

Lastly, the big dry is reducing our water storage while usage has climbed, everyone needs to reduce their water consumption and save water.

John Asquith, OAM

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

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

www.cen.org.au Ph: 4349 4756

Hillary Morris was first name out of the box

Greens candidate Ms Hillary Morris was the first name out of the box when the ballot draw was held on Thursday, March 7, in the Gateway Centre at Gosford for the State seat of Gosford.

"I owe my husband \$50 now," she said.

Ms Morris will be first on the voting paper and sitting Member Ms Liesl Tesch will be last.

Election manager Ms Leticia Muriwai conducted the ballot draw and asked if any candidate had any questions.

Liberal candidate Ms Sue Dengate asked if her name could be Sue rather than Susan on the ballot paper and was told the name on the paperwork was the name on the ballot paper.

Six candidates are standing for the seat of Gosford which covers the Woy Woy area but two did not attend the draw.

They are in order of their appearance on the ballot:

Hillary Morris, Greens
Patrick Murphy, Animal Justice Party.

Sue Dengate, Liberal Party of

Australia
Larry Freeman, Shooters,
Fishers and Farmers
Judy Singer, Sustainable
Australia
Liesl Tesch, Australian Labor
Party.

Ms Tesch won the seat in 2017 in a by-election, with 62.5 per cent of the two-party vote against Liberal Ms Jilly Pilon with 37.5 per cent. She is expected to win this election.

Mr Larry Freeman who gained five per cent of the votes is standing again this election.

The 2017 by-election was held when Labor's sitting Member Ms Kathy Smith resigned from parliament due to illness.

She died shortly afterwards.

Ms Smith won the seat in 2015 after defeating the then Liberal Member Mr Chris Holstein who won the seat in 2011 after Labor Member Ms Marie Andrews retired.

SOURCE:

Website, 7 Mar 2019

The Tally Room
NSW Electoral Commission
Ballot draw, 7 Mar 2019
Leticia Muriwai, Gosford
Electoral Office

Gosford, an electorate since 1950

The name Gosford has existed as an electorate since the 1950 election.

The seat covers 867.15 square kilometres, including postcodes 2083, 2250, 2256, 2257 and 2775.

People can vote early at the Gosford Gateway office, opposite the train station, from 8am until 6pm Monday to Friday, with the office open two extra hours on Thursday night.

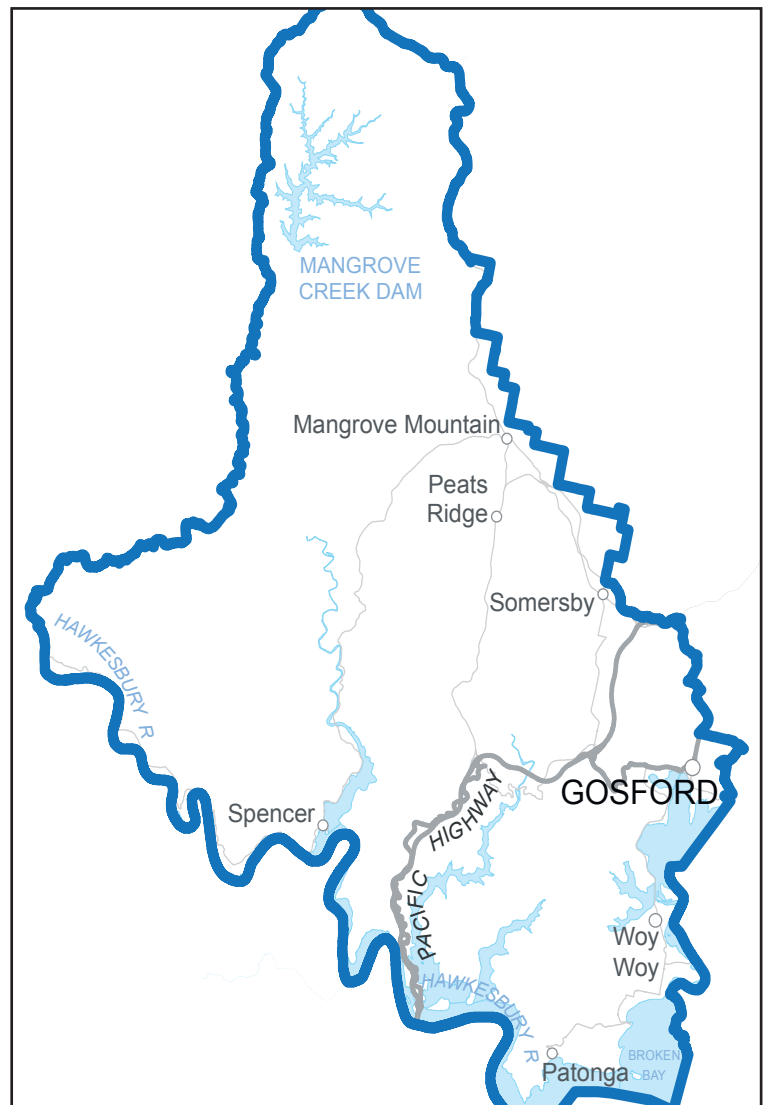
There are 12 early voting reasons outlined by the NSW Electoral Commission but no evidence is required to be produced.

The reasons include being at work, caring for someone, and the belief that attending a voting centre on election day would place you at risk.

Polling booths will be available at Brisbane Water Secondary College-Umina campus, Brisbane Water Secondary College-Woy Woy campus, Ettalong Public School, Pearl Beach Community Centre, South Woy Woy Progress Association Hall, Umina Beach Public School, Umina Community Hall, Umina Uniting Church and at Woy Woy South Public School.

SOURCE:

Website, 7 March 2019
NSW Electoral Commission



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Labor

Labor will deliver \$5 million for ETTALONG CHANNEL



LIESL TESCH

PUTTING PEOPLE FIRST

Labor's Cleaner Waterways Fund

Liesl Tesch and Labor will work with Central Coast Council and community groups to:

- 1** Dredge the Ettalong Channel
- 2** Develop a long term plan to keep the channel open
- 3** Manage Central Coast beach pollution

Authorised by Genny Murphy Australian Labor Party (NSW Branch), 18 Carrington Avenue, Woy Woy NSW 2256.

Election

Liesl Tesch,
Labor Party,
sitting member

Sitting Member for Gosford Liesl Tesch says she is passionate about the peninsula.

"In just two years I have delivered more than \$727,000 worth of community infrastructure to improve local amenities and secured funding to upgrade Woy Woy Wharf," she said.

"If re-elected, I will work with a Daley Labor Government to make sure we finally get our fair share on the Peninsula.

"We've been forgotten by the Sydney-centric Liberals.

"Labor will deliver \$5 m for dredging Ettalong Channel, make public transport free for children on the Opal Network, re-regulate the energy market to cut prices, deliver more green spaces, and mandate affordable housing targets so families can still afford to live locally.

"NSW Labor knows overdevelopment affects communities.

"That's why we will stop developers bypassing local



councils by abolishing the Rezoning Review process that has undermined community decisions reflected in an LEP.

"If we don't build more housing, prices will skyrocket, forcing out locals, but we need policies that deliver quality design with appropriate setbacks that ensure protection for our environment and protect green space."

Hillary Morris,
The Greens

As a past Greens councillor for the former Gosford Council, Hillary Morris said she had seen the impact poor planning has on the Peninsula.

"Time and again development applications which did not meet the planning guidelines were approved, despite community opposition," she said.

"I have seen the community's ability to object to DAs being eroded by the State Government – with its build at any cost mentality.

"I will work to ensure that, once again, you will have control over planning decisions that impact your community.

"With the threat of climate change being a major concern, we must ensure that developments work with the environment rather than against it.

"With the intensity of rainfall from extreme storms becoming the norm,



flooding of local areas on the Peninsula must be addressed.

"The State Government needs to work with the local council (not against it as it does now) to ensure the necessary infrastructure is in place to protect you."

Morris said The Greens would introduce rebates for household solar systems including batteries, and would rebuild TAFE.

Sue Dengate,
Liberal Party

Sue Dengate has lived on the Central Coast for more than 45 years, at Umina for 27, and works as a diving instructor in Coast waterways.

"As a foundation member of the Peninsula Waterways Committee, I want to ensure that the Ettalong Channel remains open for tourism and small business flourishes," she said.

"The NSW Liberal Government has provided \$660,000 for emergency dredging to clear the channel and a further \$1,225,000 to ensure it stays open.

"Our roads, footpaths and drainage on the Peninsula need urgent attention as they have been left behind.

"I will work with Council to set priorities based on community expectations and help source funding.

"The NSW Liberals have spent \$4b on 2,100 roads projects across the Central Coast and Hunter since coming to Government 2011.



"We're getting on with the job, but there's still more to do.

"State government actions over the last four years have had many positive effects on the entire peninsula community.

"This is in large part due to strong planning controls.

"As a result of this, there are record levels of investments in Gosford and we've kick-started action with significant long term positive impacts.

"A re-elected Liberal Government would continue to work with Council for the long term interests of all residents."

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Gary Chestnut

Our Coast
Your Choice

Issues

- Water quality
- Coastal erosion
- Climate change
- Creation of local jobs
- Protection of bushland
- Sustainable development
- State Government taking control away from our Council

I can offer

- True independence
- Local knowledge and local experience
- A vibrant and sustainable coast to improve our

Future

- You have the choice, we have the choice to make a change.
- Change can only come about with your

Contact - garychestnut1@gmail.com
or call 0409 074 344

VOTE 1 GARY CHESTNUT
for Terrigal

Authorised by Gary Chestnut 28 Erina Valley Road ERINA

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ADAM CROUCH

Liberal for Terrigal



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Adam CROUCH
Liberal for Terrigal



Terrigal@nswliberal.org.au



AdamCrouchMP



PO Box 3401, Erina NSW 2250

Election

Larry Freeman, Shooters, Fishers and Farmers

Larry Freeman says the way NSW is governed needs to change.

"The two party system is an out of date relic and doesn't provide the people of the Gosford electorate with the good representation they deserve," he said.

"As the elected representative in this region I will hold the balance of power in the lower house which puts me in a unique position to negotiate the best possible outcome with both sides of the parliament.

"People need to ask themselves are they happy with the sale of public assets, the ever increasing cost of living and big promises never kept.

"If elected I will work to ensure Ettalong Channel remains navigable permanently, I will press the government to complete the Woy Woy Rail underpass, re-establish a full Service NSW office in Woy Woy and start work with the government on an upgrade



to Woy Woy Hospital.

"I recognise the important role of Local Government in ensuring sustainable development in the region.

"Local Government is best placed to make local decisions within the set guidelines in the DCP and LEP.

"However State and Local Government should be able to work collaboratively on key regional projects when required."

Patrick Murphy, Animal Justice Party

Patrick Murphy says he realises that standing as a candidate for a minor party such as the AJP in this election gives him a very small chance of getting elected.

"But I will truly represent those whose position makes the most sense, not those who have a position of privilege," he said.

His prime concern is for animal rights issues.

He is determined to stop seismic testing for oil and gas off our coast and to see 1080 poisoning to be stopped and replaced with an immunosterilisation program.

He wants to stop the commercial and domestic breeding of cats and dogs until the pounds are empty.

But he is also concerned about several non-animal issues, including sensible planning laws.

"I am aware that the Central Coast Council



updated its DCP on March 1," he said.

"Non-compliance matters are commonly misunderstood, for example where there is LEP approval for three storey developments, but objections to DAs knock it down to single storey villas.

"Each case should be determined on its own merit and the council should not be a 'tick-a-box' department for approvals."

Judith Singer, Sustainable Australia

Judy Singer is a director of her family owned and operated small business.

After 30 years in business she has gained a wealth of practical business management expertise and life experience.

In recent years Singer has chosen to work part time so she can spend more time with her two young children and husband Nick, who, like thousands of Central Coast residents, commutes to Sydney for work.

Singer is involved in her local community and loves volunteering at her children's school.

If elected, Singer will focus on campaigning for secure jobs, affordable housing, better planning, and a sustainable environment and population.

In particular, she will concentrate on better planning to stop overdevelopment.

Her goals include returning real planning



power to local communities, delivering new community infrastructure before more housing and reducing population pressures by lowering Australia's annual immigration intake from 200,000 back to the long term average of 70,000.

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GREENS CANDIDATE FOR GOSFORD

You know me as the former Gosford Greens councillor, where I protected heritage buildings, spoke against the over-development of Gosford, campaigned against the Mangrove Mountain landfill site, and led the council stand against CSG fracking on the Coast. I am a passionate advocate for creating opportunities for job growth around renewable energy, recreation, ecotourism and agricultural initiatives, and know that the Greens are the only party with the integrity to achieve this.



THE GREENS

greens.org.au/nsw/candidates/gosford
gosford@nsw.greens.org.au

BOB DOYLE

GREENS CANDIDATE FOR TERRIGAL

You probably know me as a teacher and public education advocate or through my work in the Newstep program at Ourimbah Campus. I also make and exhibit short films, began an on-going Coast film co-op and co-founded a local bush regeneration group, now in its 7th year.

I have lived in North Avoca for 12 years with my family and am passionate about our environment and recognition of First Nations people and what they can teach us. Only the Greens offer honesty, transparency and integrity.



THE GREENS

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Labor's track record

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- ✗ **Cut \$360 million** from Pacific Highway funding
- ✗ Undisclosed \$5.2 billion **budget black hole**



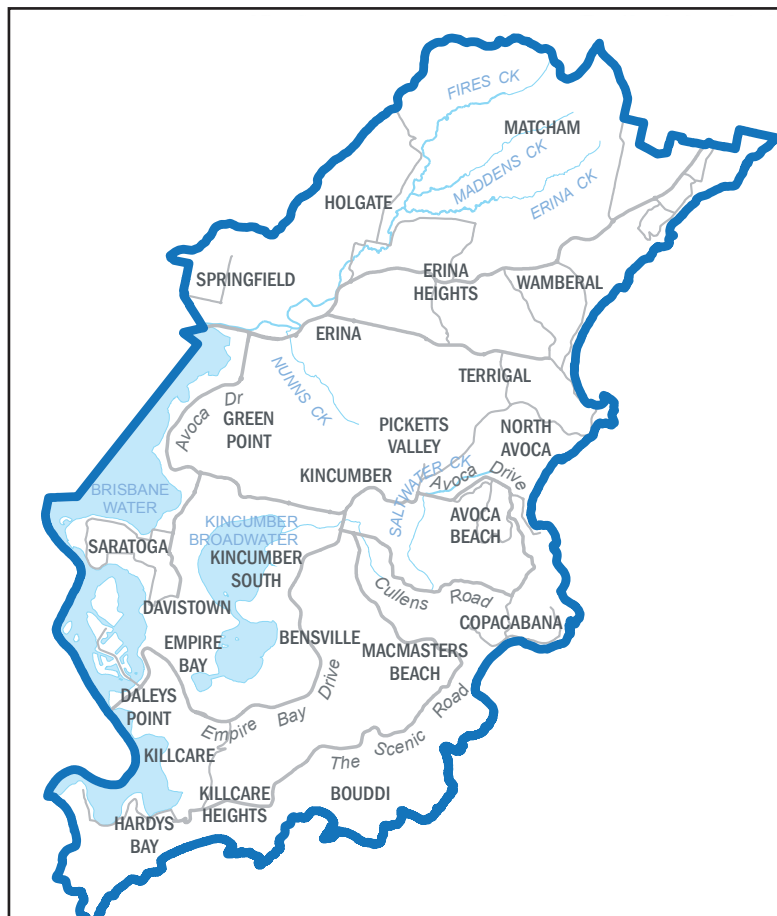
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Sitting Member last on ballot paper

Website, 7 Mar 2019
NSW Electoral Commission
Ballot draw, 7 Mar 2019
Erina Electoral Office

Website, 7 Mar 2019
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Ross Blaikie, The Australian Conservatives

Ross Blaikie, who lives with his wife and five young children at Kincumber, has a mechanical engineering background and recently moved to the area from Sydney's Northern Beaches "to escape the traffic jams".

"Unfortunately, I have found that I am still in them," he said.

"I am tired of excuses, political correctness, ever-increasing electricity costs, the downgrading of TAFE, lack of freedom of choice of education of our children, and complete lack of infrastructure to address the increasing population on the Central Coast.

"Terrigal residents and tourists need road widening along Terrigal Drive to make it four lanes along its full length.

"Residents in Avoca, Copacabana and the rest of the Bouddi Peninsula also need four lanes for the full length of Avoca Drive at



Kincumber, at both ends of the shopping straight."

"We do not need to put up with over-crowding and choked roads similar to what we see in Sydney."

Blaikie said he would push to address the progress on local roads and transport which he said had been neglected for too long.

"Central to achieving this is a review of the current State planning law to ensure Council cannot approve developments that exceed current limits," he said.

"Binding Council to planning laws will ensure infrastructure can keep pace with population growth.

"It's just common sense!"

Adam Crouch, Liberal, sitting member

Since 2015, Adam Crouch has been working as part of a NSW Liberal Team which he says has fixed the NSW budget and repaid the state debt.

"This means we can invest in schools, hospitals, infrastructure, transport and more," he said.

"One of my key priorities is providing extra doctors, nurses and midwives, allied health professionals, palliative care nurses and hospital support workers for the Central Coast.

"As a result of our strong NSW budget position, the NSW Liberals have committed 400 extra health staff for the Coast – part of the largest ever health workforce boost in Australian history.

"Over the past four years, the Gosford area has benefitted from State planning controls having a massive positive effect on the region.

"The cranes in the sky are a testament our community's



bright future.

"I'm committed to working with Council to ensure planning controls are geared towards the Central Coast's best long-term interests.

"Other priorities I am continuing to fight for include clearing the maintenance backlog at all local public schools, a brand new Service NSW for Woy Woy, local road upgrades, and a long-term solution at Ettalong Channel for all waterway users.

"This election is about locking in our strong NSW economy so that we can deliver more for the Central Coast and take the pressure off you."

Bob Doyle, The Greens

Bob Doyle is an educator and maker of short films who believes we can do politics differently.

"We can learn to listen to the custodians of the land we live on, old and new, and create a better future," he said.

"Anger at decisions that impact on the quality of our air, water and life is growing.

"The Wallarah 2 coal mine approval, the threat of seismic testing off our Coast, followed by oil and gas exploration, and the incredibly unfair and undemocratic funding arrangements of the major parties, are all signs of a rotten core in the climate change century."

Doyle said he wanted to create a caring community that respects biodiversity, promotes high quality free and accessible public education and returns power to community decisions about development and public assets.

He said he would support measures to combat climate change, listen to youth, improve medical services, including palliative care, and

engage with First Peoples' voices.

"I support the return of local planning powers to our Council and the community," he said.

"Our planning system has become too complex and impossible to navigate without specialist lawyers.

"Our elected councillors, our residents, ratepayers and our local business need certainty that they have the first and the final say on what gets planned and what gets built in their local area.

"We have seen persistent attempts by successive state governments to fit local planning into a state-wide template.

"This has favoured large developers but it has been a failure for our communities.

"Our Council, working with communities should set the appropriate planning limits and it should have the power to make variations to suit local needs.

"The Greens will work to scrap our byzantine Environmental Planning and Assessment Act and replace it with fair and comprehensible new legislation."

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- FIXING ETTALONG CHANNEL
- WOY WOY RAIL UNDERPASS
- UPGRADING WOY WOY HOSPITAL



FOR GOSFORD

Election

Jeff Sundstrom, Labor Party

As a firefighter for more than 35 years, Jeff Sundstrom has seen the best of our community in the worst of circumstances.

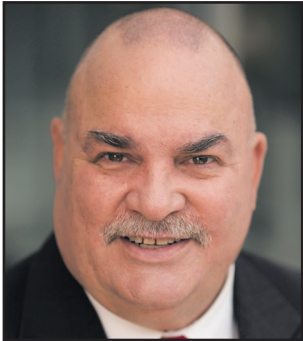
"I have seen what happens when governments cut services and stop investing in our region," he said.

"As your local member I will fight for better funding for our local schools and hospitals, easing the cost of living on working families and protecting the environment that makes our community such a beautiful place to live.

"Labor does not believe proponents of local developments should be able to bypass councils and undermine community decisions reflected in an LEP.

"Labor will maintain existing processes to consider proposals which are state or regionally significant.

"Councils will still be able to submit zoning proposals to the Department of



Planning and Environment in line with existing practice.

"Labor will give communities greater control over planning and development decisions by strengthening the role of Local Environmental Plans as the key planning document for local communities.

"We will promote an approach to planning for local communities which considers the whole community, rather than encouraging a narrow focus on individual sites; and increase certainty for local communities that their LEP will not be altered outside the normal review process."

Flavia Coleman, Animal Justice Party

Flavia Coleman is an author and public speaker who will focus on giving a voice to animals.

She will concentrate on freeing hens from battery cages and protecting our national icon - the kangaroo.

She will also advocate for urgent action to address climate change by protecting existing native forests and marine habitats, setting a renewable energy target and investigating and introducing more sustainable agricultural systems.

"For me, life is about living in harmony with nature and not at her expense," she said.

"Living on the Central Coast is like living in paradise and as a candidate I would like to see its natural beauty preserved.

"I aim towards a world of non-selective compassion where each life is honoured as equally sacred."

Flavia has taken part in a range of efforts to raise awareness about animal cruelty, including marches,



rallies and public education campaigns. She is one of the organisers of monthly vigils at Royal Prince Alfred Hospital in Sydney. The vigils help educate the public about animal research; a practice which has been proven cruel and useless.

"I'd like to see more emphasis on healthy lifestyle and disease prevention rather than cure," she said.

In 2003 she helped form a group of concerned citizens who successfully brought about legislative changes to stop surrendered pets in NSW pounds going to research.

Gary Chestnut, Independent

Gary Chestnut is a long-time Central Coast resident with 25 years' experience in local government.

"My intention is simple," he said.

"If I am elected as a State member, I want to ensure that the Central Coast remains vibrant and sustainable, by applying all the knowledge I have gained to attain real solutions.

"I want to do it in a timely, consultative manner, respecting the law and individuals, as I have done throughout my career.

"You have the choice, we have the choice to make that happen.

"The reason I presented myself as a candidate is to give the voter a choice.

"I found the current government taking away planning power from our local Council and giving that power to an unelected design panel.

"In addition I am concerned that annual reports have identified health risks to local swimmers and



tourists alike at our ocean beaches and lagoons.

"Yet the government did nothing for the last eight years.

"In my opinion the government has lacked leadership in respect to climate change and has broken its commitment in respect to the Wallarah 2 coalmine and environmental zoning.

"To provide an independent voice in Parliament I need your support."

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Wayne Rigg, Sustainable Australia

Wayne Rigg moved to the Central Coast in 2012 and runs a successful home tutoring business.

He has always had a keen interest in and appreciation for the environment and nature generally.

Since the 1970s, he has been very aware of the challenges facing our environment and also the pressures which tend to degrade our quality of life, even though there are a range of alternative options which would also deliver economic prosperity while maintaining sustainable jobs, and an environment that supports people as well as our fauna and flora.

If elected, Rigg will focus on campaigning for secure jobs, affordable housing, better planning, and a sustainable environment and population.

In particular, he will concentrate on better planning to stop overdevelopment.

His goals include returning real planning



power to local communities, delivering new community infrastructure before more housing and reducing population pressures by lowering Australia's annual immigration intake from 200,000 back to the long term average of 70,000.

Lack of election promises dismays Chamber

The lack of significant election funding promises for the Woy Woy Peninsula leading up to the NSW state election has dismayed the Peninsula Chamber of Commerce.

"Once again it appears that the Peninsula is the forgotten land when it comes to infrastructure in the lead-up to the election", Chamber president Mr Matthew Wales said.

"Apart from the funding for the Woy Woy wharf, it seems that we are off the agenda when it comes to any significant funding commitments or promises from both sides of politics.

"The \$4M funding for the Woy Woy wharf only

came about after eight years of lobbying by the local community and was hardly a new commitment.

"While we welcome this commitment, there is nothing new in the pipeline especially when it comes to roads funding", he said.

"We are still waiting for any of the promised \$35M works by the NSW State Government to come to fruition after the Gosford by-election over two years ago."

He said that, apart from an announcement that the design works are being finalised for the intersection of Maitland Bay Dr and Picnic Parade, the business community has heard nothing as to the state of the other projects, including the

Dunbar and Ocean Beach Rds intersection and safety upgrades in Blackwall Rd and Woy Woy Rd.

"We are seeing millions of dollars being promised in the northern suburbs of the Central Coast but precious little on the Peninsula.

"There has always been this misguided focus on the Gosford CBD but hardly any firm commitments to improvements in the Woy Woy town centre which is in desperate need to urban renewal.

"In addition, the Rawson Rd rail underpass is still unresolved and the intersection at Ocean Beach Rd and Rawson Rd continues to get progressively worse at peak times."

Mr Wales said: "The Chamber is also looking for commitments from both sides of politics for the upgrading of the Ocean Beach and Umina Beach foreshores which have been devastated by storm erosion over the last 12 months.

"Building pretty parks at Gosford might be wonderful but politicians should be careful about neglecting the Peninsula and the needs of our local community.

"Both sides of politics need to ramp up their commitments and deliver more infrastructure and roads funding to our local area", he said.

**Source
Press release 7 Mar, 2019
Matthew Wales, Peninsula
Chamber of Commerce**

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News

John Greenway dies after cycling accident

The man behind Opera in the Arboretum, Mr John Greenway, has died as the result of a cycling accident.

Mr Greenway of Pearl Beach died on February 26 after the accident in Gosford on February 10.

His wife, Mrs Marijke Greenway, said her husband was thrown over the handlebars head-first into the pavement, when his push bike hit an unexpected obstacle.

“He was taken by helicopter to Royal North Shore Hospital Intensive Care Unit where he was put on life support, receiving excellent one-on-one care for 16 days,” she said.

“We had one glimmer of hope

when he wiggled his toes three times on command in the presence of his doctors.

“On February 26, we received an urgent call from the hospital.

“It was 2am, so we knew he was critical.

“He was battling and we watched his life ebb away.”

The Rotary Club of Woy Woy has expressed sadness at news of Mr John Greenway’s death.

Club publicity officer Mr Vic Deeble said: “John was the inspiration behind our annual fundraising event, Opera in the Arboretum.

“Over 14 years, John acquired the talents of top Australian and international stars to entertain audiences in his local community

at Pearl Beach.

“Opera in the Arboretum will be a lasting tribute to a committed humanitarian who gave so much of his time to help others.”

Mr Deeble said Mr Greenway joined club in 1999 and was president in 2003-4 and served on the board for many years as project director.

He was awarded a Paul Harris Fellowship for his service.

“John also organised the graffiti removal project and worked diligently all year to keep walls free of spray paint,” said Mr Deeble.

“John will be deeply missed by all who knew him.

“Our thoughts are with Marijke, his wife of 51 years, and the family,” Mr Deeble said.

Mrs Greenway said: “Life is wonderful but can change in an instant and so it has.

“John was doing what he has done thousands of times before and doing what was a driving force in his very busy life.

“Just something on the road and his bike stopped sharp, throwing him over the top and coming down hard, hitting his head.

“This was not supposed to happen,” Mrs Greenway said.

A funeral service was held on March 8 at the Greenway Chapel, Green Point.

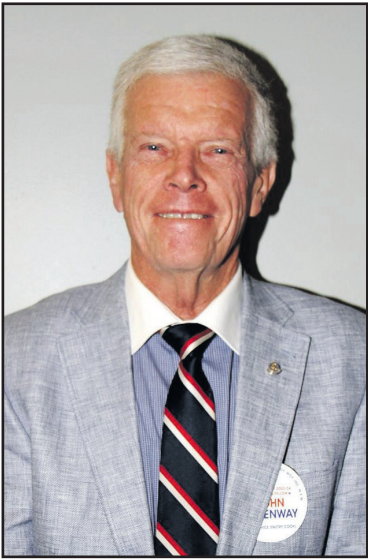
SOURCE:

Social media, 2 Mar 2019

Vic Deeble, Rotary Club of Woy Woy

Media statement, 2 Mar 2019

Marijke Greenway, Pearl Beach



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Mayor lobbies for Peninsula drainage

Mayor Jane Smith says she has been lobbying local members of parliament for funding for drainage on the Peninsula in the lead-up to the coming elections.

Cr Smith said she had been lobbying for funding for priority projects across the region, including funding for drainage on the Peninsula.

“With both a state and federal election in the next few months, now is the time to push for funding commitments from candidates,” she said.

She urged residents to speak up to let their wishes known to candidates in the run up to the coming elections.

“We need funding to help maintain the 2176kms of local roads we look after, to build more recreational facilities and create opportunities for our growing community.

“Over the next few months candidates will be out campaigning, attending public forums and making plenty of promises.

“I urge you to make clear to these candidates the issues that are important to you and your community.”

Source

Media release, 21 Feb 2019

Jane Smith, Central Coast Council

Climate workshop hears Peninsula has hotter summers

The summer temperature on the Woy Woy Peninsula has increased at twice the rate (four per cent) of the rest of the Central Coast over the last 10 years.

This was one of the facts mentioned by Central Coast Council officer Dr Anumitra Mirti as she addressed the climate change draft policy public meeting at Ettalong on February 21.

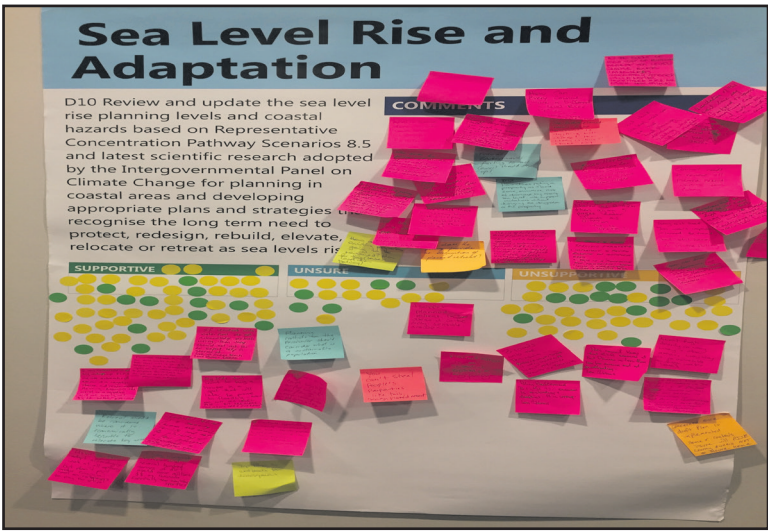
A four per cent increase on a temperature of 22 degrees would be almost 0.9 of a degree

Dr Mirti told Peninsula News a report to council on March 25 would further expand on the temperature rises.

About 150 people attended the briefing about the draft policy, which was based on a prediction that little reduction would be achieved in the rate of climate change.

In her introduction, Dr Mirti made four points.

1. The issue of climate change was a local issue, as well as a state and federal issue.
2. The policy was a draft and was not yet adopted.
3. It did not impose planned retreat. That was merely one option of adaptation.
4. The policy would not affect insurance premiums or property values. Rather, it would work as a framework, a knowledge base that was place-based to help people understand risks.



The contentious issue was sea level rises

Dr Mirti and her colleague Mr Peter Ham gave an overview of the six themes of the draft policy: biodiversity, corporate responsibility, urban disaster management, coastal hazards, property and services, and general.

The public was then asked for feedback and questions.

Attendees were given coloured dots to put on 22 council policy statements written up on large posters stuck around the room to show their support or disapproval.

At the end of the process, the dots showed the overwhelming response was agreement with council's direction – except for one statement about planned retreat, but even that one received slightly more support than not.

One common complaint was that people felt they didn't know enough detail, but they were told that this was a policy statement. The detail would come with the action plan.

Council staff summed up some of those details that people wrote up on the notes they stuck on the posters.

For Biodiversity; people wanted more trees, better tree retention, a draft tree development control plan, attention to urban heat and action to stop seismic testing on the water.

For Corporate Responsibility, they wanted more ambitious targets on emissions than State and Federal Government targets; they wanted landfill alternatives,

action to stop a proposed Wallarah 2 coal mine in the north of the Coast and they called for other levels of government to do their bit.

Under Disaster Management and Coastal Hazards people said they wanted a good understanding of flooding and water and didn't want development and planning decisions to make more problems; trees came up again as a way of managing heat and water; and they wanted to see shared responsibility for planning in advance of disasters.

Under the heading of General; people wanted food security to be addressed as well as vulnerable communities, transport, liveability and shady environments.

In Property and Services, they talked about waste management, natural asset protection and trees again came up. They wanted the principles of the Development Control Plan kept and they wanted council to start now on things such as improved drainage and kerb and guttering.

The comment on kerb and guttering got the biggest roar of the evening from the crowd.

The issue of sea level rise and adaption won the popularity poll for the evening but the dots showed 55 per cent supported the proposed policy direction.

It would "review and update the sea level rise planning levels and coastal hazards based on Representative Concentration

Pathway Scenarios 8.5 and latest scientific research adopted by the Intergovernmental Plan on Climate Change for planning coastal areas and developing appropriate plans and strategies that recognise the long-term need to protect, redesign, rebuild, elevate, relocate or retreat as sea level rises".

This scenario assumed no greater effort than now would be put into reducing climate change.

The effort to curb emissions would remain low.

Temperature and seal level rises and extreme weather would continue to increase as a result.

This would require the council to adapt to a high level of climate change.

Some commented that this was pessimistic and people needed to be encouraged to lower emissions.

Council director Mr Scott Cox told the meeting that a report would be prepared for the council to consider in June or July.

The night ended with a comment from one of the few young people who attended the event.

The young woman was responding to a comment about climate change.

"For you, growing up, maybe it was nothing. But for me growing up, it is a weekly thing," she said to loud clapping.

SOURCE
Ettalong Workshop, 27 Feb 2019
Draft Climate Change Strategy,
Central Coast Council

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Hall packed for networking meeting

The Sea Scout Hall at Lions Park Woy Woy was packed when the Tourism Central Coast held its first networking meeting of the year on February 21.

Local business owners heard from Central Coast Tourism

director Mr Russell Mills, who urged them to take advantage of the free promotional service on visistcentralcoast.com.au where businesses can upload information to attract tourists.

The website, with the tagline Have a Little Adventure, promotes the Central Coast as just over an

hour from Sydney.

Mr Mills said there were 800 to 900 businesses on the database that could upload information to the website.

"We're here to help you," he said.

He also pointed them to TourismCentralCoast.com where

they could find information about how to win grant funds and tourism awards.

Marine biologist Mr James Brown from Pearls of Australia spoke to the group, explaining his business which stretches from Cygnet Bay 200kms north of Broome to Mooney Mooney, Woy Woy and Brisbane Water.

He talked about the "Shellar Door" - replicating the wine model and being passionate about the traceability of pearls.

"Most gemstones are bleached and coloured.

"We're trying to tackle those

issues," he said.

Tourism Central Coast's March industry networking event will be held on the morning of Wednesday, March 20, in Long Jetty.

The meeting will focus on State Government and Central Coast Council funding opportunities available to existing and new tourism businesses.

Grant funding of between \$15,000 and \$500,000 is available for eligible tourism development and marketing projects.

SOURCE
Meeting, 21 Feb 2019
Russell Mills, Central Coast Tourism



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Service NSW to open cashless centre in Woy Woy

A new cashless Service NSW Centre will open in Woy Woy late April, Minister for Finance, Services and Property Mr Victor Dominello

has announced.

Mr Dominello joined Liberal candidate for Gosford Ms Sue Dengate to release the concept design.

Work is expected to start on the centre in Deepwater Plaza shortly.

"This new centre has been much anticipated.

"It will not only make life easier for people across the Peninsula but will cater to their needs now and in the future," Mr Dominello said.

"It will have an enhanced digital offering and perform hundreds of transactions from agencies across NSW Government, including Roads and Maritime Services and Births, Deaths and Marriages, under the one roof."

Woy Woy Service Centre would look and feel different to other centres, Ms Dengate said.

It would be more open, have dedicated spaces, feature modern wooden panelling and bright colours.

The new Woy Woy Service Centre will replace the existing kiosk.

Payment options will include EFTPOS and credit card.

SOURCE
Press Release 27 Feb 2019
Minister Victor Dominello

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Objectors may address planning panel for second time

The Planning Panels Secretariat has told an objector to the proposed 160-bed nursing home at 45 Hillview St, Woy Woy, that he will have another opportunity to address the Joint Regional Planning Panel when it reconvenes to consider its decision on the application.

Umina resident Mr Norm Harris wrote to the Secretariat claiming that the Panel had not followed procedure when it allowed the developer to address the panel for more than an hour, well beyond the 15 minutes stipulated.

He said objectors were not given the same opportunity.

Secretariat manager Mr Stuart Withington confirmed that the operational procedures stated that "individual submitters" were given three minutes to speak and community groups 10 minutes.

"The speaking time for the applicant/proponent, including their consultant(s), will be at the discretion of the chair, but will generally be 15 minutes."

Mr Withington told Mr Harris that panel meetings were not an opportunity for speakers to debate issues or cross examine each other.

"The meetings are for the panel to hear the views of those wishing to address it and for the panel to clarify issues with objectors and the applicant," he said.

"It is open to the panel to continue to question the applicant for as long as it needs to get clarity on the matters concerning it prior to making its decision."

"As you are aware, you will have another opportunity to make your concerns known to the Panel when it holds a further public meeting on the proposal."

A media statement issued on March 6 by the NSW Planning and

Environment department stated: "Both the applicant and Council are required to address the matters outlined in the Record of Deferral within six weeks from the meeting."

"Based on this, Council are expected to provide the supplementary assessment report to the Panel shortly."

"Once this is received, the Panel will decide on the matter and publish its decision online."

At the conclusion of the public Panel hearing in January, the panel voted three to one to give the proposal conceptual support but it wanted more information or changes before it made its final decision.

The Panel wanted more time to consider a number of items.

It asked for an amended

submission from the applicant on why it should allow variations to the planning controls.

It asked for verification that requirements of the Gosford Local Environment Plan had been met.

It wanted to know whether current obligations regarding bushland conservation outcomes had been met and that the bushland conservation outcome related to the proposal was equivalent to or better than the existing regime.

It wanted confirmation that a planned boardwalk would not be built in the conservation land, which the applicant verbally supported.

It also sought improvements to the indoor-outdoor relationship for residents and visitors and passive recreation on site.

The developer sought variations

to planning provisions to allow a three-storey building in an area permitting only single and two-storey buildings and to exceed the designated floor-space ration.

Objections to the proposal included that it would be out of character with the area, that its bulk, scale and intensity would be too great, that it would create traffic and flooding problems, and that it would detrimentally effect the Umina Coastal Sandplain Woodland endangered bushland on the site.

SOURCE:

Letter, 26 Feb 2019

Stuart Withington, Planning

Panels Secretariat

Media statement, 6 Mar 2019

Courtney Taylor, NSW

Planning and Environment

Complaints about NRMA fence 'being investigated'

Complaints about the siting of a fence at the NRMA Ocean Beach Holiday Park are being investigated, according to Cr Chris Holstein.

Umina resident Anthony Shannon told the Peninsula News a recently erected high fence blocks a long established public walkway from Umina Oval to the ocean.

But the NRMA management said the fence was on its property.

NRMA parks and resorts general manager Ms Deborah Holland said that, prior to any construction, surveying work was done to define the perimeter of the land under the park's lease.

"A fence was then erected on land within our property boundary to secure a segment of the park perimeter and provide additional security for our guests," she said.

"To provide some background, we as operators and owners of the NRMA Ocean Beach Holiday Resort have a responsibility to secure our park, and provide a safe environment for our guests."

"The fence has closed off public access to our private property in a section of our park through which local residents may have accessed

the beach.

"There are multiple alternate options for locals to access the beach without requirement to traverse the park, including the option to turn left at the park boundary to arrive near the front of the park wherein the road may be crossed to access a number of multiple purpose pathways on public land that connect to the beach."

"This route is known to be as quick if not quicker than the route through the park and poses no additional inconvenience for our local residents."

But Mr Shannon said the fence was clearly outside the limits of their lease and the fence blocks the long established public Ettalong-Kahibah Creek path from Umina Oval to the ocean.

"The question is, did the new Central Coast Council approve this fence?"

Cr Holstein said he would be checking on the siting of the fence, but he understood the fence was within their boundaries and was to stop unauthorised access by individuals.

SOURCE:

Email, 22 Feb 2019

Anthony Shannon, Umina

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Application forms are available from centralcoast.nsw.gov.au/pets or from one of Council's Customer Service Centres.

For further information contact Council's Community Education Officer on **1300 463 954**.



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Forum

Non-compliance: Find politicians who think like us

Who is responsible for all these non-compliant development application approvals?

Can we get a response from any form of government representative, whether it be State or local, to step up and take control, or are they going to continue passing the buck?

Edition 464 of the Peninsula News showed once again that non-compliant applications are being approved by Council and the councillors with no regard to any concerns the residents of the Peninsula have for these developments.

People, who live on the Peninsula and are in principle opposed to these developments, are not given the respect they deserve.

It seems to be what is more important is the fact that the Council needs to over-develop this beautiful area because of a State Government publication to increase the population on the Central Coast by 75,000 people by

the year 2036!

Wonderful isn't it?

Is that an election I hear on the horizon? I wonder what the Opposition has on their minds regarding development?

No. No response yet.

This development, mentioned on the front page of that issue, on the corner of West St and Morris St, Umina Beach, has 20 non-complying points but that obviously doesn't matter. Only three councillors voted against it and they are not representatives of our ward area.

This consent was given on February 11.

Then as it happens another application (#56020) is lodged at Council on February 15 for the corner of West and Alfred Sts, Umina Beach. It is also non-complying.

Are they trying to get the people so frustrated that they will not even put a submission in against this development?

The developers must have a big smile on their faces. And Council,

Forum

well they don't have to do a lot because the developers are getting away with whatever they want.

If we wish to stop or delay some of these developments we need to put submissions in to Council.

Let's look back at some recent DAs that have been approved over the past months.

DA55239/2018: Location 4 Piper St, Woy Woy. Land size is not big enough for the size of the development. It has reduced height ceilings. Should be 2.7m but approved for 2.4m height. Three townhouses in an area of 676.6 square metres which is 73.4 square metres less than the 750 square metres minimum.

DA54018/2018: Location 72-74 Railway St, Woy Woy, does not comply for setbacks, residential car parking and articulation.

DA55285/2018: Location 145 Blackwall Rd, Woy Woy. A

consultant's report indicated that a pre-DA meeting in February 2018 considered a single-storey proposal, but the site was deemed to have "potential for greater density". Entrance to the property is via the back lane for all residential parking.

DA55443/2018: Location 32 Warrah St, Ettalong. Once again 20 square metres under minimum 750 square metres required for a development of this size.

DA54264/2018: Location 62-64 Webb Rd, Booker Bay. Approved by Central Coast Council's development manager despite substantial non-compliance with planning provisions.

Ettalong is getting another huge development next to the current development nearing completion.

These are only examples of what is happening on the Peninsula. More is going to come.

There remain issues for Council to address urgently before all this over-development continues.

Some of those are infrastructure, roads, transport, parking, stormwater and drainage.

Wouldn't it be nice if we had a political person who acted on behalf of the people and moved a motion to suspend all development applications for a period of 12 months and then conducted rolling meetings discussing what the people on the Central Coast wanted, not what politicians want.

It doesn't matter if you have lived here for two years or 20-plus years, the Peninsula is your home.

Only you can make a difference if you want to.

You may not have the same thoughts that I have, and I respect that, but we vote for governments and councillors.

If we want the Peninsula to stop being over-developed, we need to find politicians who think the same as us.

Email, 7 Mar 2019
Harvey McDougall, Woy Woy



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Why was the development application for the five-storey development on the corner of West and Morris Sts, Umina, referred to councillors?

Only three councillors voted against the development approval (Peninsula News edition 464), which means voting for compliance, whereas the majority of councillors

Forum

voted for non-compliance and won the day.

The mayor's observation that the application included 20 non-complying points meant nothing.

Local Government is a sham. Non-compliance rules.

Infrastructure catastrophe will follow non-compliance

This fact has meant nothing to Rod Fountain (Peninsula News Forum edition 464) who believes the Peninsula can regain its lost character at the same time a major development in the form of the Atlantis development will be ready for occupation at the Ettalong foreshore.

As though we haven't had enough examples of non-compliance, Central Coast Council publicly exhibits Central Coast Planning Controls, another pointless planning exercise to hoodwink the public.

Without a statement from the Council's chief executive advising there will be 100 per cent compliance with the new LEP and DCP, the future is uncertain at risk of increased non-compliance.

Mr Fountain and others will not see the Woy Woy Peninsula restored to the Venice of Australia.

He will see Umina streetscape transformed into an infrastructure catastrophe.

Letter, 26 Feb 2019
Norm Harris, Umina



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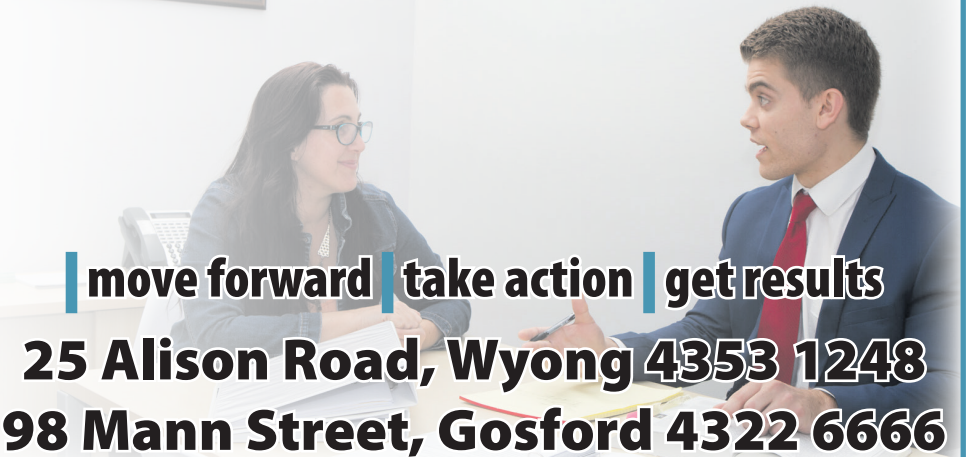
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Issues with procedures of Joint Regional Planning Panel

The Joint Regional Planning Panel conducted a meeting on January 24 to accept comments on the proposed 160-bed aged care facility at 45 Hillview St, Woy Woy.

There are issues with the meeting procedures that have been referred to the Panel's Secretariat and the Member for Gosford Ms Liesl Tesch.

Advice from the Secretariat regarding time available for the development applicant to address the Panel is that it is now open to the discretion of the Panel's chairman.

Previously it was thought the applicant's time to address the Panel was 15 minutes or thereabouts.

The lack of transparency extends to favour the Panel as

Forum

there is no review mechanism to refer matters of objection.

The Panel Secretariat also advised there will be a further public meeting on the proposal.

I have requested an officer of the Panel Secretariat and the Department of Planning and Environment attend that hearing as a witness and also publicly discuss the proceedings of the aforementioned meeting.

I believe it cannot be assumed that the Planning Panel members have read all the submissions and documentation before the meeting, as objectors were advised prior to the meeting.

Letter, 5 Mar 2019
Norm Harris, Umina

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 28, 2019

YOUR INDEPENDENT COMMUNITY NEWSPAPER - PH: 4325 7369

ISSUE 202

Plans for the \$10m transformation of Leagues Club Field unveiled

NSW Minister for Planning and Housing, Anthony Roberts, said it was Gosford's "time to shine" as he unveiled plans for the \$10m transformation of Leagues Club Field on Monday, February 25.

Landfill operator has applied for a new development application

Mangrove Mountain residents are furious over a new DA for Mangrove Mountain Landfill, which was lodged by Verde Terra with Central Coast Council just days before Christmas, 2018.

Many years of poor water quality at Terrigal Beach raise concern

The Terrigal Haven Supporters Group has welcomed a pledge from the State Government that it will outlay \$500,000 for a major investigation into poor water quality at Terrigal Beach if reelected on March 23.

Gosford electorate train stations miss out

Point Clare railway station has missed out on step-free access, despite a huge NSW Government pledge to provide major improvements at five stations in The Entrance electorate, says Member for Gosford, Liesl Tesch.

Mountain Sounds music festival has gone into voluntary liquidation

Mountain Sounds, the Kariang music festival that gained state wide attention earlier this month after event organisers announced they were forced to cancel the event due to the NSW Government's "war on festivals", has gone into voluntary

Australian Taxation Office workforce details clarified

Member for Robertson, Lucy Wicks, has hit back at claims that the Federal Government has under-delivered on its promise of jobs at the Australian Taxation Office (ATO) building in Gosford, saying the ATO is on track to fill 600 positions at the

Finance office opening promises another 300 state government jobs in Gosford

The new Department of Finance, Services and Innovation office in Mann St, Gosford, officially opened its doors on February 27, promising to bring 300 more state government jobs to the Gosford CBD.

Major upgrade of the Pacific Highway at Lisarow underway

Work began this week on a major upgrade of the Pacific Hwy, between Ourimbah St and Parsons Rd, Lisarow.

Gosford Classic Cars, has closed its doors

After just three years of operation, Gosford Classic Cars, West Gosford, has closed its doors, with all cars to be sold on site, in a predominantly no-reserve auction, organised by Lloyds Auction House.

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 159
6 March 2019

Your independent community newspaper - Ph: 4325 7369

Multi million dollar proposal to transform Tuggerah

A newly announced \$2.8b Tuggerah town centre proposal will transform Westfield and the surrounding area into a major hub of employment, transport, housing, leisure, health and education.

Council rejects release of airport documents

Central Coast Council has again refused, for the fifth time, to put plans relevant to the Warnervale airport proposal on public exhibition and consultation.

Norah Head Village masterplan construction work underway

Construction work has commenced on the first phase of the Norah Head Village masterplan.

Lions Club evicted for no apparent reason

Wyong Lions Club still has no idea if they'll ever receive compensation for their shed and storage facility, after Wyong Race Club evicted them from the land earlier this year.

Evicted poultry club thanks volunteers and businesses for their assistance

Central Coast Poultry Club President, Warwick Saunders, said club members were touched by the large number of volunteers who assisted the club with the final packing up of its Wyong Pavilion.

Power bill rebate extended to self funded retirees

Self-funded retirees will now be eligible for a \$200 per year rebate on their power

High frequency limited stops Express Bus Services to start operating

Central Coast residents commuting between The Entrance and Gosford or Tuggerah, will no longer need timetables, with the introduction of a new express bus service.

New wrack and algae harvesting ramp

A new wrack and algae harvesting ramp, and a hard stand collection area, will be installed, and the sewer pump station will be upgraded, at Woodland Park Reserve, Buff Point, at a cost of \$827,000.

Central Coast leading the way in reducing youth homelessness

Central Coast is leading the way in achieving the State Premier's target to reduce youth home lessness across NSW.

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

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Cutting off her hair for charity

Woy Woy resident Ms Kylie Mar will be cutting off 50cms of her hair on Wednesday, March 13, to support the Leukaemia Foundation's World's Greatest Shave.

Ms Mar said she planned to donate her hair to Sustainable Salons, a charity that makes wigs for cancer patients.

She has arranged with a local hairdressers to cut the hair of people taking part in the fundraiser

without charge. She had also organised a raffle with \$1000 worth of prizes donated by local businesses to raise money for the Leukaemia Foundation.

"On the day we will have a cupcake sale and the raffle which is \$2 to enter," Ms Mar said.

This will be the fourth time Ms Mar has cut her hair for charity.

She said she hopes to raise \$860 through sponsorship.

"I don't have a hairdresser as I only cut my hair every three years

for charity."

Ms Mar encouraged other people with hair longer than 20cm to consider donating it to Sustainable Salon.

People interested in joining Ms Mar's World's Greatest Shave team or local businesses interested in putting up a prize for the raffle can contact her at kylie.belinda.mar@gmail.com

SOURCE:
Email, 25 Feb 2019
Kylie Mar, Woy Woy



Bobby Redman

Dementia advocate speaks at Rotary

The Rotary Club of Umina Beach's next guest speaker will be Ms Bobby Redman.

Ms Redman is a past president of the Rotary Club of Woy Woy and member of the Rotary District Youth Committee.

She will be speaking to the club about her experience of living with dementia and her advocacy for dementia patients.

"Bobby has been living with early on-set dementia and has become a dementia champion.

"She is a regular speaker at events all around the Coast and Greater Sydney," said club publicity officer Mr Geoff Melville.

SOURCE:
Newsletter, Feb 25
Geoff Melville, Rotary Club of Umina Beach

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Students take photos

Stage 3 students from Woy Woy South Public School were taking photos in the school grounds on February 27.

"Our Stage 3 students have been hard at work creating incredible photographs," said principal Mr Matt Barr.

"A selection of the best images will be displayed at the 2019 Five Lands Walk and we wish all our budding photographers good luck," he said.

SOURCE:
Social media, 27 Feb 2019
Matt Barr, Woy Woy South Public

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New furniture bought with money raised through fun run

Pretty Beach Public School Library has bought new furniture with money raised by the school's parents and carers group.

Principal Ms Deborah Callendar said the group organised a student fun run last year that raised over \$9000 to enhance and modernise the library's learning spaces.

"A lot of time and effort went into researching Department of Education approved contractors and furniture options," she said.

"Students and staff instantly adored the new additions and the learning space has been revitalised to include flexible grouping, learning zones and comfortable trendy furniture to compliment the learning that occurs across the library.

"We are so grateful for the ongoing efforts of our Parents and Carers Group to make this a reality and this new acquisition truly reminds us of the great things we can do when we work together," said Ms Callendar.

SOURCE:
Newsletter, 21 Feb 2019
Deborah Callendar, Pretty Beach Public School

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Life education classroom visits Woy Woy

Healthy Harold and the Life Education Mobile Classroom visited Woy Woy Public School earlier this term.

“The Life Education program is a broadly focused health and drug education program delivered in preschools and schools across Australia,” said principal Ms Ona Buckley.

“Individual modules cover a range of different learning areas and issues.

“Preschool programs support children’s learning and development for a safe and healthy lifestyle and cover topics such as healthy eating, physical activity, hygiene, sleep, empathy and respect, relationships and positive communication.

“Primary programs focus on issues associated with body knowledge, safety, healthy diet, physical activity, puberty, respectful relationships, cyber safety, safe use of medicines, smoking, alcohol and other drugs.

“Specialist educators deliver highly interactive and engaging

educational sessions in the Life Education mobile classroom, a context which provides students with a distinctive, engaging, hands-on learning environment and experience.

“Character devices, like the ever-popular mascot Healthy Harold the Giraffe, and interactive storytelling approaches are used to engage younger children and help them to connect with and explore the ideas being covered in the sessions.

“A range of digital and interactive tools are also used to support student learning,” Ms Buckley said.

This year Woy Woy Public School’s preschool students will participate in the Harold’s Healthy Play Day module.

Kindergarten students will experience the My Body Matters module.

Year 1 students will participate in the Ready, Steady, Go module and students in Year 2 will experience the Safety Rules module.

Students in Years 3 and 4 will complete the Mind Your Medicine

module and students in Years 5 and 6 will participate in the Decisions module.

Students from disabilities programs classes will join with their age-based peers from mainstream classes in order to attend shows with appropriate content.

“Member for Gosford Ms Liesl Tesch has recently been inducted as an ambassador for Life Education and Healthy Harold.

“Ms Tesch visited our school on February 26 in her capacity as ambassador to join our 3/4M class in the Life Education van for their Healthy Harold session,” Ms Buckley said.

“The life education programs run in all schools and are a very important supplement to the curriculum content of the personal development part of our Personal Development, Health and Physical Education syllabus,” Ms Buckley said.

SOURCE:
Newsletter, 22 Feb 2019
Ona Buckley, Woy Woy Public School



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Education

Warning about double parking

Parents of students at Umina Beach Public School have been urged not to double park in the drop off and pick up zones at the school.

"This can create a dangerous situation for students walking between vehicles," said principal Ms Lyn Davis.

"The zones for drop off/pick up and the bus zones have recently changed.

"The new bus zone is closest to

the intersection of where Sydney Ave meets Hobart Ave.

"The area directly out the front of the gate closest to our admin building is now a designated drop off and pick up zone."

Ms Davis asked parents to help make sure the roads around our school are safe for our students," Ms Davis said.

SOURCE: Newsletter, 26 Feb 2019
Lyn Davis, Umina Beach Public School



Joana Burt and Charlie Caynes

Artwork featured in regional exhibition

Several students from Brisbane Water Secondary College Umina campus have had their artworks featured in the 2019 A Central Vision art exhibition.

The exhibition opened at the Gosford Regional Gallery on

February 27 and celebrates the artworks of public secondary school students across the region.

The College's Gwenyth Soto, Keira Hall, Charlie Caynes, Tallon Carter and Seth Naylor all had artwork featured.

Woy Woy Campus students Joana Burt and Tallula Mason also

had artwork in the exhibition.

"Gwenyth went on to win the Highly Accomplished Prize awarded as the best piece from a Year 8 student."

SOURCE: Social media, 28 Feb 2019
Adam Montgomery, BWSC Umina Campus

Forensic science day for Stage 3 students

Stage 3 students from Woy Woy Public School have participated in a Forensic Science Day.

"Year 5 and 6 students participated in an interactive Forensic Science workshop in our school hall on February 20," said principal Ms Ona Buckley.

The workshop was presented by the Education Interactive group and was called A Case of Emergency.

In the scenario presented to students, a 12-year-old student

was missing and it was not known whether the student had run away from home to join the circus, was kidnapped, or whether something else had happened.

"Students examined the crime scene, learnt about animal tracks and scatology, took their own fingerprints, used a digital microscope and uncovered hidden clues," Ms Buckley said.

SOURCE: Newsletter, 22 Feb 2019
Ona Buckley, Woy Woy Public School



Keira Hall



Tallula Mason

School returns incorrect shirts

Woy Woy Public School has had to return an order for school polo shirts to the supplier after it was found that the embroidery was not the right colour.

"This matter has now been rectified with the manufacturer, who will be supplying us urgently with

new shirts to swap with incorrect embroidered ones at no cost," said principal Ms Ona Buckley.

"As soon as the new shirts arrive, we can swap the incorrect embroidered blue polo shirts for ones that are the same size and have the correct embroidery.

"The exchange will only affect a small number of families within the

school community."

Ms Buckley said students would be expected to continue to wear the incorrectly-embroidered blue polo shirts until the arrangements for replacing the shirts were notified.

SOURCE: Newsletter, 22 Feb 2019
Ona Buckley, Woy Woy Public School

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



Amber Davies

Canteen receives award for sustainability

Brisbane Water Secondary College Umina campus canteen has received an award for sustainability for its practices in Term 4 last year.

"Following on from the outstanding Year 7 project-based learning on a sustainable school, we are excited to announce more success with our school canteen being named the 2018 Term 4 Green Canteen winners for the Central Coast," said acting campus

principal Mr Adam Montgomery.

"Michelle Parker, canteen supervisor, and our Student Representative Council have embraced our student project initiatives with replacing plastic cutlery and serving plates with recyclable cardboard and bamboo cutlery, and our worm farm is up and running recycling our food scraps."

SOURCE:

Social media, 4 Mar 2019
Adam Montgomery, BWSC
Umina Campus



Student selected for wind ensemble

A Brisbane Water Secondary College Umina campus student has been selected to be part of the Hunter Wind Ensemble.

Acting campus principal Mr Adam Montgomery said Amber Davies from the BWSC Stage Band had been accepted into the Hunter Wind Ensemble performing on the clarinet.

"She has been rehearsing each weekend, working towards a 14-day Central Australia tour next school holidays," he said.

SOURCE:

Social media, 26 Feb 2019
Adam Montgomery, BWSC
Umina Campus



Welcome our newest team members at Basically Hair.

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Safety Learning Program



Road Safety Presentation for Seniors

We are hosting a presentation for seniors with great tips for staying safe on our roads. The session will include:

- Your health and driving
- Tips for safer driving
- Driver licensing at 75 and 85 years
- Pedestrian safety
- Retiring from driving

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Tuesday 2 April, 10-11am

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Monday 11 March

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 Fake Or Fortune? [s] 11:00 The Indian Dream Hotel (PG) [s] 11:30 Back Roads [s] 12:00 ABC News At Noon [s] 1:00 Landline [s] 2:00 The Beautiful Lie (M) [s] 3:00 The Cook And The Chef 3:25 Julia Zemiros's Home Delivery (PG) [s] 4:00 Think Tank [s] 5:05 Grand Designs NZ [s] 6:00 The Drum [s]	7:00 ABC News [s] 7:30 [s] 8:00 Australian Story: A Bitter Pill [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 The Crown And Us: The Story Of The Royals In Australia (M I) [s] 12:30 rage (MA15+) [s] 3:00 James Galea's Best Trick Ever (M I) [s]	6:00 Sunrise [s] 9:00 The Morning Show (PG) 11:30 Seven Morning News [s] 12:00 Movie: "Jesse Stone: Sea Change" (M.v.s) ('07) - Jesse Stone's relationship with his ex-wife is getting more and more difficult. To ensure that he does not fall back into his old drinking habits again, he tries to solve an old case. Stars: Tom Selleck, Kathy Baker, Kohl Sudduth, Stephen McHattie, Saul Rubinek 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] 9:00 Instant Hotel (PG) [s] 10:30 The Latest Seven News 11:00 Autopsy USA: George Harrison (M d.v) [s] 12:00 Mistresses: Best Laid Plans (M s.v) [s] 1:00 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] 3:30 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] 9:00 Bad Mothers (M v) [s] - Sarah uncovers a new suspect in Charlotte's murder investigation. Maddie fights to keep custody of her son. 10:00 Botched: All Twerk And No Play (M mp.n) [s] 11:00 The Closer: Controlled Burn (M) [s] 11:50 Major Crimes: Two Options (M) [s] 12:35 Getaway (PG) [s] 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 [s] 4:00 Good Chef Bad Chef [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] - The competition is heating up and it doesn't get any hotter than this. Join us for sexy, fiery and passionate performances for our Latin night. Shall we dance? 9:30 Program To Be Advised 10:30 Program To Be Advised 11:30 WIN's All Australian News [s] 12:30 The Project [s] 1:30 The Late Show With Stephen Colbert (PG) [s] 2:30 Home Shopping 4:30 CBS - This Morning	5:00 CGTN English News 5:15 NHK World English News 5:30 Worldwatch 2:00 Pumeza 2:30 Celtic Woman: Ancient Land 4:05 River Cottage Australia 5:05 The Supervet (PG) 6:00 Letters And Numbers 6:30 SBS World News 7:35 The Kennedys: Brothers In Arms (PG) 8:30 Michael Mosley: Trust Me, I'm A Doctor (M) 9:25 24 Hours In Emergency: Handle With Care (M) 10:25 SBS World News Late 10:55 The World Game 11:30 Home Ground (MA15+) (In Norwegian) 12:25 Chance (MA15+) Cycling: Paris-Nice 2019 "Live" 2:45 Destination Flavour 3:20 Armada: 12 Days To Save England 4:30 Poh's Kitchen										
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 Prehistoric Adventures 7:30 Spicks And Specks (PG) 8:00 Julia Zemiros's Home Delivery (PG) 8:30 The Office (PG) 9:15 The Good Place (M.s) 10:00 Idiotstir (M I.d.s) 10:20 30 Rock (PG) 10:45 Parks And Recreation (PG) 11:05 Workaholics (M) 11:25 The Office (M)		4:00 Officially Amazing 4:35 Hank Zipser 5:00 Project Mc2 (PG) 5:25 Wishfart! 6:00 Dragons: Race To The Edge (PG) 6:30 Operation Ouch! 7:00 Junior Vets 7:30 Danger Mouse 8:05 Teenage Mutant Ninja Turtles (PG) 8:25 The Legend Of Korra (PG) 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 8:00 ABC News Tonight 9:45 The Business 10:00 The World With Beverley O'Connor 11:00 ABC Nightly News		4:10 Cloning The Woolly Mammoth (In Russian/English/Korean) (PG) 5:00 If You Are The One (PG) (In Mandarin) 6:10 The Pizza Show 6:40 Megafactories (PG) 7:30 RockWiz (PG) 8:30 Full Frontal With Samantha Bee (MA15+) 9:00 Adam Looking For Eve (MA15+) 9:55 Taboo's And Subcultures (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 6:00 Drive Thru Australia 6:30 Saturday Kitchen 7:30 Kylie Kwong: Heart And Soul 8:30 Born To Cook: Jack Stein Down Under 9:30 United Plates Of America (PG)		4:19 Grounded 4:48 The Time Compass 5:00 Volunz 6:00 Surviving 6:30 The Chefs' Line 7:00 Our Stories 7:20 Anthem Sessions 7:25 NITV News 7:30 Dhakiyarr Vs The King (PG) 8:30 Camels And The Pitjantjara (PG) 9:25 NITV News 9:30 AFL 2019: NTFL 11:30 Express Yourself 12:00 Volunz		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 6:30 Bargain Hunt 7:30 Doc Martin 8:30 Lewis (M) 10:30 Air Crash Investigations (PG) 11:30 Cold Feet (M) 12:30 Medical Emergency (PG) 1:00 Bargain Hunt		3:00 Blokesworld (PG) 3:30 The Simpsons (PG) 4:00 Swamp People (PG) 5:00 Swamp Men (PG) 6:00 American Pickers (PG) 7:00 Pawn Stars (PG) 7:30 American Pickers (PG) 8:30 Movie: "Predator" (M.v.) ('87) Stars: Arnold Schwarzenegger 10:45 Movie: "Outbreak" (M I) ('95) Stars: Kevin Spacey	
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 Guy's Big Bite (PG) 4:00 House Of Wellness (PG) 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 Married With Children (PG) 12:00 Manhattan Love Story (PG) 1:30 TBA 2:10 My Kitchen Rules (PG) 3:40 Bewitched (PG) 4:15 M*A*S*H (PG) 6:00 Seinfeld (PG) 7:00 M*A*S*H (PG) 8:30 Modern Family (PG) 12:30 Battle Creek (M v) 2:30 Movie: "A Dangerous Profession" (PG) ('49) Stars: Bill Williams		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 Neighbours (PG) 7:00 Everybody Loves Raymond (PG) 7:30 Two And A Half Men (PG) 12:00 TBA 11:00 Supernatural (M) 12:00 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 Law And Order: SVU (M) 10:30 48 Hours (M) 11:30 Super Rugby Wrap		2:25 Mad About You (PG) 2:55 Project Restoration: Days Gone 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 Silent Witness (MA15+) 11:00 Unforgettable (M) 12:00 Law And Order SVU (M) 1:00 Home Shopping		4:00 The New Looney Tunes 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" (MA15+) ('08) Stars: Sylvester Stallone 10:40 See You Now (M) 9:30 A Night With My Ex (MA15+)		2:30 Hawaii Life 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 Movie: "Rambo" (MA15+) ('08) Stars: Sylvester Stallone 10:40 See You Now (M) 9:30 A Night With My Ex (MA15+)			

Tuesday 12 March

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 (PG) 11:00 Catalyst (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 The Beautiful Lie (M) [s] 3:00 Poh's Kitchen [s] 3:30 Julia Zemiro's Home Delivery (PG) [s] 4:00 Think Tank [s] 4:55 NSW Election Announcements [s]	5:00 Grand Designs NZ (PG) 6:00 The Drum [s] 7:00 ABC News [s] 7:30 [s] 8:00 Foreign Correspondent: Saving Venice [s] 8:30 The Cult Of The Family: Unseen, Unheard, Unknown (M d) [s] 9:30 Forces Of Nature With Brian Cox: The Pale Blue Dot (PG) [s] 10:30 ABC Late News [s] 11:00 The Business [s] 11:20 Q&A [s]	6:00 Sunrise [s] 9:00 The Morning Show (PG) 11:30 Seven Morning News [s] 12:00 Movie: "A Killer Among Us" (M v) ('12) - After the shocking murder of her mother, a girl helps a police detective by searching her home for clues that they hope will lead to the perpetrator. Stars: Jasmine Guy, Anna Maria Horsford, Dwight Schultz, Mykelti Williamson 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] 9:00 The Good Doctor: Touchdown (M) [s] 10:00 The Resident: Adverse Events (M) [s] 11:00 The Latest Seven News 11:30 The Blacklist: General Shiro (M v) [s] 12:30 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 Travel Guides: South Australia Foodie Tour (PG) 10:00 True Story With Hamish And Andy: Carol (PG) [s] 10:30 Better Late Than Never: If Terry's Not Naked, Who Is? (PG) [s] 11:25 Three Wives One Husband (PG) [s] 12:15 Major Crimes: Cutting Loose (M) [s] 1:05 The Hold Down (PG) [s] 1:35 Extra [s] 2:00 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 Ambulance Australia (M) 2:00 Entertainment Tonight 2:30 Neighbours (PG) [s] 3:00 Judge Judy (PG) [s] 3:30 The Cook's Pantry With Matt Sinclair [s] 4:00 Good Chef Bad Chef [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 Ambulance Australia (M) 8:30 NCIS: Crossing The Line (M v) [s] 9:30 NCIS: Los Angeles: Smokescreen (Part 2) (M) 10:30 NCIS: Los Angeles: Outside The Lines (M v) 11:30 WIN's All Australian News [s] 12:30 The Project [s] 1:30 The Late Show With Stephen Colbert (PG) [s] 2:30 Home Shopping 4:30 CBS - This Morning	5:00 CGTN English News 5:15 NHK World English News 5:30 Worldwatch 1:00 PBS Newshour 2:00 Donating Life (M) 3:00 Who Do You Think You Are?: Sunetra Sarker 4:05 River Cottage Australia 5:05 The Supervet (PG) 6:00 Letters And Numbers 6:30 SBS World News 7:35 Michael Portillo's Abandoned Britain: Seaside Escape (PG) 8:30 Insight: Vitamins And Supplements 9:30 Dateline: Losing Greg: A Dementia Journey 10:00 8 Out Of 10 Cats Does Countdown 11:00 SBS World News Late 11:30 Ride Upon The Storm (M) (In Danish) 12:35 Destination Flavour Japan 1:10 Hidden Japan With Adam Liaw Bitesize 1:15 Cycling: Paris-Nice 2019 "Live"									
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 Prehistoric 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) 11:00 Parks And Recreation (PG) 11:25 Workaholics (M d)		4:00 Officially Amazing 4:35 Hank Zipser 5:00 Project Mc2 (PG) 5:25 Wishfart! 6:00 Dragons: Race To The Edge (PG) 6:30 Operation Ouch! 7:00 Junior Vets 7:30 Danger Mouse 8:05 Teenage Mutant Ninja Turtles (PG) 8:25 The Legend Of Korra (PG) 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 8:00 ABC News Tonight 9:45 The Business 10:00 The World With Beverley O'Connor 11:00 ABC Nightly News		4:00 PBS Newshour 5:00 If You Are The One (PG) (In Mandarin) 6:40 Megafactories (PG) 7:30 RockWiz (PG) 8:30 Stacey Dooley (M) 9:35 Scientology And The Aftermath 10:15 Dopesick Nation (MA15+) 11:15 Wild Ride (M I) 12:10 Movie: "Athena" (MA15+) ('10) (In Korean) 2:20 Drunk History (M I.s)		4:00 Food Lovers' Guide To Australia 4:30 Andy & Ben Eat Australia (PG) 5:00 Bonacini's Italy 5:30 The Cook And The Chef 6:00 Drive Thru Australia 6:30 Saturday Kitchen 7:30 Luke Nguyen's Vietnam 8:30 Poh's Kitchen 9:30 United States Of America 10:00 The Cook And The Chef 11:00 Saturday Kitchen		5:00 Volunz 6:00 Around The Campfire 6:30 The Chefs' Line 7:00 Our Stories 7:20 Anthem Sessions 7:25 NITV News 7:30 Dhakiyarr Vs The King (PG) 8:30 Camels And The Pitjantjara (PG) 9:25 NITV News 9:30 AFL 2019: NTFL 11:30 Express Yourself 12:00 Volunz		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 6:30 Bargain Hunt 7:30 Rosemary & Thyme (PG) 8:30 Crime Investigation Australia 10:40 The Suspects (M.v.) 11:00 TBA 12:00 Air Crash Investigations (PG)		3:00 American Pickers (PG) 4:00 Swamp People (PG) 5:00 Swamp Men (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)	
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 Spring Baking Championship (PG) 5:30 Kid's Baking Championship (PG) 6:30 Chopped (PG) 7:30 Mystery Dinners (PG) 8:30 Restaurant Impossible (PG) 10:30 Mystery Dinners (PG) 11:30 Chopped (PG)		10:30 Married With Children (PG) 12:00 Time After Time (M v) 2:10 My Kitchen Rules (PG) 3:40 Bewitched (PG) 4:15 M*A*S*H (PG) 6:00 Seinfeld (PG) 7:00 M*A*S*H (PG) 8:30 Modern Family (PG) 12:30 Battle Creek (M v) 2:30 Movie: "The Master Race" (PG) ('44) Stars: Lloyd Bridges		3:00 Everybody Loves Raymond (PG) 3:30 The King Of Queens (PG) 4:30 Frasier (PG) 6:00 Pointless (PG) 6:30 Neighbours (PG) 7:00 Everybody Loves Raymond (PG) 7:30 Two And A Half Men (PG) 12:00 TBA 11:00 Supernatural (M) 12:00 The Late Late Show With James Corden (M)		1:00 WIN's All Australian News 2:00 Jake And The Fatman (PG) 3:00 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		12:10 Movie: "The 14" (73) Stars: Jack Wild 2:25 Mad About You (PG) 2:55 Project Restoration: 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) 8:40 DCI Banks (MA15+) 10:40 Aircrash Confidential (M) 11:40 Law And Order SVU (M)		4:00 The New Looney Tunes 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: "Pitch Black" (M.v.) ('00) Stars: Vin Diesel 10:40 The Big Bang Theory (PG) 11:05 Young Sheldon (PG)		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 8:30 Fixer Upper (PG) 9:30 Good Bones (PG) 9:30 Beachfront Bargain Hunt			

Wednesday 13 March

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 Catalyst [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 The Beautiful Lie [M] [s] 3:00 The Cook And The Chef 3:25 Julia Zemiro's Home Delivery [PG] [s] 4:00 Think Tank [s] 5:00 Grand Designs [PG] [s]	6:00 The Drum [s] 7:00 ABC News [s] 7:30 [s] 8:00 Hard Quiz [PG] [s] 8:30 Rosehaven [PG] [s] 9:00 Get Krack!In (MA15+) [s] 9:30 QI [PG] [s] 10:00 Adam Hills [PG] [s] 10:45 ABC Late News [s] 11:15 The Business [s] 11:30 Four Corners [s] 12:15 Media Watch [s] 12:35 rage (MA15+) [s] 2:30 Plumpton High Babies Ten Years On [M I] [s]	6:00 Sunrise [s] 9:00 The Morning Show [s] 11:30 Seven Morning News [s] 12:00 Movie: "Dreamhouse Nightmare" (M v.s) ('17) - A young couple find their dream home in New Orleans. Unfortunately, they outbid an obsessive woman who believes she deserves the home more, and she's willing to force them out. Stars: Rachel G Whittle, Terese Aiello, David A Cole, Tony Beard 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] 9:00 Special: Jimmy Barnes: Working Class Boy (M I) 11:15 The Latest Seven News 11:45 Robbie Coltrane's Critical Evidence: Time Of Death [M v] [s] 1:00 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: Three Dots [M mp] [s] - Max becomes overly invested in a patient's cancer treatment as his own comes to a crossroads. 10:00 True Medical: Against The Odds [M I.mp] [s] 11:00 Rizzoli And Isles: The Best Laid Plans (MA15+) [s] 11:50 Cold Case: Willkommen [M] [s] 12:40 Medical Mysteries [PG] 1:30 Extra [s] 2:00 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 Program To Be Advised 2:30 Entertainment Tonight 3:00 Judge Judy [PG] [s] 3:30 The Cook's Pantry With Matt Sinclair [s] 4:00 Good Chef Bad Chef [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: Remember Me [M] [s] 9:30 Law And Order: SVU: Remember Me Too [M] [s] 10:30 Hawaii-Five-O: Kama' Oma'o, Ka'aina Huli Hana (At Kama'oma'o, The Land Of Activities) [M] 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 Medicine's Big Breakthrough [PG] 2:30 Dateline 3:00 Insight 4:05 River Cottage Australia 5:05 The Supervet [PG] 6:00 Letters And Numbers 6:30 SBS World News 7:30 Gourmet Farmer 8:00 Great British Railway	8:35 Australia In Colour [PG] 9:35 McMafia [M] (In English/Russian/Arabic) 10:40 SBS World News Late 11:10 Berlin Station: Book Of The Fallen [M I.v] 12:15 24 Hours In Emergency: Only Yesterday [PG] 1:15 Cycling: Paris-Nice 2019 "Live" 2:45 Destination Flavour Japan 3:15 Ride Upon The Storm (MA15+) (In Danish)								
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 Prehistoric 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 I.s] 10:40 30 Rock [PG] 11:00 Parks And Recreation [PG]	4:00 Officially Amazing 4:35 Hank Zipser 5:00 Project Mc2 [PG] 5:25 Wishfart! 6:00 Dragons: Race To The Edge [PG] 6:30 Operation Ouch! 7:00 Junior Vets 7:30 Danger Mouse 8:05 Teenage Mutant Ninja Turtles [PG] 8:25 The Legend Of Korra [PG] 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 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	3:50 PBS Newshour 4:55 If You Are The One [PG] (In Mandarin) 6:10 Vice News Tonight 6:35 Megafactories [PG] 7:30 RockWiz [PG] 8:30 Movie: "Brimstone" (MA15+) ('16) Stars: Dakota Fanning 11:20 Movie: "Heaven's Gate" [M] ('80) Stars: Kris Kristofferson 2:10 Drunk History [M I.s] 2:40 France 24 News In English	4:00 Food Lovers' Guide To Australia 4:30 Andy & Ben Eat Australia [PG] 5:00 Bonacini's Italy 5:30 The Cook And The Chef 6:00 Andy & Ben Eat Australia [PG] 6:30 Saturday Kitchen 7:30 Luke Paul And Nick's Big American Food Trip 8:30 How To Cook Like Heston 9:30 United Plates Of America 9:55 Rick Stein In Australia	4:48 The Time Compass 5:00 Volunz 6:00 Desperate Measures 6:30 The Chefs' Line 7:00 Our Stories 7:20 Anthem Sessions 7:25 NITV News 7:30 Dhakiyarr Vs The King [PG] 8:30 Camels And The Pitjantjara [PG] 9:25 NITV News 9:30 AFL 2019: NTFL 11:30 Express Yourself 12:00 The Point 1:00 Volunz	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 6:30 Bargain Hunt 7:30 Pie In The Sky [PG] 8:30 Foyle's War [M v] 10:30 Mighty Cruise Ships [PG] 11:30 Air Crash Investigations [PG]	2:00 Ice Road Truckers [M I] 3:00 Great Lake Warriors [PG] 4:00 Swamp People [PG] 5:00 Swamp Men [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 I] 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 Northern Exposure [PG] 8:30 Hairy Bikers' Northern Exposure [PG] 9:30 Ramsay's Kitchen Nightmares USA [M I] 10:30 Ramsay's Hotel Hell [M I] 11:30 Chopped [PG]	10:00 James Robinson [PG] 10:30 Married With Children [PG] 12:00 Time After Time [M v] 2:10 My Kitchen Rules [PG] 3:40 Bewitched [PG] 4:15 M*A*S*H [PG] 6:00 Seinfeld [PG] 7:00 M*A*S*H [PG] 8:30 Bones [M I] 12:20 Ink Master [M I] 1:20 Manhattan Love Story [PG] 2:00 Home Shopping	3:00 Everybody Loves Raymond [PG] 3:30 The King Of Queens [PG] 4:30 Frasier [PG] 6:00 Pointless [PG] 6:30 Neighbours [PG] 7:00 Everybody Loves Raymond [PG] 7:30 Two And A Half Men [PG] 12:00 Ink Master [M I] 1:20 Manhattan Love Story [PG] 2:00 Home Shopping	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] 12:30 Home Shopping	12:10 Movie: "The Small Back Room" [PG] ('49) Stars: David Farrar 2:25 Mad About You [PG] 2:55 Project Restoration: 3:25 Expedition Unknown [PG] 4:25 Heartbeat [PG] 5:30 Vet On The Hill [PG] 6:30 Antiques Roadshow 7:30 Poirot [PG] 8:40 Miss Marple [M v] 11:05 Cold Case [M] 12:05 The Bible [M v]	4:00 The New Looney Tunes 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: "Anchorman 2: The Legend Continues" [M s.v.] ('13) Stars: Will Ferrell 11:30 The Big Bang Theory [PG] 12:00 Battlebots [PG] 1:00 Friends [PG]	1:00 Hellworld 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 Boise Boys 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 [PG]									

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THE ART HOUSE

Thursday 14 March

Thursday 14 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]	Kirby Morrow	5:30 Today [s]	From AAMI Park [s]	6:00 Headline News [s]	7:30 Show Me The Movie! (PG) [s]	5:00 CGTN English News	9:25 Trust Me
9:00 ABC News Mornings [s]	7:30 7.30 [s]	9:00 The Morning Show [s]	2:00 The Daily Edition [s]	9:00 Today Extra [s]	9:45 Golden Point: Melbourne Storm v Brisbane Broncos [s] – Join us for a post match wrap up of the Melbourne Storm v Brisbane Broncos match.	8:30 Studio 10 (PG) [s]	8:30 Gogglebox (M) [s]	5:15 NHK World English News	10:30 Counterpart: Shadow Puppets (MA15+)
10:00 Grand Designs [s]	9:00 Escape From The City [s]	11:30 Seven Morning News [s]	3:00 The Chase UK [s]	11:30 Nine's Morning News [s]	1:00 Extra [s]	12:00 Dr Phil (PG) [s]	9:30 Blue Bloods: Past Tense (M v) [s]	5:30 Worldwatch	11:35 SBS World News Late
11:00 Catalyst (PG) [s]	8:00 Informer (M I.d.v) [s]	12:00 Movie: "Death Of A Vegas Showgirl" (M s.v) ("16) – In a story of sex, lies and betrayal, two incredibly talented dancers become involved in a tumultuous relationship that spirals into obsession and spins horribly out of control. Stars: Roselyn Sánchez, Danso Gordon, Aaron Pearl, Jordana Largy,	4:00 Seven News At 4 [s]	12:00 Ellen (PG) [s]	1:00 Extra [s]	1:00 Program To Be Advised	10:30 Blue Bloods: Heavy Is The Head (M v) [s]	1:00 PBS Newshour	12:00 Full Frontal With Samantha Bee (MA15+)
11:30 Back Roads [s]	10:00 The Tunnel (MA15+) [s]		5:00 The Chase Australia [s]	1:30 Married At First Sight (M) [s]	1:30 Married At First Sight (M) [s]	2:00 Entertainment Tonight	11:30 WIN's All Australian News [s]	2:00 Muslims Like Us (M I)	12:25 24 Hours In Emergency: Keep On Going (PG)
12:00 ABC News At Noon [s]	10:50 ABC Late News [s]		6:00 7Prime News [s]	3:00 NINE News Now [s]	3:00 NINE's Afternoon News	2:30 Neighbours (PG) [s]	12:30 The Project (PG) [s]	4:05 River Cottage Australia	12:25 24 Hours In Emergency: Keep On Going (PG)
1:00 Adam Hills (PG) [s]	11:20 The Business [s]		7:00 Home And Away (PG) [s]	4:00 NINE's Afternoon News	4:00 NINE's Afternoon News	3:00 Judge Judy (PG) [s]	1:30 The Late Show With Stephen Colbert (PG) [s]	5:05 The Supervet (PG)	1:20 Cycling: Paris-Nice 2019
2:00 Newton's Law (M v) [s]	11:35 Wentworth (M I.d) [s]		8:30 Ms Fisher's Modern Murder Mysteries (M v)	5:00 Millionaire Hot Seat [s]	5:00 Millionaire Hot Seat [s]	3:30 The Cook's Pantry With Matt Sinclair [s]	2:30 Home Shopping	6:00 Letters And Numbers	2:45 Destination Flavour
2:55 The Cook And The Chef Delivery (PG) [s]	12:25 rage (MA15+) [s]		10:30 The Latest Seven News Autopsy USA: Farrah Fawcett (M) [s]	6:00 NBN News [s]	6:00 NBN News [s]	4:00 Good Chef Bad Chef [s]	4:30 The Bold And The Beautiful (PG) [s]	6:30 SBS World News	3:05 Armada: 12 Days To Save England
3:25 Julia Zemiro's Home Delivery (PG) [s]	1:25 National Press Club Address [s]		11:00 Farrah Fawcett (M) [s]	7:00 A Current Affair [s]	7:00 A Current Affair [s]	4:30 The Bold And The Beautiful (PG) [s]	2:30 Home Shopping	8:30 CBS - This Morning	
4:00 Think Tank [s]	2:25 The Tunnel (MA15+) [s]		12:00 Powerless: Win, Luthor Or Draw (PG) [s]	7:30 Rugby League: Melbourne Storm v Brisbane Broncos "Live"	7:30 Rugby League: Melbourne Storm v Brisbane Broncos "Live"	5:00 10 News First [s]	4:30 CBS - This Morning		
5:00 Grand Designs [s]	3:10 Wentworth (MA15+) [s]					6:00 Pointless (PG) [s]			
6:00 The Drum [s]	4:00 Catalyst (PG) [s]					6:30 The Project (PG) [s]			
6:55 Sammy J [s]	4:30 The Drum [s]								
ABCCOMEDY (C22)		ABCME (C23)		ABCNEWS (C24)		SBS VICE (C31/32)		SBS FOOD (C33)	
6:00 Rusty Rivets	6:25 Peter Rabbit	4:00 Officially Amazing	4:35 Hank Zipzer	5:00 Project Mc2 (PG)	5:25 Wish!art! 6:00 Dragons: Race To The Edge (PG)	6:30 Operation Ouch!	7:00 Junior Vets	7:30 Danger Mouse	8:05 Teenage Mutant Ninja Turtles
8:00 Tomorrow Tonight (PG)	8:30 Utopia (PG)	9:00 Get Krackin' (M I)	10:20 The Good Place (M s)	11:05 30 Rock (PG)	11:25 Parks And Recreation (PG)				
7FOOD (C74)		7FLIX (C66)		10 PEACH (C11)		10 BOLD (C12)		GEM (C82)	
1:30 Chopped (PG)	2:30 The Kitchen (PG)	10:30 Married With Children (PG)	12:00 Chicago Fire (M v)	2:10 My Kitchen Rules (PG)	3:40 Switched (PG)	4:15 M*A*S*H (PG)	6:00 Seinfeld (PG)	7:00 M*A*S*H (PG)	8:30 Criminal Minds (M I)
3:30 The Pioneer Woman (PG)	4:00 Giada At Home (PG)	4:30 Guy's Grocery Games (PG)	5:30 Rachael Ray's Week In A Day (PG)	6:30 Chopped (PG)	7:30 Ramsay's Kitchen Nightmares (M I)	8:30 Hell's Kitchen USA (M I)	10:30 Ramsay's Kitchen Nightmares (M I)		
7FOOD (C74)		7FLIX (C66)		10 PEACH (C11)		10 BOLD (C12)		GEM (C82)	
1:30 Chopped (PG)	2:30 The Kitchen (PG)	10:30 Married With Children (PG)	12:00 Chicago Fire (M v)	2:10 My Kitchen Rules (PG)	3:40 Switched (PG)	4:15 M*A*S*H (PG)	6:00 Seinfeld (PG)	7:00 M*A*S*H (PG)	8:30 Criminal Minds (M I)
3:30 The Pioneer Woman (PG)	4:00 Giada At Home (PG)	4:30 Guy's Grocery Games (PG)	5:30 Rachael Ray's Week In A Day (PG)	6:30 Chopped (PG)	7:30 Ramsay's Kitchen Nightmares (M I)	8:30 Hell's Kitchen USA (M I)	10:30 Ramsay's Kitchen Nightmares (M I)		
7FOOD (C74)		7FLIX (C66)		10 PEACH (C11)		10 BOLD (C12)		GEM (C82)	
1:30 Chopped (PG)	2:30 The Kitchen (PG)	10:30 Married With Children (PG)	12:00 Chicago Fire (M v)	2:10 My Kitchen Rules (PG)	3:40 Switched (PG)	4:15 M*A*S*H (PG)	6:00 Seinfeld (PG)	7:00 M*A*S*H (PG)	8:30 Criminal Minds (M I)
3:30 The Pioneer Woman (PG)	4:00 Giada At Home (PG)	4:30 Guy's Grocery Games (PG)	5:30 Rachael Ray's Week In A Day (PG)	6:30 Chopped (PG)	7:30 Ramsay's Kitchen Nightmares (M I)	8:30 Hell's Kitchen USA (M I)	10:30 Ramsay's Kitchen Nightmares (M I)		
7FOOD (C74)		7FLIX (C66)		10 PEACH (C11)		10 BOLD (C12)		GEM (C82)	
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3:30 The Pioneer Woman (PG)	4:00 Giada At Home (PG)	4:30 Guy's Grocery Games (PG)	5:30 Rachael Ray's Week In A Day (PG)	6:30 Chopped (PG)	7:30 Ramsay's Kitchen Nightmares (M I)	8:30 Hell's Kitchen USA (M I)	10:30 Ramsay's Kitchen Nightmares (M I)		
7FOOD (C74)		7FLIX (C66)		10 PEACH (C11)		10 BOLD (C12)		GEM (C82)	
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3:30 The Pioneer Woman (PG)	4:00 Giada At Home (PG)	4:30 Guy's Grocery Games (PG)	5:30 Rachael Ray's Week In A Day (PG)	6:30 Chopped (PG)	7:30 Ramsay's Kitchen Nightmares (M I)	8:30 Hell's Kitchen USA (M I)	10:30 Ramsay's Kitchen Nightmares (M I)		
7FOOD (C74)		7FLIX (C66)		10 PEACH (C11)		10 BOLD (C12)		GEM (C82)	
1:30 Chopped (PG)	2:30 The Kitchen (PG)	10:30 Married With Children (PG)	12:00 Chicago Fire (M v)	2:10 My Kitchen Rules (PG)	3:40 Switched (PG)	4:15 M*A*S*H (PG)	6:00 Seinfeld (PG)	7:00 M*A*S*H (PG)	8:30 Criminal Minds (M I)
3:30 The Pioneer Woman (PG)	4:00 Giada At Home (PG)	4:30 Guy's Grocery Games (PG)	5:30 Rachael Ray's Week In A Day (PG)	6:30 Chopped (PG)	7:30 Ramsay's Kitchen Nightmares (M I)	8:30 Hell's Kitchen USA (M I)	10:30 Ramsay's Kitchen Nightmares (M I)		
7FOOD (C74)		7FLIX (C66)		10 PEACH (C11)		10 BOLD (C12)		GEM (C82)	
1:30 Chopped (PG)	2:30 The Kitchen (PG)	10:30 Married With Children (PG)	12:00 Chicago Fire (M v)	2:10 My Kitchen Rules (PG)	3:40 Switched (PG)	4:15 M*A*S*H (PG)	6:00 Seinfeld (PG)	7:00 M*A*S*H (PG)	8:30 Criminal Minds (M I)
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British singer to perform at folk club

The Troubadour Folk Club's next concert will feature British folk singer Bob Fox.

"For more than 40 years Bob Fox has been regarded as one of the iconic voices of British folk song," said Troubadour president Mr Michael Fine.

"Deeply influenced by the working class culture and industrial folk song prevalent in the coal mining communities of his native County Durham, he has come to be perhaps the best recognised and loved troubadour and songman in all of Britain.

"A captivating solo-performer, he is a truly amazing guitarist with a beautiful rich bass voice, the master of a treasure trove of great traditional and contemporary folk music," Mr Fine said.

Box Fox gained recognition for his starring role over the past eight years as the songman in the record breaking West End musical The War Horse.

His performance at the Troubadour in Woy Woy is part of his first overseas tour since he retired from the West End in January this year.

"Expect to hear songs of love, joy, work and humour as he performs material from War Horse, newly written songs from the New Radio Ballad series and old favourites from his many recordings," Mr Fine said.

The concert will be held at 7pm on March 23 at the Troubadour's new home at the St Luke's Church Hall in Woy Woy.

Tickets are essential.

SOURCE:
Media release, 4 Mar 2019
Michael Fine, The Troubadour Folk Club



Sculptor opens her home studio and garden

A Pearl Beach sculptor will open up her home studio and garden on the weekend of March 23 and 24 for a garden exhibition entitled The Unreal Garden.

After 20 years of creating and maintaining the Wombarra Sculpture Garden, Ms Gaby Porter and partner Mr John Haymes moved to Pearl Beach seeking a sea change.

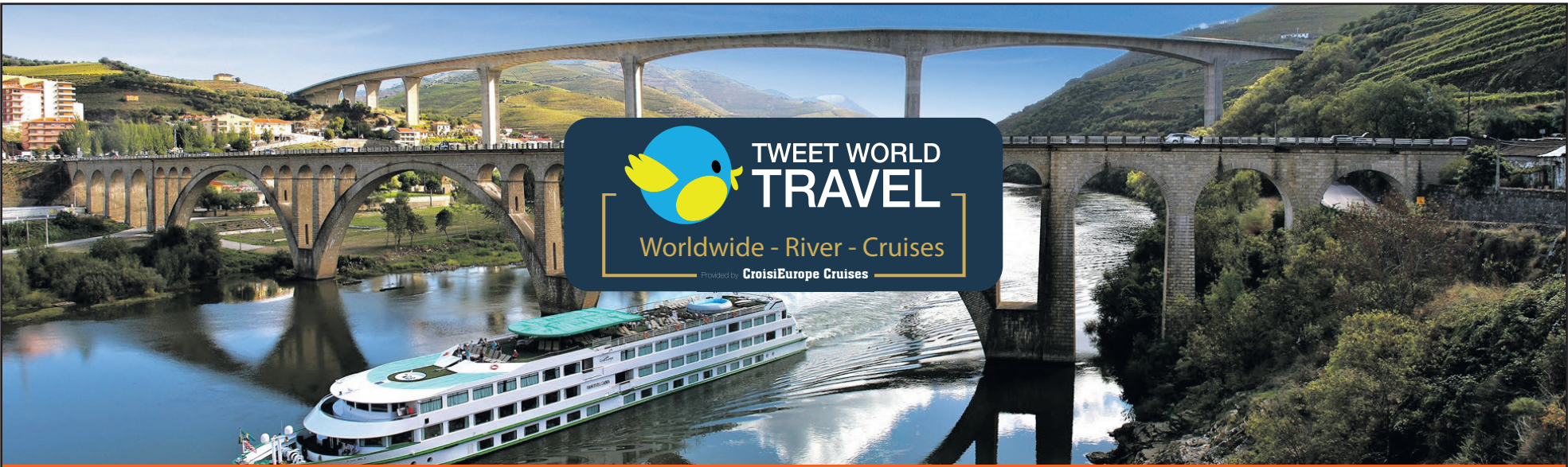
Ms Porter has over 30 years' experience creating original sculpture for public and private commissions in Australia and overseas and has works displayed across the country in public

settings and exhibitions.

Notable works of Ms Porter include a bronze of Solomon Wiseman at Wiseman's Ferry; nine bronze cats for parkland in Kuching, Borneo; a bronze figure for Sydney's Willoughby Park; five bronze wallabies and a 2.2m stone carving for Wollongong University Campus; and a 2.5m concrete and mosaic "Shellpod" for Coledale Beach south of Sydney.

Ms Porter's garden exhibition will run from 11am to 5pm on both days.

SOURCE:
Media release, 25 Feb 2019
John Haymes, Pearl Beach



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Short n Curly



Stonefish

Blues and Roots competition to be held in Umina

Blues and Roots musicians and fans are expected to descend on Umina in April to attend the Central Coast Jazz, Blues and Roots Competition.

The competition will be held on Friday, April 5, and Saturday, April 6, from 6pm on each day at the Treble Clef Cafe.

Musicians Jane Germaine, Linda Campbell, Kristine Best, Stonefish, Muma Jane and Driftwood will perform on April 5, while Peter Healy, Top Cat, Blues Angels, Peter Tos, Short n Curly

and Velvet Blue will perform on April 6.

Organiser Mr Alfredo Zotti said: "The Central Coast has become an important location for Blues and Roots.

"We now have quite a few important events each year that place the Coast in a strategic position to become the Australian capital of the genre," he said.

All acts in the competition will have their songs played on the Ross M. Fear Alive 90.5 Australian Spectrum Show and have the opportunity to record an extended single of four songs.

The winner will get the master copy of their four songs and a specially-designed CD cover with artwork and 20 finished copies of the CD and will receive a discount voucher for any professional recording that they may decide to take," Mr Zotti said.

The winner will be announced at the Hardys Bay Community Club on April 7.

A cover charge applies to those attending the competition.

SOURCE:
Interview (Dilon Luke), 6 Mar 2019
Alfredo Zotti, Central Coast Jazz Blues and Roots Competition

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Out&About



Exchange students visit the Peninsula

Rotary exchange students from across the world came to the Peninsula for the Rotary Club of Umina Beach’s annual Youth Exchange Weekend between February 22 and 24.

“This year we had 14 youth exchange students drop into Woy Woy for a fun filled weekend,” said club publicity officer Mr Geoff Melville.

“It’s always a delightful sight, seeing the kids hop off the train at Woy Woy.

“They arrived on the Friday afternoon and from there the Rotarians took them out for a pizza night and for introductions between themselves and their home hosts for the weekend,” Mr Melville said.

Rotarians had arranged a full weekend itinerary for the students including a ferry tour of the Brisbane Water, an Australian wildlife encounter, a barefoot bowls session, a surf lifesaving experience with Umina Surf Life Saving Club, a visit to the Ken Duncan Art Gallery and a bush dance.

Mr Melville said Umina Rotarians thoroughly enjoyed the Youth Exchange Weekend.

The club has been hosting the Youth Exchange Weekend for the past 20 years, with the event designed to introduce international youth to Australian culture and the best of what the Central Coast has to offer.

“At its core the weekend has always been about fostering

bonds between young people and Rotarians at an international scale and about showcasing the wonderful country we live in,” Mr Melville said.

“It’s always a great social event with the students getting to make new friends and Rotarians forging lifelong bonds.

“I myself used to be a regular home host and am still in contact with some of my youth exchange students today.

“A good time was had by all involved and we always love getting to introduce the students to the Central Coast,” Mr Melville said.

SOURCE:
Interview (Dilon Luke), 6 Mar 2019
Geoff Melville, Rotary Club of Umina Beach

Uniting Church to hold garage sale

Uniting Church Ettalong members will hold a garage sale at the church from 8am to 1pm on March 23.

“A lot of interesting stalls will have a huge variety of items for sale at the forthcoming garage sale,” said organiser Ms Annette Strong.

“These include wonderful trash and treasure in the garage, sausage sandwiches, lamingtons, plants, jewellery, and craft,” she said.

Ms Strong said the church

group’s next fashion parade would be held on June 19.

“A diary date is the popular fashion parades with clothes from Sarongs of Ettalong.

“Winter clothes will be shown on June 19, from 1:15pm and summer clothes on October 30.

“Everyone is most welcome to support these community activities,” Ms Strong said.

SOURCE:
Media release, 5 Mar 2019
Annette Strong, Uniting Church Ettalong

Freelancers to meet in Woy Woy

A national organisation that specialises in connecting freelancing creatives and the self-employed is holding a luncheon in Woy Woy this March.

Freelance Jungle was founded by Ms Rebekah Lambert in 2010 as a means to gauge the sentiments of other freelancers on how they felt about their work, particularly the socially-isolating aspect associated with working independently.

Since then it has grown into a national community of freelancers who share their knowledge, skills

and expertise and also socialise to end the isolation inherent with freelancing.

The Woy Woy Freelance Jungle luncheon take place from 12:30pm at The Bayview Hotel on March 29.

“This is an informal networking event and the aim is not to throw your business cards like ninja stars or deliver the perfect platter.

“It’s all about getting together with other sole operators and share a drink, meal and a laugh,” said Ms Lambert.

SOURCE:
Social media, 6 Mar 2019
Rebekah Lambert, Freelance Jungle

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23 Day China Silk Road and Russia Waterways Tour

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 to Turpan. 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. You will then be transferred for your flight to Moscow where you will board your four-star luxury cruise ship and indulge yourself on a relaxing cruise along the Volga River in Russia. You will go on shore to visit many places of interest. See such famous sights as Red Square, Kremlin, the Cathedral of Christ the Saviour and so on in Moscow, the Transfiguration Church on Lake Onega- a well-preserved wooden Church on an isolated island. Visit the Winter Palace, home to the Hermitage Museum and many old buildings of St Petersburg, Russia’s gateway to the West during the era of Tsars. This tour is an experience you will never forget. Please book now!



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17 Day Greece with Aegean Cruise (School Holiday Special)

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23 Day China Silk Road & Russia Waterways Tour (Special)

***\$7,280; NOW \$6,680 for departing 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)

***\$2,880- NOW \$2,380, departing monthly from now to Nov. 2019 except for Dec.**, covering the must-see highlights in Vietnam from North to South.

23 Day Spain, Portugal & Morocco Vista

***\$6,280- NOW \$5,580, departing 10/05 & 11/10/2019** including many must-see highlights in Spain, Portugal & Morocco.

11 Day Japan Autumn Leaves Tour

***\$4,990- NOW \$4,490, departing 07/11/2019**, incl. Tokyo, Hakone, Mt. Fuji, Takayama, Nara, Kyoto & Osaka.

13 Day China Tour with Majestic Yangtze (Special)

***\$3,240- NOW \$2,590, departing 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 \$3,480, departing monthly from now to Nov. 2019 (except for Dec.)**, 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)

***\$5,180- NOW \$4,480, departing 19/07 & 13/09/2019** on a 4 star deluxe cruise ship from St. Petersburg to Moscow (including airfare).

20 Day Best of Easter Europe Tour

***\$7,490- NOW only \$6,690, departing 27/05/2019**, incl. must-see highlights of Czech Republic, Poland, Slovakia, Romania, Hungary & Austria.

14 Day Panoramic Sri Lanka Tour (Special)

***\$4,280; NOW \$3,980, departing monthly from now to Dec.** incl. Colombo, Negombo, Anuradhapura, Habaran, Kandy & Nuwara Eliya.

21 Day Egypt & Turkey Tour (Special)

***\$5,880; NOW \$5,280, departing 08/05 & 11/09/2019**, incl. 9 days in Egypt w/ a 5* Nile cruise & 11 days in Turkey.

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Discount applies to ADT club members. Please join now (Conditions apply). *Conditions apply to all our special offers.

All prices include airfare, airport tax, fuel surcharge (subject to change), transfer & transport, most meals, 4 or 5 star hotels, 5 star cruise ship for China Yangtze, sightseeing with admission and English-speaking guide.

Free Call

1300 789 252

Sausage sizzle for International Women’s Day

The Umina branch of the Country Women’s Association of Australia celebrated the beginning of International Women’s Day week by holding a sausage sizzle fundraiser at Umina on March 2.

“We were incredibly busy and sold over 240 sausage sandwiches and fried more than 10kg of onions,” said branch publicity officer Ms Margaret Key.

“We discovered that loads of customers like mustard on

sausages and so next year we will have considerably more mustard.

“We had great fun and we hope our customers did as well.

“Our cakes sold out and a favourite was the lemon and chocolate cupcakes

“As always, we welcome visitors and potential new members and details can be found on our social media.

“We are cheerful group which might explain how we sold so many sausages,” Ms Key said.

SOURCE:
Media release, 6 Mar 2019
Margaret Key, CWA Umina



Bikes, shopping trolleys and phones found under wharf

Bikes, shopping trolleys, camping chairs and an assortment of mobile phones were just some of the items removed from under the Woy Woy Wharf in a clean-up on March 3.

The day was coordinated by Liberal candidate for Gosford Ms Sue Dengate.

“In an hour, we recovered several shopping trollies, two bikes and a variety of other items,” Ms Dengate said.

“There were still more trollies to recover but we had to finish before the ferry returned.


“We will be back.”

Ms Dengate said: “As a scuba diving instructor, all our waterways are very important to me.

“Every two months I lead an underwater ocean clean-up, but it was many years ago that I last participated in a clean-up at Woy Woy.”

Ms Dengate said had been at least 15 years since a clean-up had taken place around the wharf and she hoped to introduce a more regular clean-up in future.

SOURCE:
Social media, 3 Mar 2019
Sue Dengate, Liberal Candidate for Gosford

**FAVOURITE NOODLE**

38 Blackwall Road Woy Woy
4342 0368
Open 7 Days
10.30am til late
Eat in or take away

Buy 2 meals & get a free can of soft drink or water



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8PM SHOW

SATURDAY 23 MARCH

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LOST LEGENDS Showcase

THE DUCHES
BOB WHITTON
STEVE WHITNEY

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\$14.90 MEMBERS PRICE
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What's On

LIVE ENTERTAINMENT

MARCH

FRIDAYS		8:00PM
1st ALL STAR	8th ANDY WOOD	15th THE WAY
22nd DARREN ROLLING KEYS	29th JAMIE LINDSAY	

SATURDAYS		7:30PM
2nd AJ DYCE	9th COVER 2 COVER	16th JORDAN ROACH
23rd TOURMALINE	30th JAMES NALDO	

Out&About

Woman praised for baby's rescue

Rotary club to celebrate 44 years

A woman who rescued a baby from the water at Woy Woy wharf has been praised by the baby's family and emergency services.

The baby fell into the water from its pram which was being pushed along the wharf by his 10-year-old

brother just after 9pm on Friday, March 1.

The pram went off the side of the wharf and tipped the baby into the water.

Ms Jaye Narvo, a staff member at the nearby Bayview Hotel, was on her meal break at the time.

She noticed what had happened, ran across the road, dived into the water and kept the baby afloat until help arrived.

SOURCE:
Interview (Dilon Luke), 5 Mar 2019
Duty Officer, Brisbane
Water Police District

The Rotary Club of Umina Beach will celebrate its 44th anniversary on February 6.

To mark the occasion, club members will hold a commemorative evening at the Ocean Beach Surf Club.

The evening will celebrate more than four decades of "service

before self", undertaken by the club across the Peninsula and abroad.

The evening will include a two-course buffet and a celebratory birthday cake.

SOURCE:
Social media, 19 Jan 2019
Paul Quinn, Rotary Club
of Umina Beach

COASTAL DIARY

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

MONDAY, MAR 11 Soundwaves Men's Acappella Chorus - Free learn to sing harmony class, Central Coast Leagues Club, 11, 18 & 25/03 Long Jetty Auxiliary Meeting, 8 Hume Boulevard Killarney Vale, All Welcome, 9:30am	THURSDAY, MAR 14 Children's Medical Research Institute Community Stalls, William Street Plaza Gosford, 9am - 3pm Meet the Candidates for the NSW 2019 State Election, Point Clare Community Hall, 7:30pm	Flavours by the Sea, Memorial Park The Entrance, 3:30pm - 8:30pm The Songs of James Taylor and Carole King A Celebration, The Art House Wyong, Ticketed, 8pm	The Art House Wyong, Ticketed, 7:30pm Cliff Richard & The Shadows 60th Anniversary Concert, Laycock Street Theatre Auditorium, Ticketed, 7:30pm Brackets & Jam, Kincumba Mountain Reserve, Ticketed	THURSDAY, MAR 28 9:30am - 12:30pm Courtney Cottle's Fundraiser Movie night - Wonder, Avoca beach picture theatre, Ticketed, 6:30pm COSS Connections & Rehabilitation Project, Narara Ecovillage, Bookings required - Free, 6 - 8pm The Sounds of the Supremes, The Art House Wyong, Ticketed, 8pm	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	Family Fun Day & Art Exhibition Fundraiser, Point Clare Scout Hall Rescue Ball Fiesta - Hosted by celebrity Effie, Crowne Plaza Terrigal, Ticketed, 6:30pm - 12am GlenGala Day, Glengara Retirement Village, 10am - 2pm	THURSDAY, APR 11 Ross Noble - Humournoid, The Art House Wyong, Ticketed, 8pm
TUESDAY, MAR 12 Have your Say - Draft Somersby to Erina Corridor Strategy, The Entertainment Grounds, 10am - 12pm Register 1300 463 954, or yourvoiceourcoast.com/somersbyerinacorridor A public forum - How will our local candidates invest in our children and strengthen the community? Oasis Centre Wyong, 4pm - 6pm	FRIDAY, MAR 15 Halekulani View Club supports the Smith Family Meeting & Lunch w/ guest speaker, Halekulani Bowling Club, 11am Ocean Film Festival World Tour, Avoca Beach picture theatre, Ticketed, 7pm - 10pm 80'S Summer Mix Tape Party, Ettalong Diggers, Ticketed, 8:30pm	SUNDAY, MAR 17 Peninsula Environment Group Annual Meeting, Woy Woy Environment Centre, Free - all welcome, 10am NSW Tourism Conference, Crowne Plaza Terrigal, 17/03 - 19/03 The Vampires Pacifica Australia Tour, Laycock Street Theatre, Ticketed, 4pm	SATURDAY, MAR 23 Open Day, Chamberlain Gardens Aged Care, 9am - 1pm Troubadour Folk - Bob Fox (UK) St Lukes Hall, Ticketed, 7pm Mick Thomas & the Roving Commission, Hardys Bay Club, Ticketed, 8am Garage sale, Umina Uniting Church Neptune Street, 8am - 1pm	FRIDAY, MAR 29  Glenn Shorrock, Ettalong Diggers, Ticketed, 9pm 4343 0111	TUESDAY, APR 2  Road Safety Presentation for Seniors, Club Toukley RSL, Free, 10am - 11am 4350 5387	Lego Competition and Exhibition, Kincumber Uniting Church, Bookings required, 9am - 2pm www.kincumberunitingchurch.com Wildplant Community Nursery, CEN office Ourimbah, 9am - 12pm Boys In The Band Jukebox Revolution, The Art House Wyong, Ticketed, 8pm	SATURDAY, APR 13 Alliance Française Conversation Group - Come and practice your French at any level, Erina Leagues Club, First attendance is free, 10am - 12pm Queen - Bohemian Rhapsody Greatest Hits Tour Wyoming, Laycock Street Theatre Auditorium, Ticketed, 8pm
RYUICHI SAKAMOTO CODA, Avoca Beach Picture Theatre, Ticketed, 12/03 & 13/03, Multiple Screenings	SATURDAY, MAR 16 Rotary Club of Woy Woy - Opera in the Arboretum, The Pearl Beach Arboretum, Ticketed, 3pm - 5:30pm 4342 3593 Inagural Central Coast Charity Ball, Gosford RSL Club, Ticketed, 7pm - 11:30pm Polytrack Provincial Championship Gosford Qualifier ft. the Gosford Food Truck Fair, The Entertainment Grounds Gosford, Free entry, 11:30am Warehouse sale, Youthlife Op Shop, 8am - 12:30pm	MONDAY, MAR 18 The Map to Paradise, Avoca Beach Picture Theatre, Ticketed, 7:20pm	TUESDAY, MAR 26 In Between Two: Ancestry, Storytelling and Fighting Racism with rap, The Art House Wyong, 26/03 & 27/03, Ticketed, 8pm, 11am	SATURDAY, MAR 30  Swing on This, The Art House Wyong, Ticketed, 2pm & 7:30pm Session, 4335 1485 www.theartousewyong.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 Waterwatch training, Terrigal Skate Park, Bookings required,	WEDNESDAY, APR 3 Chillpreneur Book Tour, Westfield Tuggerah, Ticketed, 12:30pm - 2:30pm	SUNDAY, APR 7 Live Well Festival, Gosford Waterfront, 10am - 4pm	SUNDAY, APR 14 Tuggerah Lakes Choral SCY - Easter Cantata, Toukley Presbyterian Church, Ticketed, 2pm Dogs In the Park Gosford, Gosford Foreshore Masons Parade, 9:30am - 3:30pm
WEDNESDAY, MAR 13 Climate Change Community Workshop - Wyong Ward, Central Coast Council Wyong Office, 6 - 8:30pm To register visit yourvoiceourcoast.com/climatechange World's Greatest Shave, Waves of Ettalong, 3pm - 4:30pm Keith Potger, Laycock Street Theatre Auditorium, Ticketed, 11am	TUESDAY, MAR 19 TWO by Jim Cartwright, Laycock Street Theatre Auditorium, Ticketed, 7:30pm	THURSDAY, MAR 21 The Stand Up: Comedy Night and Buffet at Erina Fair, Curry Empire Indian Restaurant Erina Fair, 7pm	WEDNESDAY, MAR 27 Regional Creativity and Wellbeing Seminar, Erina Hub, Ticketed, 9:30am - 12:30pm eventbrite.com.au	FRIDAY, MAR 22 Sydney Symphony Orchestra: Alessio Bax Performs Mozart,	FRIDAY, APR 5 Jazz, Blues and Roots CD Competition, Treble Clef Café Umina, Ticketed, 5 & 6/04, 6pm	TUESDAY, APR 9 The Gospel According to Paul, The Art House Wyong, Ticketed, 8pm	THURSDAY, APR 25 Anzac Day Luncheon Show, Ettalong Diggers, Ticketed, 11:30am 4343 0111
					SATURDAY, APR 6  10th Annual Central Coast Italian Festival, Ettalong Beach Tourist Resort & Galleria, 6 & 7/04, 9am - 4pm	WEDNESDAY, APR 10 Turfcare Raceday, The Entertainment Grounds, Ticketed, 11am - 5pm Jane Rutter, Laycock Street Theatre Auditorium, Ticketed, 11am	SATURDAY, APR 27 The Oz Icon's Showband - Ft Mike Whitney & Wayne Pearce, Ettalong Diggers, Ticketed, 8:30pm

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.

Umina takes out men's triples

A team from Umina Beach Men's Bowling Club has taken out the inaugural triples competition for the year in an event shared between Club Umina and Marylands RSL Club.

Umina hosted the event on February 27 with 18 teams taking to the greens.

"The competition was played on good greens in great weather and was very competitive," said club publicity officer Mr Colin Mew.

"After each team played three games the competition was so even there was only one team that had three wins.

"By the end of the day Umina's

Ross McIntyre, Michael O'Sullivan and Ian Dickson had edged ahead of the pack with three wins to their names to take out the competition," Mr Mew said.

Mr Mew said that event organisers were encouraged by the turn out and expected to see an increase in teams for the March 27 competition.

"There will be three greens available for the March event enabling a maximum of 42 teams to play so there will be plenty of green space available for any team wishing to enjoy a great day of bowls," Mr Mew said.

SOURCE:
Media release, 3 Mar 2019
Colin Mew, Umina Beach Men's Bowling Club



James Brown speaks at the tourism networking meeting at Woy Woy Feb 21



Nippers season ends with presentations

Umina Surf Life Saving Club ended its 2018-19 Nippers season with a celebration of the club's youngest members.

The club celebrated its Under-

6s and Under-7s and presented them with their state shirts and seasonal medals in a ceremony on February 24.

Recently the club learned that it had become the largest surf club on the Central Coast.

It has also launched a new campaign, Does the Cap Fit, which features a new design of the club's blue and white surf cap.

SOURCE:
Social media, 26 Feb 2019
Stephen Scahill, Umina SLSC



Glenn SHORROCK

FRIDAY 29TH MARCH

ANZAC DAY Luncheon

ENTERTAINMENT IS TWO OF KIND – THE STORY AND SONGS OF JOHNNY O'KEEFE & OLIVIA NEWTON-JOHN

THURSDAY 25TH APRIL

The Oz Icons Showband

AND FEATURING Mike Whitney & Wanne Pearce

SATURDAY 27TH APRIL

ETTALONG DIGGERS
ETTALONG BEACH WAR MEMORIAL CLUB LIMITED
ABN 99 001 011 392
51-52 THE ESPLANADE, ETTALONG BEACH NSW 2257
(02) 4343 0111

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NEWSPAPERS central coast

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
hospitalartaustalia.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

Empire Bay Probus Club
Friendship, fellowship, and fun in retirement. Very active club, outings, excursions, dining - 3 times a month
1st Thur 1.30pm
Empire Bay Progress Hall
Visitors Welcome.

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

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

Point Clare Community Hall
Community Garden - Playgroup

Craft and Exercise Groups
Function or Meeting Hire
Managed by Gosford Regional Community Services
Enquiries regarding hire to 4323 7483
accounts@gosfordcommunity.org.au
www.gosfordcommunity.org.au

Community Groups ABC "The Friends"
Support group for Public Broadcaster.
Aims: Safeguard ABC's independence, adequate funding, high standards. Meetings through the year + social afternoons
Well-known guest speakers
4341 5170
www.fabcnsw.org.au

Central Coast Caravanners Inc
3rd Sun Monthly
Visitors - New Members welcome, Trips Away, Social Outings, friendship with like minded senior folk - Details from Geoff
0447 882 150

Central Coast 50+ Singles Social Group
Ladies & gents dinner, dancing - BBQs & socialising each w/end. Monthly programme for all areas
0412 200 571
0437 699 366
50pssg@gmail.com

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

Freemasons
Who are they?
What do they do?
Find out about the 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.au

Umina Beach Men's Shed
Men share a variety of tools, pursue interests and hobbies, spend time with other men and learn new skills
Darrell 4342 9606

Volunteering Central Coast
Refers potential volunteers to community orgs. Supports both volunteers and community orgs. Training for volunteers & their managers.
4329 7122
recruit@volcc.org.au

Wagstaffe to Killcare Community
Protect and preserve the environment & residential nature of the Bouddi Peninsula and to strengthen community bonds
2nd Mon, 7.30pm
Wagstaffe Hall 4360 2945
info@wagstaffetokillcare.org.au

Entertainment Frantastics Choir Inc
High quality variety entertainment available for matinee bookings at your venue. New members welcome.
1pm Mondays during school terms
Walter Baker Hall, Woy Woy
4343 1995
www.frantastics.org

Health Groups Al-Anon
If someone's drinking is causing you problems...
Al-Anon can help
4344 6939
1300 252 666
Meetings Sat 2pm
Woy Woy Hospital
Ocean Beach Road

Arthritis NSW
Woy Woy support group
Woy Woy Bowling Club
North Burge Road Woy Woy
3rd Tues 10.30am
1800 011 041

Better Hearing Australia - Central Coast
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.pcta.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
3rd Mon.
Woy Woy Leagues Club
Make new friends and have fun while serving your community.
0478 959 895

Rotary Clubs
International service club improves lives of communities

in Aust. & o/seas. Fun-filled activities, fellowship and friendship.
Rotary Club of Kariong
Phillip House, 21 Old Mount Penang Rd, Fri 7.15am
4340 4529
kersuebay@philliphouse.com.au
Rotary Club of Umina Beach
Wednesdays 6.30pm
Everglades Country Club
0409 245 861
curleys@ozemail.com.au
0409 245 861
Rotary Club of Woy Woy
Tues 6pm Everglades Country Club.
Don Tee 0428 438 535

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

Cash Housie
50 Games every Sat night
Peninsula Community Centre, McMasters Rd, Woy Woy,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.ccsoaring.com.au

Ettalong Toastmasters
We provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth
2nd & 4th Tue, 7.30PM, Ettalong Diggers
0408 416 356

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

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

Woy Woy Judo Club
Mon & Fri -Beginners
From 4:30pm
Tue & Thur - graded classes
4:30pm - 8:30pm
27 Bowden Road Woy Woy
Min Age 3 years old
0434 000 170
www.woywoyjudoclub.com

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

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

Veterans' Help Centre'
Assist all veterans & families with pension & welfare issues.
Mon & Wed 9am-1pm
4344 4760 Cnr Broken Bay Rd & Beach St Ettalong.
centralcoastveterans@bigpond.com.

Woy Woy Ettalong Hardy's Bay RSL
Provide help with pensions and welfare etc.
Shop 5/382 Oceanview Rd Ettalong. Tues & Thurs 9am to 1pm 4341 2594

Women's Groups Country Women's Association Umina
2 Sydney Ave
Branch Meetings
2nd Wednesday 10am
Craft & Friends
Wednesdays 9.30am
2nd and 4th Sundays 12.15pm
0416 193 070 - 4340 1746

Country Women's Association Woy Woy
30 The 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.ccwhc.com.au



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

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.



Zenden named in Australian Joeys squad

Central Coast Mariners Academy player Zenden Hart, from Woy Woy, has been named to the Australian Joeys soccer squad that will contest the UEFA Youth Tournament in Turkey this March.

Zenden, who first took up the game with Southern and Ettalong United Football Club, is the Central Coast's only player to be selected.

He will be one of the squad's two goal keepers.

The squad includes 13 players aligned with A-League clubs, five

players based in Europe, and two players hailing from clubs in the NSW National Premier Leagues.

Joeys head coach Mr Trevor Morgan said a key focus in the first half of 2019 was on searching for new talent to build depth in the Joeys.

The Joeys' first game of the "friendly" tournament will be against Turkey on March 4, followed by Tanzania on March 6 and Guinea on March 8.

SOURCE:
Media release, 14 Feb 2019
Ben O'Neill, Football Federation Australia



Southern Spirit holds Pink Stumps Cricket Day

The Peninsula's Southern Spirit Cricket Club held a Pink Stumps Cricket Day on February 24 to raise money for the McGrath Foundation.

The Ninth Grade team played a friendly match against the Northern Power Cricket Club from San Remo.

All players donned pink hats for the fundraiser which raised \$590 for the McGrath Foundation.

Organiser Mr Mark McGowan said it was a cause the club fully supported.

"We hold our Pink Stumps Day to help make life that little bit easier for individuals and families experiencing breast cancer.

"A breast cancer diagnosis changes your life, often in ways you wouldn't expect.

"The impact can be felt right through your family and friends."

The club's fundraising page is still open on the McGrath Foundation's website for anyone wishing to donate.

SOURCE:
Social media, 24 Feb 2019
Mark McGowan, Southern Spirit Cricket Club

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

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

Classifieds

ANTENNAS

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

BOREWATER

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

CARPENTERS

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 (UK)
23rd March
St Lukes Hall
Tickets \$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

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

CABINETMAKER

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

CLEANING

Weston & Wilson Cleaning Services
Domestic, end of lease, holiday & vacate cleans.
Regular or one off.
Fully insured, WWC & Police check avail.
From \$35 hour.
Marianne
0403 505 812

MASSAGE
0432 056 929
RELAXING & HEALTHY
WYOMING
colinharden@bigpond.com

PLUMBER
No call out fee
No job too small
40 year's experience
Fully insured
Lic. L11565
Ph: 0416 875 598

BOAT REPAIRS

YOUR LOCAL SHIPWRIGHT
Boats Built & Repaired
Welding, Fiberglass, Spray Painting & all Carpentry Works
Call Roberto
0468 438 902

CARPENTERS

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

ELECTRICIANS

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

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

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BUCELLO'S
Painting Services
• Residential and Commercial
• Interior and Exterior
• New Work and Repaints
Free Quotes
All work guaranteed
0410 404 664
wattyl®

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KEVIN'S REMOVALS & DELIVERIES
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

ELECTRICIANS

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


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

To advertise here call
4325 7369
This size starts from
\$20pw

FENCING

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

HANDYMAN


OLD MAN EMU HANDYMAN SERVICES
Covering all your internal and external handyman jobs
FREE QUOTES
Pensioner discount
Call David: 0413 396 167

LOCKSMITH

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

PAINTER
Reliable & Affordable
Specializing in
PAINTING HOUSES
0466 966 547
JONATHAN POURAU
Lic 217611C


PLASTERING

PHIL BOURKE PLASTERING
Over 36 yrs exp
Gyprock, Renovations
Small Jobs, Free Quotes
Reliable Service
0418 452 474
Licence No 2107c

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

Allways Moving Removals
House, office units
No job too big or too small
Affordable rates
Call for free quote
0497 800 074
0421 084 650

TILING


Homes2NV Tiling Wall & Floor Property Maintenance
0439 589 426
homes2nv@gmail.com

TREE SERVICES

Eyecare
Tree and Stump Grinding Services
Mulching Available
Fully Insured
Call Jamie
0413 088 128
www.eyecarelawnmowing.com.au

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

Sport



Joshua selected for Australia for Arafura Games

Woy Woy Swim Club member Joshua Smith has been selected to represent Australia at the 2019 Arafura Games which get underway in Darwin from April 26.

Joshua has a disability and an appeal has been launched to ensure he and a guardian can safely attend the Games.

“Joshua is a 16-year-old para-athlete and has been chosen to represent Australia in swimming at the 2019 Arafura Games,” said fundraiser coordinator Ms Katelyn Smith.

“Despite having a disability, Joshua loves to compete and strive for personal bests.

“He has represented NSW at school national swimming and

athletics since he was 10 and is also a multinational medallist in 10-pin bowling.

“Due to having two siblings with high medical needs, Joshua’s sports have taken a back step but not attending the Arafura Games for Josh will hurt him greatly.

“Attending the Games will help Joshua gain valuable international experience on his way to reaching his ultimate goal of making the Australian Paralympic Games swim team and to compete alongside his idol Timothy Hodge,” Ms Smith said.

“Going up against 15 other countries will boost Joshua’s confidence and provide a stepping stone on towards an international career.”

Due to his disability Joshua is unable to attend the Games by himself.

“It will cost approximately \$5000 for airfares, accommodation, uniform, associated fees and on ground transport.

“I launched this fundraiser with the hope that Joshua will get to live his dream.

“Enabling Joshua to participate in opportunities like this will have such a positive impact on his life,” Ms Smith said.

Anyone wishing to donate to the cause can visit the Go Fund Me website and search 2019 Arafura Games Darwin.

SOURCE: Website, 7 Mar 2019 Katelyn Smith, Blackwall

TIDE CHART

FORT DENISON

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

Times and Heights(m) of high and low waters

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

Time - Height(m)

11 MON	0601 0.52 1208 1.49 1814 0.50	12 TUE	0034 1.56 0648 0.56 1251 1.40 1852 0.56	13 WED	0120 1.55 0744 0.60 1343 1.31 1939 0.62
14 THU	0215 1.54 0850 0.62 1447 1.24 2038 0.67	15 FRI	0319 1.55 1008 0.60 1609 1.22 2154 0.68	16 SAT	0432 1.60 1124 0.52 1730 1.27 2310 0.63
17 SUN	0542 1.70 1230 0.41 1836 1.37	18 MON	0017 0.54 0644 1.81 1325 0.30 1930 1.48	19 TUE	0116 0.43 0739 1.90 1415 0.22 2020 1.59
20 WED	0212 0.34 0831 1.95 1501 0.17 2108 1.68	21 THU	0304 0.27 0922 1.95 1545 0.17 2154 1.75	22 FRI	0357 0.25 1012 1.88 1629 0.22 2240 1.78
23 SAT	0448 0.27 1100 1.77 1710 0.30 2326 1.78	24 SUN	0542 0.33 1149 1.63 1751 0.41	25 MON	0011 1.74 0635 0.42 1239 1.47 1831 0.53

APPROX. TIME LAG AFTER FORT DENISON

Effalong 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

Pizza and movie night for teenage life savers

Killcare Surf Life Saving Club will host a pizza and movie night for teenage surf lifesavers from all surf clubs on the Coast.

“Killcare Surf Life Saving Club is inviting 15-17 year olds from all Central Coast Clubs to come on over to meet others their age to enjoy a casual, relaxed night of good company, good pizza and friendship,” said Killcare club president Mr Peter Bagnall.

“Those who attend will have the

chance to make their own signature pizza which will be cooked in our wood fire oven,” Mr Bagnall said.

The night will take place from 5:30pm on March 23 at Killcare Surf Life Saving Club.

Interested surf lifesavers should contact Killcare Surf Life Saving Club to register their interest and to specify any dietary requirements.

A \$5 cover fee applies.

SOURCE: Social media, 7 Mar 2019 Peter Bagnall, Killcare SLSC

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Getting off drugs is torture. Three months in one of our beds gets kids clean.

Please donate to support our live-in programs, giving addicted children their lives back.

We'll buy more beds in more residences to take in more kids. It's as simple as that.

Call 1800 151 045 or visit www.noffs.org.au

tednoffs FOUNDATION

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ADOPTION Is Love.

Find your own biggest fan at your local animal shelter.

Tom Hardy & Woodstock for PETA

Sponsored by NEWSPAPERS



In times of crisis, you can give

HOPE where it's needed most

Please donate now

13 SALVOS | SALVOS.ORG.AU

Southern Spirit wins in girls' league

Southern Spirit Cricket Club's Girls Sixers League team has toppled Narara-Wyoming in their Round 4 clash at Sohler Park on February 25.

"Southern Spirit continued its winning run with an exciting six run win over Narara-Wyoming," said Central Coast Cricket Association media officer Mr Garry Burkinshaw.

"All girls performed well but the standout for the Spirit was Leisel Collins with 24 runs."

The Girls Sixers League take to the field every Monday night.

Due to smaller league numbers, the Spirit did not contest during Round 5 which took place on March 5 and instead engaged in a training clinic, which all participating will do in their off weeks.

The Spirit will next face Kincumber-Avoca on March 11.

SOURCE:

Website, 7 Mar 2019

Garry Burkinshaw, Cricket NSW



Five golfers win their way to national championship

Five golfers from Everglades Country Club have won their way through to be one of 28 teams in a national championship final to be held on the Sunshine Coast in May.

The team consisting of professional Darren Chivas and amateurs Brendan James, Simon Hoyland, John Murphy and Steven Smith, combined for a score of 50.9 to take out the regional final at Kooindah Waters on March 6.

Darren Chivas, who is also Everglades head professional,

said his team was thrilled to be heading to the final.

"This is always one of the most highly anticipated events on our club calendar, and we are ecstatic that Everglades is going to be represented at the final," Darren said.

"We can't wait to get to the Sunshine Coast.

"We have heard such great things from others who have been to the final and it will be great to experience the event for ourselves," he said.

The championship final teams will be treated to four days of

golf played in full tournament conditions, three social functions and the chance to rub shoulders with greats of the game such as two time PGA Tour winner Craig Parry on the final day's play.

PGA Australia events manager Mr Heath McLeod said: "All teams have won just by getting to the final, having beaten roughly 8750 teams at the local level and 500 teams at the regional final to be one of just 28 teams participating in the championship final."

SOURCE:

Media release, 7 Mar 2019

Madeleine De Amics, PGA Australia



Nippers celebrate end of season

Killcare Surf Life Saving Club celebrated the end of its 2018-19 Nippers season on February 24.

"Despite the beach being closed due to big swells, it was a great afternoon session of Nippers to close up the season," said club president Mr Peter Bagnall.

"The afternoon was rounded out by graduating our under-14s into

the senior ranks."

Mr Bagnall said under-14 age manager Chris Scarlett had run the group since they were the under-6s.

"While he's done more than his fair share, we really hope Chris will double back and we'll see him again next season."

SOURCE:

Newsletter, 28 Feb 2019

Peter Bagnall, Killcare SLSC

Medal-winning result for junior life savers

Two Peninsula surf lifesaving clubs have returned from the 2019 State Age Surf Life Saving Championships with medals.

Umina and Ocean Beach Surf Life Saving Clubs both sent junior athletes to compete at the championships.

The event was held over March 1 and 2, hosted by Swansea Belmont Surf Life Saving Club.

Both clubs had both individual medallists and team medallists.

Ocean Beach's Under-12 Boys team took out the gold in Beach Relay.

Individual medallists for Ocean Beach included Jessica Majask who scored a silver medal in the Under-9 Girls Flags and Ryan Mason who took out the bronze in the Under-12 Boys Flags.

Umina took out two gold medals in team events with the Under-13

Girls taking out the Board Rescue and the Under-11 Girls the Beach Relay.

Individual medallists for Umina included Sienna Scahill who took out the gold in the Under-12 Girls 1km Run and Finlay Healey who took out silver in the Under 14 2km Run.

SOURCE:

Social media, 5 Mar 2019

Stuart Harvey, Surf Life

Saving Central Coast

MACCAs MATCHDAY

**SUN 31 MAR
KO: 5.00PM**

CENTRAL COAST STADIUM

MATCH DAY SPONSOR



V



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ea

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Ph: 4341 1488
Mon - Fri: 8:30am - 5:30pm
Saturday: 8:30am - 3pm
Sunday & Public Holidays: 9am - 3pm

www.yousavechemist.com.au

*Always read the label. Use only as directed. Incorrect use can be harmful. If symptoms persist see your healthcare professional. Pharmacist only medicine - requires pharmacist advice on the safe use. Breastfeeding is best for babies. Vitamin supplements are not a substitute for good nutrition or balanced diet and may only be of assistance if dietary intake is inadequate. Weight loss products are only beneficial when taken in conjunction with sensible lifestyle factors. No rainchecks. Free Gifts are subject to availability and while stocks last. Free gift is an in-store promotion only and not available online. †RRP - the save prices listed and % off are calculated from supplier RRP at time of preparation. We reserve the right to correct pricing and printing errors. YouSave Chemist may not have previously sold the product at the RRP due to our discount policy. Other savings shown are from our everyday low prices. Limit quantities apply. PROMOTIONAL PERIOD STARTS ON 5/3/2019 AND FINISHES 1/4/2019. YS032019C.