



Edna celebrates her 100th birthday

Umina resident Ms Edna Taylor celebrated her 100th birthday on October 20.

"I've had such a wonderful life and can't believe I made it to 100," she said.

The daughter of a World War I Anzac, Ms Taylor lives in the Jack Aldous House at Peninsula Village.

"I was lucky enough to share my birthday with all my family and friends from Jack Aldous House as well as the staff at the village," Ms Taylor said.

Ms Taylor joins eight other

centenarians at the village: Ms Beatrice Abrahams, Ms Norma Petersen, Ms Frances Dawson, Mr George Jackson, Ms Dorothy Callister, Mr Gordon Briggs, Ms Joy Lewis and Ms Phylliss Hill.

Peninsula Villages chief executive Mr Shane Neaves said he believed that maintaining an environment of inclusion, independence and support was crucial to longevity in full-time care.

"There are not many places where you'll find nine centenarians living at the same address.

"We're in the middle of a process where we are changing our care methodologies and we think it's going to really improve the experience here at Peninsula Villages," he said.

"People are living longer and moving into residential aged care at a later age which means we are adapting our services and our models of care to ensure we can cater for our community of seniors now and long into the future."

SOURCE:

Website, 24 Oct 2019

Shane Neaves, Peninsula Villages

Two marine rescues near Lion Island

Marine Rescue Central Coast conducted two rescues off Lion Island on October 31.

A yacht and a runabout were rescued in quick succession late on the Thursday afternoon.

At around 3:30pm, a 26ft trailer sailer called for assistance after losing steering and power in Broken Bay.

The conditions were choppy with a stiff north-easterly blowing the yacht close to the rocks at Lion Island.

Their small auxiliary motor could do little in the conditions, but they were able to hoist a jury rig while waiting for rescue crew to arrive.

The rescue service boat Central Coast 21, skippered by Mr Mark Sheehan and crewed by Mr Alan Harvey, raced to the scene taking the vessel in tow for the long haul back to Lions Park.

Just after rounding the western side of the island another call came in from a runabout which was on the northern side, having also lost power and drifting dangerously towards the rocks.

Watch officer Mr Duncan Coles



contacted Marine Rescue Terry Hills and Broken Bay Water Police to see if any other vessels were in the area.

With no quick solution available, it was decided that Central Coast 21 would take the first vessel to anchor in the safety of Iron Ladder and then return to assist the runabout.

As Central Coast 21 raced back

to the runabout, the vessel was able to flag down a passing boat which took it in tow.

Central Coast 21 shadowed the tow in the choppy conditions before returning to the yacht and continuing with its tow to Lions Park.

SOURCE:

Media release, 3 Nov 2019

Mitch Giles, Central Coast Marine Rescue

An 11-year-old Point Clare girl who has benefited from a support service in Woy Woy for siblings of people with special needs is aiming to raise \$5000 to help fund the program.

Courtney Cottle is big sister to Harmoni, who has autism.

Growing up as part of her sister's support network, Courtney has faced challenges other children do not have to face.

She has attended the siblings program offered by Coastwide Therapy Services in Woy Woy, and has raised money previously for the service.

The program connects siblings of special needs children with one another, providing them the opportunity to talk about some of the issues they face at home.

It also focuses on teaching these children coping mechanisms and other strategies for dealing with feelings of isolation, stress and resentment under the guidance of a psychologist.

"The sibling program helped me cope with some big changes in my life after Harmoni was diagnosed, and when I learnt it was stopping, I knew I wanted to help it get back up and running," Courtney said.

"We are all going through things and it's important that we all lift each other up, not bring each other down."

Art has always been a passion of Courtney's and she's now putting her creativity towards a cause as she prepares to hold a fundraising exhibition at The Entrance Gallery.

Courtney's exhibition, "The Girl", is an expanded version an exhibition which was held in Point Clare in April.

It will feature new paintings and sculptural pieces and will act as a multi-media installation where guests are given a sneak peek into the life of 'the girl'.

"My art is an expression of a time when I felt unsupported and I think many people can relate to that feeling," Courtney said.



Courtney is hoping to raise \$5000 from the exhibition to donate to Coastwide to directly fund the program and has already raised just under \$2000 from the first exhibition.

As part of the exhibition, Courtney and her siblings have also created over 300 rocks which will be hidden around the Coast in the lead up to opening night.

The rocks have been decorated with different artworks and have information about 'the girl' on them.

"Anyone that finds a rock should bring it to the exhibition.

"It will help you discover the girl's secret," Courtney said.

The girl's secret is a hidden phrase that guests will be challenged to guess after viewing the exhibition.

Those who guess successfully will have a chance at winning prizes.

The exhibition will open at The Entrance Gallery at The Entrance Community Centre from 7pm on November 22 and will run until December 21.

SOURCE:

Media release, 29 Oct 2019

Vanessa Cottle, Point Clare

Interview (Dillon Luke), 30 Oct 2019

Courtney Cottle, Point Clare

THIS ISSUE contains 61 articles - Read more news items for this issue at www.peninsulanews.info

NEWSPAPERS

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News

Peninsula News

Community Access

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

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

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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.

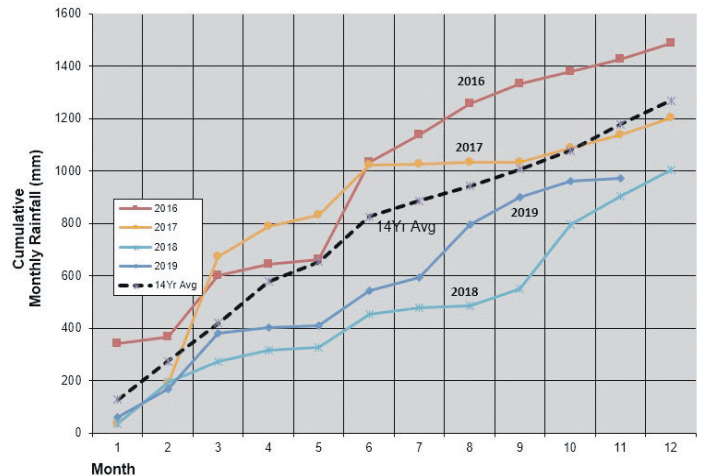
Dry spring spells trouble for summer

Those hoping that October turbulent weather would deliver some much-needed heavy rain will be disappointed to learn the 10th month ended with over a fortnight of dry, sunny days, according to rainfall data compiled by Umina's Mr Jim Morrison.

Those around for the freak storms of last October would remember almost 250mm of rain fell across the month, with hope for a similar deluge this year, but October became November with zero rainfall recorded after one heavy shower on the 11th that saw 34.5mms fall.

That made October's monthly total rainfall for the year settle at 59.4mm, 10mm shy of its 70mm average.

Those dry conditions have also bled into November with just



one rainfall event recorded as of November 8, with 13.5mm falling on the 4th.

November's monthly average rainfall is 100mm and so far, the 11th month is off to a poor start.

As of the 8th, the Peninsula's yearly total rainfall sits at 1006.5mm, meaning at least

282mm of rain are needed for the remainder of the year to ensure it meets its usual yearly average of 1289mm.

SOURCE:
Spreadsheet, 8 Nov 2019
Jim Morrison, Umina

YOUR CHANCE TO WIN

The Peninsula News would like to offer one lucky reader the chance to win the new Swann Wi-Fi Spotlight Outdoor Camera.

With Crime Prevention Week just around the corner, Swann Security wants to gift one lucky reader the opportunity to experience hassle-free security solutions from its new Swann Wi-Fi range. Valued at \$189.95 RRP, the Swann Wi-Fi Spotlight Outdoor Camera is the latest advancement in DIY home security, keeping your loved ones safe.

Designed for serious security, the Spotlight Outdoor Camera can be set up on a smartphone within minutes and provides hassle-free connection to power within Wi-Fi range. With Swann's TrueDetect heat and motion-sensing technology, it will turn on the bright LED spotlights to activate color night vision - ensuring users will not miss a thing.

In combination with its siren and two-way audio, these features work as a powerful deterrent, keeping the home safe and secure. The camera is also Google Assistant and Amazon Alexa compatible.

For your chance to win, write your full name, address, email and daytime telephone number on the back of an envelope and mail it to Peninsula News Swann Competition, PO Box 1056, Gosford 2250, before 5pm on November 19. The winner of the Grit Scooter Competition was Sammy Baillie of Gosford.



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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Tawny Frogmouth population under threat, say carers

The Tawny Frogmouth population of Pearl Beach is under threat, with 10 deaths in the last year, according to a pair of local wildlife carers.

Wildlife Arc carers Mr Michael Dahlstrom and Ms Augusta Miller say the most recent deaths were a healthy breeding pair killed by a domestic cat in late October.

The carers, who specialise in Tawny Frogmouths, are now caring for a surviving chick, which Ms Miller named Spoon after it spooned itself into her hand when it came into their care.

The orphaned female suffered extensive wounds following the attack, but the couple are hopeful she will make a full recovery.

According to Mr Dahlstrom, the initial prognosis was poor with only Ms Miller believing Spoon would pull through.

"It wasn't looking good when she first came to us.

"The bacteria in cat saliva is toxic to birds and she had been bitten multiple times, so I didn't have much hope," he said.

But Ms Miller spent a week administering around the clock care and a course of antibiotics to the chick and, while she isn't completely out of the woods, Spoon's future looks bright.

They said Tawny Frogmouths were threatened by domestic pets, collisions with cars, poisoning and habitat loss.



Mr Dahlstrom said Pearl Beach's population in particular had an extremely high mortality rate with the carers now concerned that releasing Tawny's back into the area could be a death sentence, with the decision already made to release Spoon elsewhere when the bird is able to fend for herself.

"For Pearl Beach, car collisions

are a major problem.

"Tawny's get struck by cars while hunting.

"They get disoriented by headlights and then don't react in time to avoid getting hit," Mr Dahlstrom said.

Tawny's on the ground don't fare any better.

"A Tawny on the ground will

rely on its natural camouflage as its defence (they bear a striking resemblance to tree bark), but if they're on the road that won't help them," Mr Dahlstrom said.

Mr Dahlstrom said the birds also suffered from secondary poisoning as a result of snail and rodent poison.

"If you're using either of those

poisons, you're killing birds," he said.

Domestic cats were also notoriously problematic for native wildlife around Pearl Beach.

"As a wildlife carer it is really quite horrifying having to clean up after someone's cat or dog has just decimated a native species," he said.

Mr Dahlstrom also noted that the recent push to have koalas introduced to Pearl Beach could be disastrous given the number of cats left unchecked.

Mr Dahlstrom said the other big issue facing the birds was the well-meaning people that separate parents from fledglings.

"We have almost a dozen Tawny chicks in our care at the moment and only three of them actually needed care, the rest were just fledglings that had fallen from the nest or failed their first flight," he said.

According to Mr Dahlstrom, delivering these birds to vets was actually doing more harm than good.

"The best place for a Tawny chick is with mum and dad.

"If a fledgling is on the ground, its parents are nearby."

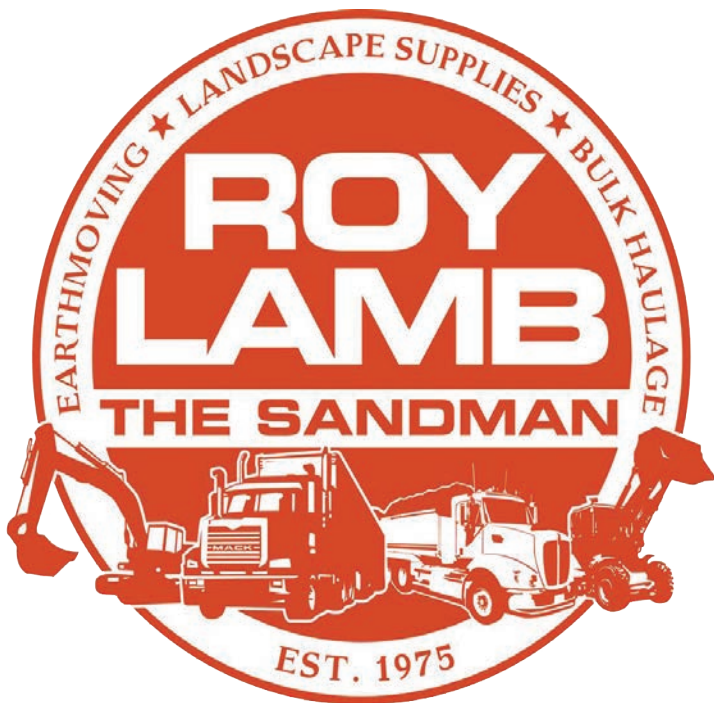
SOURCE:

Social media, 29 Oct 2019

Interview (Dillon Luke) and

photos, 6 Nov 2019

Michael Dahlstrom, Wildlife Arc

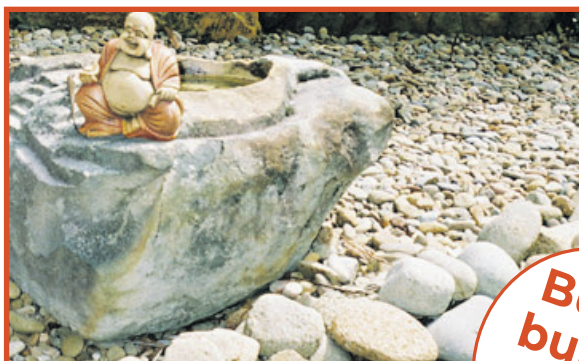


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Heritage study being prepared for Woy Woy

A heritage study for Woy Woy is being prepared by Central Coast Council to review existing heritage items and to include any new items nominated by the community and professional heritage experts.

Heritage items represent the places and landscapes that a community values, that tell stories about our history and that help

define our local character and identity.

A description of the proposed heritage study on Council's website said there were 17 heritage items in the Woy Woy area, identified in Schedule 5 of the Gosford Local Environmental Plan, and there was one State-listed item, being the Woy Woy railway tunnel.

Local heritage items included Noonan's and Mrs Wilson's shops, on Blackwall Rd and Railway St

respectively, the Bayview Hotel as well as the fire station and residence and the former council chambers.

There was one local archaeological heritage site, being the brick wharf adjacent the reserve at the eastern end of Brickwharf Rd.

The website stated that all nominations received would be reviewed by Council's heritage officer and an independent

heritage consultant who would also be conducting the heritage study.

It said that, following further community consultation, a final list of recommended potential heritage items will be determined at a Council meeting.

An item or site listed as being of heritage significance would require development consent for any works, alterations, additions or demolition, it said.

Council offered a free heritage

advisory service as well as a heritage grants scheme for financial assistance for heritage projects up to \$5000 per annum.

Council's website yourvoiceourcoast.com has an interactive map and a survey and new nominations can be made until December 2.

SOURCE:
Website, 6 Nov 2019
Central Coast Heritage Study,
Central Coast Council

ADVERTISEMENT



Community Environment Network

Be like Nature



Nature is diverse, connected, interdependent, restorative, and regenerative which has with time generated resilient communities of species and natural wonder. Those of

us who do enjoy spending time in our natural environment would recognise this quality about being human, we are aware of nature's beauty and bounty. Our human communities must learn once more to practice the art of 'localism'. First Australians practiced it for tens of thousands of years, in which most of the interactions were local and regional. Buying, selling, trading sources of food and natures gifts. Recognising, our reliance on one another and our bioregional communities as essential for building regenerative communities into the future.

This summer, we are inviting members of our Central Coast community to share with us your written posts/blogs and photos in our competition: 'What's your nature?' I'll get us started. "My nature on the Central Coast is Maitland Bay bush track down to the water at Bouddi National Park. Why? The serenity and best of both worlds, the land and the sea. The seclusion and quiet is calming, yet I never feel isolated." Share with us your photos, blogs of your nature from across the Central Coast and why you have chosen it as your nature? We will share the winning entries over the summer months on our CEN website, social and print media. Let's share our connection to our natural environment to regenerate and restore what in fact makes us human - nature. See CEN website www.cen.org.au for details.

Hale Adasal CEN Chairperson

INVITATION - CEN END OF YEAR GET-TOGETHER

Thursday, 28 Nov, 2019 6:30 - 8:30pm

Staff Common Room, School of Applied Sciences, Ourimbah Campus

This will be our End of Year get-together- so come along to have a drink together and celebrate the achievements of the

past year. We will also present the 2019 BAT Awards and CEN Staff will give a brief update on their activities for the year.

\$10 donation appreciated to assist with catering

Please RSVP for catering purposes by Friday, 22 Nov

www.cen.org.au/events

CALL FOR NOMINATIONS- CEN BAT AWARD 2019

Do you know somebody who has ...stood their ground at the crease?.... deflected the assault from their opponents?and has remained steadfast in protecting their wicket?.... all in the interests of the environment....then we would like to acknowledge them as part of the team.

CEN is calling for nominations for the following Annual Awards:

- Most outstanding all rounder – to a person or group who has put in a valiant effort on behalf of the environment / sustainability.
- Most outstanding community based organisation – to a group that has worked tirelessly on behalf of the environment / sustainability

- Rookie of the year – a newcomer to the conservation movement who has contributed to the improvement of our region's environment / sustainability
- Best 12th man (or woman) – to somebody who has worked quietly in the background to support others in the front line-up and helps keep the team afloat.

Nominations must be submitted in writing by

5pm, Thursday, 14 November, 2019

Please visit www.cen.org.au/events to submit your

nomination or contact CEN on 4349 5756

or email sam.willis@cen.org.au

CEN YOUTH LAUNCH

On Sunday the 20 October at the Marine Discovery Centre in Terrigal our CEN Youth partnered with the Central Coast High Schools Competition, 'Human Rights in an Age of Climate Change, So What's the Action Plan?' In which the winning student entries of this distinctly Central Coast Competition were presented their awards in an intergenerational presentation by CEN Youth. Also launching our next generation of Community Environment YOUTH Network leaders. CEN Youth presented winning finalists from Wyong High School which dominated entries in the junior category. Brisbane Water Secondary College together with Narara Valley High School dominated winning entries in the senior category and were presented with native/wild plants from our CEN nursery, as gifts to all our finalists and supportive teachers from



each of these schools. Our CEN Youth also read out some of the winning entries to the audience. It was an inspirational afternoon, supported by our Deputy Mayor Jane Smith and Marine Discovery Centre Chair, John Asquith leaving us full of hope for the future.

CEN Chairwoman Hale Adasal

CARBON FOOTPRINT

The CC Marine Discovery Centre volunteers take their environmental responsibilities very seriously. Recently, awarded accreditation as an Advanced Ecotourism Destination and as a Climate Action Business for reducing their Carbon Footprint. Similarly, the CEN Office has many sustainable features including energy efficient lighting, skylights and water tanks. Investigations are underway to install Solar Panels. The goal for both organisations is to become Carbon Neutral in operation. If you want to find out more about what you can do to reduce your carbon footprint, come to our next Open Day on Saturday the 7th December at CEN in Ourimbah.



LAND FOR WILDLIFE



CEN has co-ordinated LFW across NSW and the ACT since 2007. In the next few weeks a milestone of 2,000 private properties will be reached. This photo of a Red Necked Wallaby with twins was sent in by a member to show what landholders can achieve.

Photo: John and Pam Edwards

UPCOMING EVENTS:

Register at: www.cen.org.au/events

Wildplant Community Nursery

Our next sale days are:

Saturday 7th December 2019

9am to 12pm

CEN Office, off Brush Road, 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.

Location: Brush road, Ourimbah

Best access is via Brush Road – Turn into Brush Road from Shirley Street and as you start to drive up the hill turn left into the laneway and follow it along to parking and our driveway - look for the Plant Sale signs.

Waterwatch Training Day – Avoca Lagoon

When: Saturday, 9th November 2019

Time: 9.30am-1pm

Bookings Essential, for more information email waterwatch@cen.org.au

Phosphorous Awareness Week

When: 18 - 24 November 2019

Phosphorus testing in waterways and P-Day event.

For more details and to join please contact Rachael on 43494757 or waterwatch@cen.org.au

Discover Frogs Talk and Walk

When: Saturday, 16th November, 2019

Where: Katandra Reserve, Holgate

Time: 6:30 pm - 9:00 pm

Cost: \$5 donation for CEN/HFW/LFW members \$10 for others

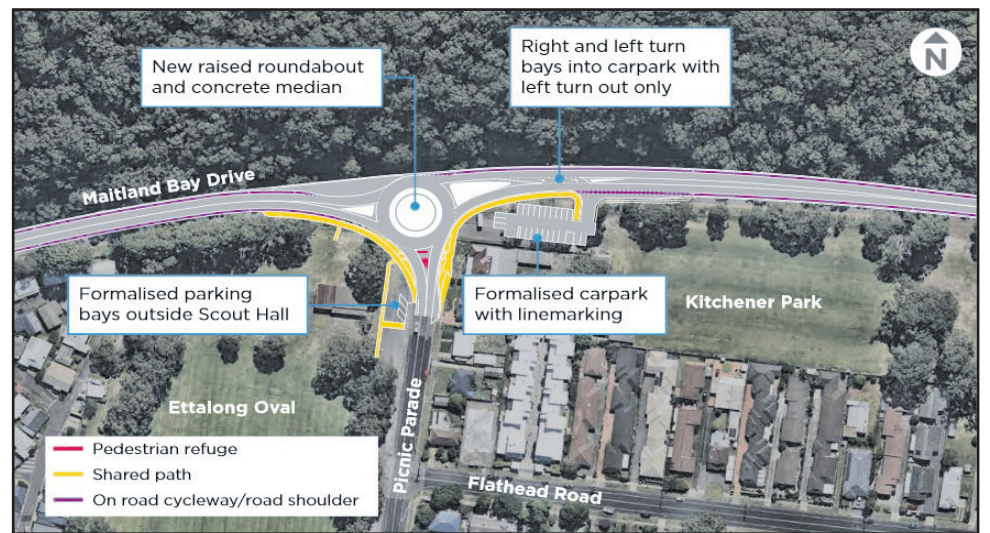
For more information phone: 4349 4756 email: habitatforwildlife@cen.org

Register at: www.cen.org.au/events

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



One more week to comment on roundabout plans

Peninsula residents have just one more week to have their say on the design plans for the \$7M upgrade to the Maitland Bay Dr and Picnic Pde intersection at Ettalong Beach.

This section of Maitland Bay Dr is used by about 19,000 vehicles a day, according to Roads and Maritime Services figures, and the intersection provides links between Ettalong Beach, Woy Woy and the suburbs on the eastern side of Rip Bridge, including Daleys Point and St Huberts Island.

The Review of Environmental Factors and concept design is on

public display for community input and submissions close at 5pm on Monday, November 18.

The documents are available at Woy Woy and Umina libraries or online at rms.work/maitlandbaydrive

The Review, prepared by Beca Pty Ltd and Roads and Maritime Services, is a planning and assessment report that sets out the proposal, its potential environmental and social impacts and proposed mitigation measures.

It states that "development consent from Council is not required".

"Roads and Maritime is the determining authority for the

proposal."

There are five options.

A standard roundabout is the preferred one because of its higher safety level, a smaller footprint as it reduced the amount of property acquisition and environmental impact, but still allows use by all types of vehicles including semi-trailers and emergency vehicles.

About 230sqm of Ettalong Oval would have to be relinquished for the intersection upgrade.

Proposed improvements include a raised concrete roundabout and medians, new right and left turns into Kitchener Park car park from Maitland Bay Dr but only a left turn on the way out, on-road lanes for

cyclists, and new shared pathway to connect to existing footpath on the eastern side of Picnic Pde.

The Review stated there would be no disturbance to Blackwall Mountain or trees on the northern side of Maitland Bay Dr.

Another of the five options is "do nothing".

Peninsula Chamber of Commerce President, Matthew Wales, said the local business community was pleased to see the project moving forward.

"This is an important intersection which forms the gateway to the Ettalong Beach village centre," he said.

"The intersection upgrade

will also complement new development in Ettalong Beach such as the recently completed Atlantis residential apartments and the proposed boutique 83-room hotel in Memorial Ave, both of which will strengthen the local economy."

Subject to approval, construction is anticipated to start in the middle of next year and take about 12 months to complete.

SOURCE:

Media release, 30 Oct 2019

Adam Crouch, Member for Terrigal

Website, 5 Nov 2019

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News



The new wharf will be similar in design to the recently constructed wharf at Ferry Rd, Ettalong

Empire Bay wharf will close for replacement program

Empire Bay's Kendall Rd wharf will be closed from November 11 as work starts on a new wharf with a floating pontoon and solar lighting.

The wharf will be closed for about eight weeks and ferry passengers have been asked to use the nearby Shelly Beach Rd wharf during the construction.

Central Coast Ferries will operate an altered timetable from November 11, with the ferry departing Shelly Beach Rd wharf at 10am, 11.20am and 1.10pm on weekdays and 9am, 11.20am and 1.20pm on weekends.

Construction of the wharf at Empire Bay is part of an extensive

wharf replacement program undertaken by Central Coast Council.

Council director Mr Boris Bolgoff said wharf projects were a focus for 2019-20 capital works.

"Spencer residents are enjoying their new wharf and Empire Bay is the next cab off the rank," he said.

"We also have two wharf projects scheduled for Davistown and we're currently consulting with the community on the largest individual wharf project undertaken by Council – the \$5.32M redevelopment of Woy Woy town centre wharf.

"Each of our wharf projects feature a floating pontoon to improve accessibility for all boat

users and ferry services, by providing a consistent access level during most tide and weather conditions."

Council's \$1.64M investment in the wharf replacement program includes \$375,000 in NSW Government funding as part of the NSW Boating Now Program.

The project to redevelop Woy Woy Town Centre Wharf is funded by the NSW Government with \$3.99M from the Regional Communities Development Fund and with \$1.33M from Council.

SOURCE:
Media release, 6 Nov 2019
Boris Bolgoff, Central Coast Council
Website, 5 Nov 2019
Daniel Rond, Central Coast Ferries

Mayor may visit Peninsula on 'travelling roadshow'

Central Coast mayor Cr Lisa Matthews may visit the Peninsula as part of a tour of the region, looking at "the good, the bad and the ugly".

Cr Matthews said: "I haven't been across the whole of the local government area yet.

"I am aware that my knowledge of things to the north of the region is sound, since that is where I have spent most of my time on Council," she said.

"Since my knowledge of projects in the south of the region is not as thorough, I intend to start

in those areas on what you could call a travelling road show.

"I have asked each director of Council to provide five opportunities to go on location to see the good things Council has done or is doing.

"There seems to be a lot of negativity around Council and I want to let residents know about the good work we are doing in communities."

SOURCE:
Interview (Terry Collins),
29 Oct 2019
Lisa Matthews, Central Coast Council

Remembrance Day

A Remembrance Day ceremony will be held at Woy Woy today to commemorate men and women of the armed forces who died in war conflicts.

It marks Armistice Day, November 11, the day that a peace agreement was signed in 1918 to end World War One.

Members of Woy Woy, Ettalong, Hardys Day RSL Sub-branch

will hold an 11am ceremony at the cenotaph in Memorial Park, Brickwharf Rd, Woy Woy.

It will start with a Commemoration to The Fallen and include hymns, Bible readings and prayers, before rounding off with The Ode, the Last Post reveille and the National Anthem.

SOURCE:
Interview (Sue Murray), 7 Nov 2019
Woy Woy, Ettalong, Hardys Bay RSL Sub-branch

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Liesl Tesch MP Member for Gosford

📍 20 Blackwall Road, Woy Woy NSW 2256 @ Gosford@parliament.nsw.gov.au ☎ (02) 4342 4122

Authorised by Liesl Tesch, 20 Blackwall Road, Woy Woy NSW 2256. Printed using Parliamentary Entitlements.



Trust asks about use of endangered bushland money

Central Coast Council will be asked if the \$225,000 developer contribution from the owner of the Hillview St nursing home in Woy Woy must be used on the site which is home to one of the last stands of the endangered Umina Coastal Sandplain Woodland.

The Protection of the Environment Trust management committee asked council to clarify whether the money could be used for other localities in that area with the endangered ecological community.

The committee met on August 6 and asked a Council unit manager to clarify the issue.

The report of the meeting showed the money was first incorrectly put in to the council general fund and was only transferred to the Committee account on February 28.

"Advice is being sought from Finance as to what processes are being put in place to ensure this doesn't happen in the future," the report said.

It also asked for clarification of the tax deductibility of donations to the trust.

The committee also asked for slides from a presentation to be distributed and links to



the Umina Coastal Sandplain Woodland Endangered Ecological Community Restoration and Rehabilitation Management Plan to be provided to committee members.

Work began on the Hillview St nursing home last month for Thompson Health Care.

SOURCE:
Council Website, 6 Nov 2019
Protection of the Environment
Trust meeting, 6 Aug 2019

Council refuses to rezone Ettalong land

Central Coast Council has refused to rezone land in Ettalong Beach to allow a four-storey mixed use development.

Councillors accepted without debate the staff recommendation on October 28 to refuse the proposal because it had no strategic merit.

The application from Wales and Associates, on behalf of owners KHMS Corporation and A Steliou, said the proposed development would increase the maximum building height to 15 metres across all three sites 302 to 308 Ocean View Rd, on the corner of Ferry Rd, Ettalong Beach.

The current residential zone allows a maximum building height of 8.5 metres.

Council staff reported that a two-storey dwelling had recently been constructed on 308 Ocean View Rd and the current residential zone was appropriate for the site.

Shop-top housing is a

permissible land use in the area and, therefore, a change in zone was not required to achieve a mixed use development, the report said.

The submitted development plans showed the proposal included childcare, gym and games room within the ground floor commercial area.

The Council report said a market economic assessment (MDC Property, December 2018) submitted by the applicant did not provide sufficient evidence to support increasing commercial floorspace in the area, instead justifying the zone change entirely on the supply of additional housing.

Council staff said the proposed increase in height and floor space ratio would allow a development that was out of character with surrounding development and, therefore, would have a negative impact on the Ettalong Beach area.

SOURCE:
Central Coast Council
agenda 2.4, 28 Oct 2019

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'Let's Talk Woy Woy' is an opportunity to discover some of the exciting projects Council has planned for Woy Woy. Have your say on projects open for consultation, find out about others, and share your ideas and aspirations for the area.

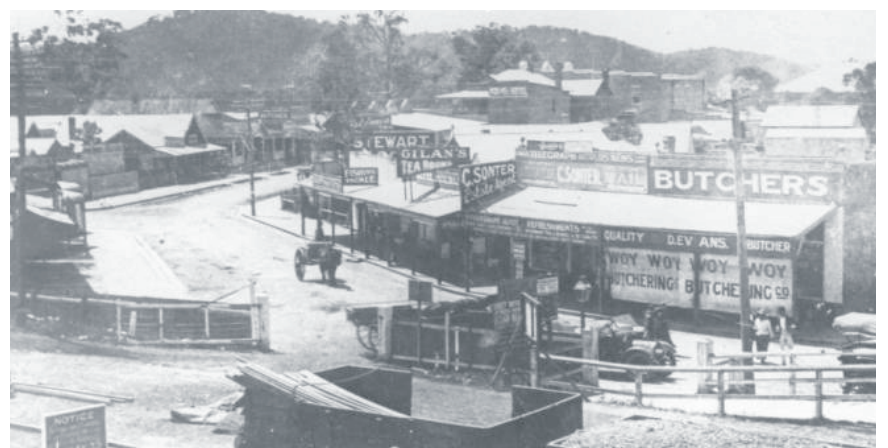
The \$5.32million redevelopment of Woy Woy Town Centre Wharf* – which features a floating pontoon and accessibility features – is one of many projects scheduled to get underway in Woy Woy this financial year.

Projects, plans and strategies featured in 'Let's Talk Woy Woy' include:

- The redevelopment of Woy Woy Town Centre Wharf
- Woy Woy Town Centre Strategy
- A new art installation
- Woy Woy Place Activation
- New Toilet Facility at Woy Woy Fishermen's Wharf
- Central Coast Heritage Study
- And more



Artist's impression of new Woy Woy Town Centre Wharf.



Historical image of Woy Woy.

yourvoiceourcoast.com

'Let's Talk' runs until Monday 2 December. Provide feedback by attending one of two Drop-In Information Sessions on **Thursday 21 November 2019 at 10am-2pm or 4-7.30pm** at the Country Women's Association, The Boulevard, Woy Woy, or by clicking 'Let's Talk Woy Woy' at **yourvoiceourcoast.com**

*The new Woy Woy Town Centre Wharf is proudly funded by the NSW Government through \$3.99million from the Regional Communities Development Fund and with \$1.33million from Council

Central
Coast
Council

Dredging program 'complete', says Crouch

The current program of six months of dredging of the Ettalong Channel is complete, according to Member for Terrigal Mr Adam Crouch

He said 22,000 cubic metres of sand had been removed from shoals in Ettalong's channel, across a 30m width and a 2.5m depth.

"About 10,000 cubic metres of dredged sand has been placed on Ocean Beach to improve the condition of the beach and counter the impacts of coastal erosion," he said.

"This latest dredging work has taken place in three locations upstream of Half Tide Rocks, adjacent Lobster Beach, to intercept a sand shoal encroaching on the channel, and adjacent Little Box Head.

"The channel needs occasional dredging because of its dynamic nature with shifting sand creating shoals that threaten boating access."

Mr Crouch said the NSW Government and Central Coast Council each committed \$1.225M in 2018 as part of Phase 5 of the Rescuing Our Waterways program.

"Central Coast Council will



now continue to monitor the condition of Ettalong Channel and undertake further dredging, using \$1.45M in remaining funds under this Rescuing Our Waterways partnership.

"Keeping Ettalong Channel safe and accessible to recreational and commercial vessels requires repeated dredging.

"We know that there is no such thing as a one-off fix.

"Council has a long-term dredging strategy for this local waterway and I encourage them to ensure it remains in an appropriate condition," Mr Crouch said.

Peninsula Waterways Committee chairman Mr Mike

Allsop said he was pleased with the dredging works.

"This was long overdue when commenced last year, and was subject to disgraceful wrangling between Central Coast Council and the State Government while the community suffered," Mr Allsop said.

"Access for ferry services, deeper keel leisure craft and commercial vessels was restored about 12 months ago, and we were pleased to see a continuation of works to secure the channel and at the same time contribute sand spoil for beach nourishment.

"However, we do feel two primary issues remain," Mr Allsop

said.

"Firstly, while the main problem at Little Box Head was resolved, the channel itself around Lobster Beach is still too narrow with tight turns making it difficult for vessels to pass in opposite directions.

"This needs to be widened a bit further toward the west and the red markers moved accordingly to allow safe passage, especially under a running tide.

"Secondly, we have had no indication from Central Coast Council as to what maintenance arrangements will apply to the channel now that the State Government has spent its share of the funds.

"How will future maintenance or emergency works be funded and resourced?

"The community will be in uproar if we see a repeat of the 2018 debacle.

"We are disappointed to see the dredge being stood down while some further work would actually complete the job.

"We would agree that there is probably no case for a permanent dredge if the channel is profiled correctly and if either council or the State could ensure diligent oversight of the channel and speedy deployment of appropriate equipment for maintenance purposes and emergencies.

"However, there has been stark silence on this," Mr Allsop said.

Central Coast Council was contacted by this newspaper for information about Council's ongoing maintenance plans but there was no response to our inquiries before publication.

SOURCE:

Media release, 5 Nov 2019

Media statement, 7 Nov 2019

Adam Crouch, Member for Terrigal

Media statement, 7 Nov 2019

Mike Allsop, Peninsula

Waterways Committee

Partly-restored ferry towed to Blackwall

The owner of a partly-restored timber ferry had his vessel towed to Blackwall following a breakdown in the Brisbane Water on October 28.

"While on patrol, Marine Rescue boat Central Coast 21 was dispatched to just north of the Rip Bridge to a partly restored timber ferry which had broken down,"

said Marine Rescue Central Coast public relations officer Mr Mitch Giles.

"On arrival the crew, consisting of Peter Alderton, Andrew Mckellar, Bob Knowles and Doug Fitzgerald, found the vessel at anchor with its punt tender alongside and overturned.

"The wind was gusting strongly at the time making manoeuvring difficult," Mr Giles said.

"The first task was to take over the tender and to right it for delivery to Blackwall ramp.

"Initial attempts to tow the tender proved difficult as the hull shape made it dive underwater when towed.

"Central Coast 22 crewed by Ted Leeson, Dave Randell and Bob Gilbody were nearby and tasked to assist.

"Due to the location of the post

moorings at Blackwall and the strong winds, navigating the ferry to the mooring proved difficult due to the strong gusty winds and the narrow channel.

"The tender with its outboard attached was eventually righted and delivered to the ramp and the persons on board the ferry were delivered to the jetty safely," Mr Giles said.

As Central Coast 21 was

finishing the job, it was assigned the task of assisting a person on a kayak who was in difficulty due to the strong winds off St Huberts Island.

"On arrival at the rocks at the western side of the Rip Bridge, the very tired kayaker was taken to St Huberts Island," he said.

SOURCE:

Social media, 29 Oct 2019

Mitch Giles, Central Coast

Marine Rescue

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Adam CROUCH MP

Member for Terrigal

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ROAD FUNDING DELIVERED

Lucy Wicks has secured funding to fix local roads across the Peninsula.

- ✓ Fixing the drainage catchment between Veron Road, Pine Avenue and Ocean Beach Road in Woy Woy
- ✓ Improving road surface along Mutu Street in Woy Woy
- ✓ Upgrading the full length of Springwood Street in Ettalong
- ✓ Works being delivered by Central Coast Council



LUCY WICKS MP
FEDERAL MEMBER FOR **ROBERTSON**

Authorised by Lucy Wicks MP, Liberal Party of Australia, Level 3, 69 Central Coast Hwy, West Gosford NSW 2250.

🏠 Level 3, 69 Central Coast Highway, West Gosford NSW 2250

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News

Council approves five two-storey units at Ettalong

Construction of five two-storey units at Ettalong was approved at Central Coast's Council meeting on October 8.

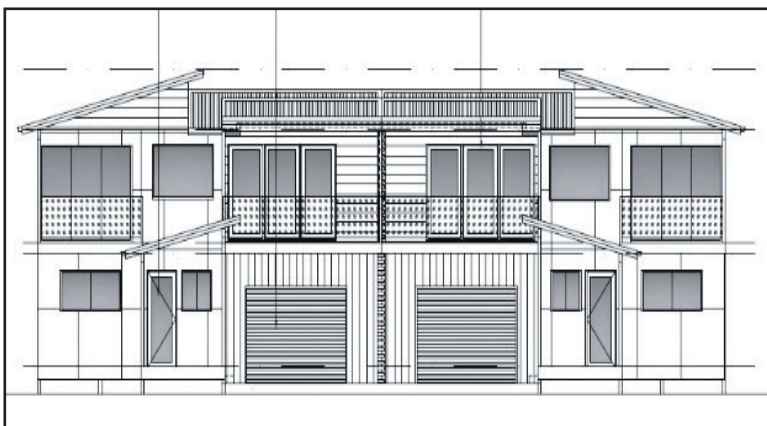
The three-bedroom units, with single garages, will be built on two separate lots totalling 1,159sqm, at 5-7 Bangalow St between Broken Bay Rd and Tenalga Ave, less than 60m from the Ettalong Beach foreshore.

Unit one and two will face Bangalow St and the other three units will be accessed off Tenalga Ave, via the road reserve laneway at the rear of the property.

A Council report said the application had been amended once during the assessment process in response to issues raised during community consultation and following initial assessment by Council officers.

Community opposition came about mainly because of the use of the grassed laneway as future vehicular access.

Submissions opposing the project stated that currently it was being used by surrounding residents as a safe play area for



children and safe access to the beachfront.

A council report said that the laneway was Council road reserve with sewer and stormwater infrastructure and as such the development of a road was acceptable for this purpose and that there would be no significant impact on traffic in the surrounding area.

Another submission said the grassed laneway was habitat to local frogs, blue tongue lizards and duck communities and, at night, a protective corridor for brush and ringtail possums.

However, Council's ecologist

reported that neither the site nor the laneway contained any native vegetation or had biodiversity value.

The amended plans also dealt with concerns about overshadowing and privacy by building setbacks and vegetation screening.

Applicant Knight-Mapleton Design Partners, for the owner Heisei Pty Ltd, estimates the project at \$1M.

SOURCE:

Central Coast Council agenda 2.2, 8 Oct 2019
DA Tracker, 5 Nov 2019
DA 55574/2018, Central Coast Council



Library renovation

Umina Library is being renovated this month.

The work includes new carpet, a render for the external walls, together with a new coat of paint and landscaping works.

The upgrade is expected to be

completed by December.

The library will remain open throughout the renovation, but some minor disruptions may occur.

SOURCE:

Newsletter, 31 Oct 2019
Library Service, Central Coast Council

Community input sought for flood study

Community input for the Empire Bay Floodplain Risk Management Study and

Plan will close on Friday, November 16.

Central Coast Council is updating 2010 flood studies and looking at ways to manage flooding problems identified then for the suburbs of Empire Bay and Bensville.

The studies found a range of issues would could affect more than 2000 properties including flooding of private properties, roads and public spaces caused by creek and estuary flooding during large rainfall events and/or ocean storms.

A range of options is being considered to manage flooding and its consequences, including drainage upgrades and easements, foreshore barriers, raising roads, property filling, planning and development controls, community awareness programs or evacuation procedures.

Council will be identifying potential options with the input from the community and will then assess the options and identify what action Council, the SES and the community can undertake to improve flood risk.

SOURCE:

Website, 5 Nov 2019
Empire Bay Floodplain Risk Management Study, Central Coast Council

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Marquart opposes water tank scheme

Cr Troy Marquart, a ward councillor for the Peninsula, has opposed a move aimed at encouraging residents to collect water for domestic consumption.

Central Coast Council has decided to look into the feasibility of installing water tanks at discounted rates for pensioners and possibly other low income groups across the region, following a successful motion from Cr Kyle MacGregor at its October 28 meeting.

Chief executive Mr Gary Murphy has been asked to provide a report to Council within six months.

It will consider options such as a temporary reduction in residents' rates should they chose to install a water tank or water saving mechanisms on their property or to look at Council bulk buying and installing tanks for residents at a reasonable fee.

Cr Marquart said councils should not get involved in bulk buying tanks.

The move was aimed at encouraging residents to capture and collect water for domestic consumption, reducing demand on the Council's water supply.

The report will outline the potential budgetary impact on Council and suggest other options for reducing the economic burden on low income residents wishing to install water tanks or other water saving measures.

The only councillors to vote against the move were Greg Best, Troy Marquart and Rebecca Gale Collins.

Cr MacGregor said the program should be targeted at those who would benefit the most.

"This program is not unusual for our region with both former councils offering different programs during the millennial drought," he said.

SOURCE:
Central Coast Council
Agenda 8.2, 28 Oct 2019
Media statement, 22 Oct 2019
Kyle MacGregor, Central Coast Council

Gosford council chambers' security costs to be tabled

The cost of the upgrading of security at Central Coast Council's Gosford chambers should be tabled at the council's next meeting on November 11 after questions from Cr Troy Marquart, a ward councillor for the Peninsula, at the October 28 meeting.

The October meeting was the first held at the Gosford chambers after councillors voted last November to audit the safety of the Gosford chambers.

At that meeting, now-mayor Cr Lisa Matthews said she would no longer tolerate heckling by the gallery at Gosford and that she didn't feel safe in that chamber.

At that same meeting, Cr Chris Holstein, another ward councillor

for the Peninsula, said he was surprised people felt unsafe at Gosford as they were sitting ducks at the Wyong chambers.

Cr Marquart said he didn't think there was much difference between the two chambers.

Almost 12 months' later, after missing 10 meetings at Gosford, the councillors were not impressed with the changes to the Gosford chamber, making fun of the new gate that separated the councillors from the public in the gallery.

The public gallery which had been separated from the councillors by a railing was now separated by a metre-wide walkway and a second railing.

Cr Marquart said he wanted to know how much money was spent getting the room to the state it was

in now.

He was speaking during a debate on how many meetings the councillors should hold at Gosford to make up for the 10 missed meetings.

The councillors voted to hold all the council meetings at Gosford until the first meeting of February next year and then alternate between Gosford and Wyong chambers.

Some councillors felt the meetings should be held at Gosford until May next year to make up for the ones missed but mayor Cr Lisa Matthews used her casting vote to defeat that motion.

SOURCE:
Central Coast Council
meeting, 28 Oct 2019
Central Coast Council
meeting, 26 Nov 2018

Funding available for safety projects

Applications to fund community safety projects making can now be made through the Federal Government's Safer Communities Fund, according to Federal Member for Robertson Ms Lucy

Wicks.

She said local groups and organisations could apply under the current funding round, which provided finance to address crime and anti-social behaviour through the implementation of crime prevention and security initiatives such as CCTV and lighting.

Central Coast Council applied under previous rounds of the Fund and received \$47,000 which went towards the installation of 21 CCTV cameras at community facilities including at Woy Woy and Umina.

SOURCE:
Media release, 4 Nov 2019
Lucy Wicks, Member for Robertson



Liesl Tesch MP
Member for Gosford

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News

Council decides not to set up ethical standards unit

Central Coast Council has decided not to set up an integrity and ethical standards unit, on the recommendation of its audit risk and improvement committee.

Instead, Council will clarify and promote the role of its internal ombudsman.

Councillors voted in July to establish an integrity and ethical standards unit to investigate and resolve complaints, with the objective of ensuring council processes were open, transparent and held to a high ethical standard.

However, the committee reported to the Council's October 28 meeting, stating that there was no need to establish an ethical standards unit, as the proposed functions were already addressed by existing structures.

Instead, it recommended that Council should promote its internal ombudsman to the public.

Deputy mayor Cr Jane Smith, who put forward the original motion in July when she was mayor, said she did not particularly like where this latest report was going but she saw it as a first step.

Council voted to develop a Governance Dashboard, as well as clarifying and promoting the role of its Internal Ombudsman.

A dedicated web page describing the Internal Ombudsman's role and how the community can interact with them will be developed, as well as a Charter to clearly describe the role and function and the types of complaints that are investigated.

Council's annual report will include a report from the ombudsman.

All the recommendations are to be in place by the end of 2019 and will be reviewed by mid next year so that a report can be provided to council to determine if they have achieved their desired outcome.

SOURCE:
Central Coast Council agenda 4.1, 28 Oct 2019

Dark Corner carpark upgrade is completed

The Dark Corner carpark at Patonga has been upgraded.

The upgrade included resurfacing works, an increase in the number of parking spaces, new line markings for trailer parking and the installation of new furniture around the adjoining reserve.

Central Coast mayor Cr Lisa Matthews said she was pleased that the Council partnered with the NSW Government to deliver better access to the existing boat ramp.

"Thanks to funding from the NSW Government, we have been able to improve boating access and recreational facilities on

the Hawkesbury River, which is popular with Patonga residents and visitors alike," Cr Matthews said.

The works commenced in May this year, with Transport for NSW providing \$295,000 towards the construction of the new carpark including 15 new car-boat trailer spaces, disabled parking spaces and a boat rigging area.

The funding also provided new directional signage.

SOURCE:
Media release, 1 Nov 2019
Emily Rundle, Roads and Maritime Services NSW

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NEWSPAPERS

Central Coast

Other Regional News - In brief

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

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

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

COAST COMMUNITY NEWS

17 OCTOBER 2019

YOUR INDEPENDENT COMMUNITY NEWSPAPER - PH: 4325 7369

ISSUE 218

Allegations of corruption found to be unwarranted

Former NSW Police Minister and Minister for the Central Coast, Michael Gallacher, is holding out for an apology from the State Government, after allegations of corruption which forced him out of Parliament in 2017 have been found to have been

West Gosford Shopping Centre to be completely revitalised

The West Gosford Shopping Centre is set to be completely revitalised, with a Development Application (DA) on public exhibition until October 31 outlining a \$2.23M revamp of the site.

Major changes to your newspaper

From July 1, Central Coast Newspapers changed ownership.

Government report confirms Terrigal Beach water pollution

A report commissioned by the NSW Government has confirmed what locals have been saying for months, that human sewage regularly spills from stormwater drains onto Terrigal Beach.

Controversial Terrigal development rejected in December reluctantly approved

A controversial \$10.7M six-storey development at Terrigal has been given the green light by Central Coast Council, almost 12 months after it was originally refused in December.

Councillor Mehrtens not happy with ward based approach to strategic planning

Gosford West Ward Councillor, Richard Mehrtens, is not happy with Central Coast Council's recent decision to adopt a ward based approach to strategic planning for the region over the next 20 years.

Scoping study for new coastal management program underway

Central Coast Council has been awarded \$35,000 to complete a scoping study of open coast and coastal lagoons under the State Government's Coastal and Estuary Grants Program.

Chinese delegation explores economic and trade opportunities

A landmark visit to the Central Coast in October by a Chinese delegation exploring economic and trade opportunities was a "critical step" for the region, according to Regional Development Australia Central Coast (RDACC) CEO, John Moulard.

Major Coastal Conference underway

More than 200 delegates are in Terrigal until November 1 for the 2019 Coastal Conference.

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 176
23 October 2019

Your independent community newspaper - Ph: 4325 7369

Drinking Water Catchments Protection Bill could see the end of Wallarah 2

The timely release of a State Government Inquiry, revealing adverse effects of mining in the Sydney drinking water catchment, should add significant clout to the Central Coast Drinking Water Catchments Protection Bill 2019, introduced by NSW

Anti Wallarah 2 Coal Mine rally held

Several hundred people rallied outside the Central Coast's Council Chambers in Wyong to protest the development of the Wallarah 2 Coal Mine.

Ourimbah Land Use Strategy and Masterplan sent back to the drawing board

The Ourimbah Land Use Strategy and Masterplan has been sent back to the drawing board, because Central Coast Mayor, Lisa Matthews, says "we haven't got it right yet".

State Government is looking for buyers of state forests

Ourimbah, Wyong and Strickland State Forest at Somersby are among the state forests that the State Government has targeted for sale, says the Australian Workers Union (AWU), which has launched a campaign to highlight the issue.

Gym application for permanent ongoing use not recommended

A fitness studio at The Entrance is too loud, say residents, and they want Central Coast Council to refuse the gym's latest application to operate.

Motorsport complex needs cash injection

CASAR Park, the world class \$18M motorsport complex, racetrack and social enterprise proposed in North Wyong, could be defunct following the withdrawal of its Development Application (DA).

Integrity and ethical standards unit not required

Central Coast Council doesn't need an integrity and ethical standards unit, says its audit risk and improvement committee.

New Mayor to look at "the good, the bad and the ugly" of the Central Coast

Central Coast Mayor, Lisa Matthews, is set to embark on a tour of the region, looking at "the good, the bad and the ugly" of the Central Coast, accompanied by top council staff members.

Pecuniary or financial interests register will no longer be on council website

Central Coast councillors have decided that their privacy is an "overriding public interest reason" why their pecuniary or financial interests register should not go on the Council website for public consumption.

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

Council proposal leads to call on Federal Government

Local Government NSW will call on the Federal Government to consult with local councils and the community about the 5G network rollouts, after a proposal was put to its annual conference by Central Coast Council.

Both deputy mayor Cr Jane Smith and Cr Kyle MacGregor spoke, saying the main issue was around the lack of control over the planning issues.

In a note to the conference, council said the technology's promise of lightning fast speeds meant the 5G networks needed five times the amount of equipment required for 3G and 4G mobile networks delivered through a network of small cells placed closer to homes and businesses.

"This means they are being placed on top of power poles and other council-owned infrastructure," the note said.

"Councils and communities are not being consulted on the placement of these cells and should be as part of the planning process."

SOURCE:
LGNSW conference agenda
56, 15 Oct 2019

Council staff propose grant for Ducks

Council staff have recommended that Peninsula Ducks Softball Club be granted \$5000 for playing and training equipment in the August round of the Community Support Grant Program

Central Coast Council will vote at its meeting tonight (November 11) whether or not to make the grant.

The program helps groups to deliver activities which require a small amount of funding and/or in-kind support through access to Council services.

The program is open year-round for \$5000 per project per financial year for legally constituted not-for-profit organisations.

SOURCE:
Central Coast Council
agenda 3.7, 11 Nov 2019

Pecuniary interests register not to go on website

Central Coast Council has decided that their privacy is an "overriding public interest reason" why their pecuniary or financial interests register should not go on the Council website for public consumption.

The decision to keep the register off the website went through unremarked and undebated at the October 28 council meeting as part of a number of items passed en masse.

The councillors accepted the staff recommendation to simply table the register, which means that the chief executive officer has a copy of it.

The staff said that after weighing the public interest considerations, personal information would be an overriding factor against disclosure and would need to be redacted prior to being released to Council's

website.

"This redaction in effect would result in the returns being meaningless, as details of addresses of places of residence and other properties owned form part of the type of information which might be relied upon to determine a pecuniary interest.

"If that information is removed from the return, the return has considerably less value."

Council's Code of Conduct states that the pecuniary interest register must be publicly displayed on Council's website each year unless there is an overriding public interest reason why they should not go up on the website.

The Government Information Public Access Act (GIPA Act) defines the pecuniary interest returns as open access information which must be made publicly available free of charge on Council's website, but it also states

"unless there is an overriding public interest against disclosure".

The Local Government Act places specific obligations on councillors, council delegates, council staff and other people involved in making decisions or giving advice on Council matters to act honestly and responsibly in carrying out their functions.

Generally, those obligations include the lodgement of disclosure of interest returns, the lodgement of written declarations and the disclosure of pecuniary interests at council and council committee meetings.

The staff report to Council said that all required returns by councillors, the chief executive officer, other senior staff and those council staff identified as designated persons, had been lodged before the statutory date with the exception of seven staff who were designated persons.

"These seven staff are currently on extended leave and will be required to complete a return on resuming their Council duties," the report said.

The Council's Code of Conduct also states that councillors and designated persons must disclose whether they were a property developer, or a close associate of a corporation that is a property developer.

The unredacted returns will be available for view only by an application for inspection, as per Council's current practice.

This means that any member of the public can ask to view them.

"It should be noted that in the past, Council has experienced very few requests to view the returns," the report stated.

SOURCE:
Central Coast Council
agenda 5.2, 28 Oct 2019



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Forum

What is the point of having planning controls?

Central Coast Council has approved another multi-dwelling project on the Peninsula, even though non-compliant with the standards of our development controls (“Five town houses approved under delegation”, PN481, 28/10/19).

What is the point of having development controls, if Council is repeatedly going to decide that the controls are not relevant, whenever it suits?

To put it another way, if so many developments are satisfactory, despite not being in compliance, how can the standards be correct and when can we see a set of standards that are meaningful and sustainable?

As it is, nobody can know what Council will approve of, and this applies to individual applicants (developers seem to be in a class

Forum

of their own) and to residents who are affected by developments.

How can any development with a floor space ratio of 5:1 be justified in Ettalong: these are central-city development densities and far in excess of anything contemplated in the present regulations?

As for the justification given, this is just boiler-plate verbiage that can be churned out by the yard by anybody who has absorbed the jargon: in fact, it could almost be composed by a random-word generator without any reference to the actual development that is being described.

The tip-off here is that the text has obviously been pasted in from the West/Morris Sts development application by a junior on the staff and hasn't even been proof-read by the people supposedly responsible.

If this indicates the level of scrutiny that these texts receive from Council staff, it is little wonder that many residents feel deeply sceptical of our development-control management.

No realistic person is against increasing development densities, but nobody can be happy with the present chaotic system that leaves everybody suspicious and unsatisfied, and lowers trust in the Council to even greater depths than before.

Our former mayor, Cr Jane Smith, once sagely announced that the development of the Peninsula required “thinking about”.

There was no evidence that this happened during her term and little indication that it is going to happen in the term of the current mayor, Cr Lisa Matthews.

Email, 5 Nov 2019
Bruce Hyland, Woy Woy.

Strategic planning should be based on real communities

Forum

Cr Mehrtens is right in claiming (Coast News, October 31), that it is crazy to base council strategic planning on wards.

They are just artificial bureaucratic creations, constructed to put about the same number of voters in each (and to do it in a way that gave Wyong more wards than Gosford, which is why Wyong ward begins in Manns Rd and goes all the way to Wyee).

Strategic planning should be based on real communities, which council staff have been attempting with their “planning districts”.

When the new council formed, we were told that “wards are only used under election

circumstances and, once the councillors have been elected, they represent the interests of the entire Central Coast LGA, and do not base decisions on the interest of the ward they are elected in”.

Pull the other one.

Councillors are just politicians and their decision to switch to ward-based planning reflects their anxiety to claim credit for anything that happens in their ward in the hope that this will help their re-election.

Email, 4 Nov 2019
HK Colebatch, Pretty Beach

New ferry wharf will open onto ‘scourge of the Coast’

Forum

The new Woy Woy wharf (Peninsula News edition 481) sounds like it's going to be amazing, but I just can't wait to see the looks on people's faces when they alight from the ferry and see the first street that greets them, Chambers Place.

It's the absolute scourge of the Central Coast.

Smashed down fences, abandoned trolleys everywhere, covered in rubbish and graffiti, with vandals and bikies day and night hanging out outside of the local pubs and cafes and no parking whatsoever.

Email, 28 Oct 2019
Helen Former, Hardys Bay

Why is Chambers Place so ugly?

Forum

Chambers Place in Woy Woy is so ugly and such a dump.

Why does Council allow it to be that way?

Rubbish lying everywhere, shopping trolleys abandoned, so much graffiti and a Return and Earn centre with hundreds of people every day depositing bottles and cans.

No parking left for anybody else.

Trucks arriving non-stop to empty those thousands of bottles and cans and the noise is shocking.

Tourists get off the ferry and it's the first thing they see.

What they see must be a big shock.

Email, 26 Oct 2019
Russell Cook, Umina

Council fence creates reserve instead of urban forest

In the Peninsula News Forum of edition 475 an article was published stating: “Council has destroyed yet another group of trees, one that was planted by Council, one four metres tall 10-year-old paperbark among others.”

Since then I have been informed by a council staffer that they were very sorry, offered no reason and pointed the finger at the road crew, meekly suggesting that there were “sight issues”.

There is a slight bend where a bridge crosses Iluka Creek, but

Forum

most people realize that you can't see round corners and there is no cross road.

Ettymalong Creek Landcare volunteers planted 20 young trees in the scorched earth left by Council which quickly became a weed patch.

Council Bushcare contractors sprayed the weeds and trampled a few casuarinas while the spray killed a few.

Some remain and are still surviving.

Yesterday, (November 6) Council staff started construction of a fence along the creek bank that will protect the area that Council had previously destroyed, and the ratepayer foots the bill every step of the way.

This fencing, though too late, would appear a good thing except that it leaves a 10m wide reserve that has a narrow footpath along the creek that could be a small urban forest (in an area that needs more trees for erosion control, shade and cooling) that would not have to be mowed forever by Council.

There are already erosion gullies forming due to the lack of grasses and trees.

A short fence parallel to Kahibah Rd, with a gate would be far cheaper and stop this destructive Council mob from future tree removal and other follies.

Email, 7 Nov 2019
Bryan Ellis, Umina



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Roundabout expense could buy 35 homes

Like most residents my wife and I support new community development and pay our taxes so that the work can be paid for.

We are not experts in judging the costs of the projects proposed, but query costs when the figures don't seem to add up, as is the case with a recent proposal for a very expensive roundabout at Ettalong at Picnic Pde and Maitland Bay Dr with an estimated cost of \$7 million.

Various home builders are currently offering brand new four bedroom, two bathroom, double garage brick and tile homes on your land for \$200,000.

Therefore, you could build 35 homes for the same amount this proposed roundabout.

Another proposal is to rebuild the ferry wharf and terminal at Woy Woy for an estimated \$5.32 million.

Forum

The wharf and ferry terminal appears to incorporate far more expensive work than the couple of blobs of concrete being placed in the middle of a roadway at Ettalong.

Is it state, federal or local government who is controlling the spending of these funds and where do they get their costings from?

The monies they propose spending have been collected from the taxes we pay and that should always be taken into consideration by the people who are doing the figures.

We want and need development by our elected representatives to make your home and mine a better place to live in, but we don't expect to be taken for a ride.

Email, 6 Nov 2019
Rod Fountain, Booker Bay

If councillors want our opinions, read Peninsula News

It was with great interest I read the story (Month-long consultation about Woy Woy - Peninsula News, 28 Oct, 2019) that Central Coast Council was seeking local opinions.

"It's time to talk all things Woy Woy - I encourage as many community members as possible to have their say" the mayor, Cr Lisa Matthews, said.

Great news, I hear you saying. Well, yes, and no.

You see, neither the mayor nor Ms Vaughan, in her media release, say who or when we can actually have our say.

There are no details of who we should talk to, be it Council staff or our councillors.

There are no details of kiosks in shopping centres or our old Council Chambers.

Nothing.

However, you will be pleased to know that feedback will be provided at drop-in information sessions lasting four hours and three-and-a-half hours on November 21.

How you have feedback without input, I am not sure.

I am also a bit sceptical about

Forum

LETTERS TO THE EDITOR

should be sent to:

Peninsula News

PO Box 1056, Gosford 2250
or editorial@centralcoastnews.

net See Page 2 for contribution conditions

Council surveys.

In May 2017, we were advised that Council would conduct a survey of residents seeking information about the biggest and best potholes.

If you have a look at our disgraceful roads and gaping potholes, nothing has been done in over two years: Same potholes in the same places because a fix that doesn't work is still being used.

How long do have to put up with this sheer incompetence and waste of our rates?

A couple of pages further on, Cr Kyle MacGregor proposes a meeting of councillors on the

Peninsula prior to the next election.

The good councillor said "I believe in the concept of maximum democracy in local government, where local people have a real and genuine say in how their elected council operates".

Well councillor, I suggested exactly the same thing before the last election.

Sorry to say there were no takers.

If I were one of our councillors with their track record, I wouldn't front the people of the Peninsula in anything less than an armoured personnel carrier.

Now, I don't know the outcome at the last Council meeting but just on the off-chance that you were not successful, I have a suggestion.

If our councillors want our opinions just read the letters in Forum each fortnight in the Peninsula News.

I think it would be fair to say they could start by rejecting all non-complying building applications and immediately implement a plan to begin kerbing and guttering our flooding streets.

Email, 2 Nov 2019
Laure Powell, Woy Woy

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	ABC (C20/21)	PRIME (C61/60)	NINE (C81/80)	TEN (C13)	SBS (C30)		
Thursday 14 November	6:00 News Breakfast [s] 9:00 ABC News Mornings [s] 10:00 Gardening Australia [s] 10:30 Ask The Doctor (PG) [s] 11:05 Grand Designs Australia (PG) 12:00 ABC News At Noon [s] 1:00 Dream Gardens [s] 1:30 Would I Lie To You? (PG) [s] 2:00 Parliament Question Time [s] 3:00 The Cook And The Chef [s] 3:25 Hard Quiz (PG) [s] 4:00 Think Tank (PG) [s] 5:00 The Twist (PG) [s] 6:00 The Drum [s] 7:00 ABC News [s] 7:30 7.30 [s] 8:00 Grand Designs Australia (PG) 8:50 Sherlock (M d,v) [s] 9:55 Killing Eve: III Deal With Him Later (M s,v) [s] 10:35 ABC Late News [s] 11:05 The Business [s] 11:25 Call The Midwife (M v) [s] 12:10 Grand Designs: The Street [s] 1:10 National Press Club Address 2:10 Would I Lie To You? (PG) [s]	6:00 Sunrise [s] 9:00 The Morning Show [s] 11:30 Seven Morning News [s] 12:00 Movie: "Seeds Of Yesterday" (M s,l) ('15) – The Sheffield family reveal and go through some home truths as their middle child inherits the Fox-war mansion. Stars: Rachael Carpani, James Maslow, Jason Lewis, Anthony Konechny 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 Seven News [s] 7:00 Home And Away (PG) [s] 8:30 The Good Doctor: SFAD (M) 9:30 God Friended Me: Instant Karma (PG) [s] 10:30 The Latest Seven News [s] 11:00 Chicago Fire: What Will Define You (M) [s] 12:00 Movie: "Rites Of Passage" (M v) ('98) Stars: Jason Behr 2:00 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 Chicago Med (MA15+) [s] 2:00 Timeless: The Alamo (M v) [s] 3:00 NINE News Now [s] 4:00 NINE's Afternoon News [s] 5:00 Millionaire Hot Seat [s] 6:00 NINE News [s] 7:00 A Current Affair [s] 7:30 David Attenborough Seven Worlds, One Planet: Asia (PG) [s] – Asia - where rarely seen animals roam the hottest deserts, tallest jungles and highest mountains on Earth. 8:40 Love Island Australia (MA15+) [s] 10:10 Movie: "Bad Moms 2" (M l,d) ('17) Stars: Mila Kunis, Kristen Bell, Kathryn Hahn 12:10 Cold Case: Roller Girl (PG) [s] 1:00 Cross Court [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 Program To Be Advised 2:10 Entertainment Tonight [s] 2:30 Neighbours (PG) [s] 3:00 Judge Judy (PG) [s] 3:30 Everyday Gourmet With Justine Schofield [s] 4:00 Farm To Fork [s] 4:30 The Bold And The Beautiful (PG) [s] 5:00 10 News First [s] 6:00 Celebrity Name Game (PG) 6:30 The Project (PG) [s] 7:30 The Bachelorette Australia (PG) [s] 9:00 Trial By Kyle (M l,n) [s] 10:00 Law And Order: SVU: Forty-One Witnesses (M v,s) [s] 11:00 Blue Bloods: Pain Killers (M v) 12:00 WIN's All Australian News [s] 1:00 The Project (PG) [s] 2:00 The Late Show (PG) [s] 3:00 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 2:05 Running Wild With Uzo Aduba 2:55 Disneynature: The Crimson Wing (PG) 4:25 Egypt's Sun King: The Mystery Tombs (PG) 5:30 Letters And Numbers 6:00 Mastermind (PG) 6:30 SBS World News 7:30 Ainsley's Australian Market Menu 8:30 Inside Marks And Spencer 9:30 The Name Of The Rose (PG) 10:35 Outlander (MA15+) [s] 11:45 SBS World News Late War And Peace (MA15+) [s] 12:15 Secrets Of The Chinese Chariot (M v) 2:55 World's Best Diet 4:45 Destination Flavour Scandinavia Bitesize		
	6:00 News Breakfast [s] 9:00 ABC News Mornings [s] 10:00 Gardening Australia [s] 10:30 Ask The Doctor (PG) [s] 11:10 Grand Designs Australia (PG) 12:00 ABC News At Noon [s] 1:00 One Plus One [s] 1:30 Boyer Lecture 2019 [s] 2:00 Unforgotten (M l) [s] 3:00 Poh's Kitchen [s] 3:30 Hard Quiz (PG) [s] 4:00 Think Tank (PG) [s] 5:00 The Twist (PG) [s] 6:00 The Drum [s] 7:00 ABC News [s] 8:30 Gardening Australia [s] 8:30 Grantchester (M v) [s] – When Will asks for Georgie's help with a family matter, Georgie is surprised to discover where Will really grew up 9:20 Unforgotten (M l,v) [s] 10:05 ABC Late News [s] 10:35 The Business [s] 10:55 Gruen (PG) [s] 11:30 Planet America [s]	6:00 Sunrise [s] 9:00 The Morning Show [s] 11:30 Seven Morning News [s] 12:00 Movie: "Web Of Dreams" (M v) ('19) Stars: Jennifer Laporte 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 Seven News [s] 7:00 Better Homes And Gardens 8:30 Movie: "War For The Planet Of The Apes" (M v) ('17) – After the apes suffer unimaginable losses, Caesar wrestles with his darker instincts and begins his own mythic quest to avenge his kind. Stars: Andy Serkis, Woody Harrelson, Steve Zahn, Karin Konoval, Amiah Miller 11:30 Surveillance Oz: Dashcam [s] 12:00 Movie: "Someone Is Watching" (M v,l) ('00) Stars: Stefanie Powers, Mickey Toff 2:00 Home Shopping	5:30 Today [s] 9:00 Today Extra (PG) [s] 11:30 NINE's Morning News [s] 12:00 Ellen (PG) [s] 1:00 Movie: "About A Boy" (M l,s) ('02) Stars: Hugh Grant 3:00 NINE News Now [s] 4:00 NINE's Afternoon News [s] 5:00 Millionaire Hot Seat [s] 6:00 NINE News [s] 7:00 A Current Affair [s] 7:30 Bondi Vet: Coast To Coast (PG) [s] 8:30 Movie: "Spider-Man: Homecoming" (M v) ('17) Stars: Tom Holland, Michael Keaton, Robert Downey Jr 11:10 Movie: "Brick Mansions" (M v,l) ('14) Stars: Paul Walker, David Belle, Catalina Denis 12:50 Talking Honey: Is It Fair To Compare Kate And Meghan To Diana? (PG) [s] 1:00 Destination WA [s] 1:30 Home Shopping 5:30 A Current Affair [s]	6:00 Headline News [s] 8:30 Studio 10 (PG) [s] 12:00 Dr Phil (PG) [s] 1:00 Program To Be Advised 2:40 Entertainment Tonight [s] 3:00 Judge Judy (PG) [s] 4:00 Farm To Fork [s] 4:30 The Bold And The Beautiful (PG) [s] 5:00 10 News First [s] 6:00 Celebrity Name Game (PG) 6:30 The Project (PG) [s] 7:30 The Living Room (PG) [s] 8:30 The Graham Norton Show (M) [s] – Guests: Olivia Coleman, Helena Bonham Carter, Chadwick Boseman, Richard Ayoade, Niall Horan. 9:30 Have You Been Paying Attention? (M) [s] 10:30 Program To Be Advised 11:30 WIN's All Australian News [s] 12:30 The Project (PG) [s] 1:30 The Late Show (PG) [s] 2:30 Home Shopping	5:00 CGTN English News 5:15 NHK World English News 5:30 Worldwatch 6:15 Football: FIFA U17 World Cup: Semi Final 1 "Live" 8:30 Worldwatch 9:45 Football: FIFA U17 World Cup: Semi Final 2 "Live" 12:00 Worldwatch 1:00 PBS Newshour 2:00 The Point 3:00 NITV News: Nula 3:30 Living Black Conversations 4:00 Great British Railway Journeys 4:30 Egypt's Sun King: The Mystery Tombs (PG) 5:30 Letters And Numbers 6:00 Mastermind 6:30 SBS World News 7:30 Julius Caesar Revealed (PG) 8:40 The Crown Prince Of Saudi Arabia (In Arabic/ English) 10:55 The Feed: Cure Or Killer? 11:55 Movie: "99 Homes" (M l,v) ('14) Stars: Michael Shannon		
	5:00 rage (PG) [s] 10:00 rage Guest Programmer (PG) 11:05 Heywire [s] 11:10 Grand Designs Australia (PG) 12:00 ABC News At Noon [s] 12:30 Grantchester (M v) [s] 1:15 Father Brown (PG) [s] 2:05 Grand Designs Australia (PG) 3:00 Poh's Kitchen Lends A Hand 3:30 Australia: Land Of Parrots [s] 4:30 Landline [s] 5:00 Football: A-League: Round 6 - Sydney FC v Melbourne Victory "Live" From Netstrata Jubilee Stadium [s] – Reigning champions Sydney FC host Melbourne Victory. 7:00 ABC News [s] 7:30 Vanity Fair (PG) [s] 8:20 The Good Karma Hospital (M) 9:05 Total Control (MA15+) [s] 9:55 Marcella (MA15+) [s] 10:40 Father Brown: The Kempleford Dragon (M v) [s] 11:30 rage Guest Programmer (MA15+) [s]	6:00 NBC Today [s] 7:00 Weekend Sunrise [s] 10:00 The Morning Show - Weekend (PG) [s] 12:00 Seven's Horse Racing: Sandown Guineas Day [s] 5:00 Seven News At 5 [s] 5:30 Border Security - Australia's Front Line (PG) [s] 6:00 Seven News [s] 7:00 Movie: "Harry Potter And The Deathly Hallows - Part 2" (PG) ('10) – Making their final stand upon the ramparts of Hogwarts, Harry Potter and his friends Ron and Hermione face their greatest foe and make the ultimate sacrifice to thwart Voldemort. Stars: Alan Rickman 9:30 Movie: "Maze Runner: The Scorch Trials" (M v l) ('15) Stars: Dylan O'Brien, Ki Hong Lee, Kaya Scodelario, Thomas Brodie-Sangster, Dexter Darden, Alexander Flores 12:30 Home Shopping	6:00 Ellen (PG) [s] 7:00 Weekend Today [s] 10:00 Your Domain [s] 11:00 Today Extra - Saturday (PG) 12:00 Destination Happiness (PG) 12:30 Our State On A Plate [s] 1:00 Giving Life [s] 1:30 The Block (PG) [s] 3:30 Life On The Line - The Story On The Bluefin Tuna [s] 4:30 The Garden Gurus [s] 5:00 NINE News: First At Five [s] 5:30 Getaway (PG) [s] 6:00 NINE News Saturday [s] 7:00 Movie: "Rogue One: A Star Wars Story" (M) ('16) Stars: Felicity Jones, Diego Luna 9:40 Movie: "Indiana Jones And The Kingdom Of The Crystal Skull" (M v) ('08) Stars: Harrison Ford, Cate Blanchett, Karen Allen 12:00 Movie: "Felony" (M v,l) ('13) Stars: Jai Courtney, Joel Edgerton, Mark Simpson 2:00 Home Shopping 5:30 Wesley Impact [s]	6:00 I Fish [s] 6:30 Escape Fishing With ET [s] 7:00 Which Car? [s] 7:30 All 4 Adventure (PG) [s] 8:30 The Living Room [s] 9:30 Studio 10 (PG) [s] 12:00 Australia By Design [s] 1:00 Buy To Build [s] 1:30 Healthy Homes Australia [s] 2:00 Everyday Gourmet [s] 2:30 Jamie's 15 Minute Meals [s] 3:00 Farm To Fork [s] 3:30 What's Up Down Under [s] 4:00 The Living Room [s] 5:00 10 News First [s] 6:00 Luxury Escapes (PG) [s] 6:30 Jamie's Quick And Easy Food [s] 7:30 Ambulance Australia (M) [s] 8:45 Program To Be Advised 9:45 999: What's Your Emergency (MA15+) [s] 10:45 NCIS: Wide Awake (M v) [s] 11:45 Elementary: High Heat (M v) 12:45 Todd Sampson's Body Hack (M) [s]	5:00 CGTN English News 5:15 NHK World English News 5:30 Worldwatch 1:00 PBS Newshour 2:00 Motor Sports: Shannons Nationals 3:00 Coast New Zealand: Top Of The South 3:55 Travel Man: Naples 4:25 Focus On Ability Film Festival 2019 5:25 Who Do You Think You Are: Shirley Ballas (PG) 6:30 SBS World News 7:30 The Vietnam War: Doubt (M v) 8:35 Movie: "Gangs Of New York" (MA15+) ('02) Stars: Leonardo DiCaprio, Daniel Day-Lewis (In Latin/ Chinese/ English) 11:40 Birth Of A Movement (M v) 12:45 The Facebook Dilemma (PG) 1:50 Fourth Estate: The NY Times And Trump: The First 100 Days/ The Trump Bump (M l) 4:30 Full Frontal With Samantha Bee (M s)		
	Friday 15 November	6:00 News Breakfast [s] 9:00 ABC News Mornings [s] 10:00 Gardening Australia [s] 10:30 Ask The Doctor (PG) [s] 11:05 Grand Designs Australia (PG) 12:00 ABC News At Noon [s] 1:00 One Plus One [s] 1:30 Boyer Lecture 2019 [s] 2:00 Unforgotten (M l) [s] 3:00 Poh's Kitchen [s] 3:30 Hard Quiz (PG) [s] 4:00 Think Tank (PG) [s] 5:00 The Twist (PG) [s] 6:00 The Drum [s] 7:00 ABC News [s] 8:30 Gardening Australia [s] 8:30 Grantchester (M v) [s] – When Will asks for Georgie's help with a family matter, Georgie is surprised to discover where Will really grew up 9:20 Unforgotten (M l,v) [s] 10:05 ABC Late News [s] 10:35 The Business [s] 10:55 Gruen (PG) [s] 11:30 Planet America [s]	6:00 Sunrise [s] 9:00 The Morning Show [s] 11:30 Seven Morning News [s] 12:00 Movie: "Web Of Dreams" (M v) ('19) Stars: Jennifer Laporte 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 Seven News [s] 7:00 Better Homes And Gardens 8:30 Movie: "War For The Planet Of The Apes" (M v) ('17) – After the apes suffer unimaginable losses, Caesar wrestles with his darker instincts and begins his own mythic quest to avenge his kind. Stars: Andy Serkis, Woody Harrelson, Steve Zahn, Karin Konoval, Amiah Miller 11:30 Surveillance Oz: Dashcam [s] 12:00 Movie: "Someone Is Watching" (M v,l) ('00) Stars: Stefanie Powers, Mickey Toff 2:00 Home Shopping	5:30 Today [s] 9:00 Today Extra (PG) [s] 11:30 NINE's Morning News [s] 12:00 Ellen (PG) [s] 1:00 Movie: "About A Boy" (M l,s) ('02) Stars: Hugh Grant 3:00 NINE News Now [s] 4:00 NINE's Afternoon News [s] 5:00 Millionaire Hot Seat [s] 6:00 NINE News [s] 7:00 A Current Affair [s] 7:30 Bondi Vet: Coast To Coast (PG) [s] 8:30 Movie: "Spider-Man: Homecoming" (M v) ('17) Stars: Tom Holland, Michael Keaton, Robert Downey Jr 11:10 Movie: "Brick Mansions" (M v,l) ('14) Stars: Paul Walker, David Belle, Catalina Denis 12:50 Talking Honey: Is It Fair To Compare Kate And Meghan To Diana? (PG) [s] 1:00 Destination WA [s] 1:30 Home Shopping 5:30 A Current Affair [s]	6:00 Headline News [s] 8:30 Studio 10 (PG) [s] 12:00 Dr Phil (PG) [s] 1:00 Program To Be Advised 2:40 Entertainment Tonight [s] 3:00 Judge Judy (PG) [s] 4:00 Farm To Fork [s] 4:30 The Bold And The Beautiful (PG) [s] 5:00 10 News First [s] 6:00 Celebrity Name Game (PG) 6:30 The Project (PG) [s] 7:30 The Living Room (PG) [s] 8:30 The Graham Norton Show (M) [s] – Guests: Olivia Coleman, Helena Bonham Carter, Chadwick Boseman, Richard Ayoade, Niall Horan. 9:30 Have You Been Paying Attention? (M) [s] 10:30 Program To Be Advised 11:30 WIN's All Australian News [s] 12:30 The Project (PG) [s] 1:30 The Late Show (PG) [s] 2:30 Home Shopping	5:00 CGTN English News 5:15 NHK World English News 5:30 Worldwatch 6:15 Football: FIFA U17 World Cup: Semi Final 1 "Live" 8:30 Worldwatch 9:45 Football: FIFA U17 World Cup: Semi Final 2 "Live" 12:00 Worldwatch 1:00 PBS Newshour 2:00 The Point 3:00 NITV News: Nula 3:30 Living Black Conversations 4:00 Great British Railway Journeys 4:30 Egypt's Sun King: The Mystery Tombs (PG) 5:30 Letters And Numbers 6:00 Mastermind 6:30 SBS World News 7:30 Julius Caesar Revealed (PG) 8:40 The Crown Prince Of Saudi Arabia (In Arabic/ English) 10:55 The Feed: Cure Or Killer? 11:55 Movie: "99 Homes" (M l,v) ('14) Stars: Michael Shannon	
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		5:00 rage (PG) [s] 10:00 rage Guest Programmer (PG) 11:05 Heywire [s] 11:10 Grand Designs Australia (PG) 12:00 ABC News At Noon [s] 12:30 Grantchester (M v) [s] 1:15 Father Brown (PG) [s] 2:05 Grand Designs Australia (PG) 3:00 Poh's Kitchen Lends A Hand 3:30 Australia: Land Of Parrots [s] 4:30 Landline [s] 5:00 Football: A-League: Round 6 - Sydney FC v Melbourne Victory "Live" From Netstrata Jubilee Stadium [s] – Reigning champions Sydney FC host Melbourne Victory. 7:00 ABC News [s] 7:30 Vanity Fair (PG) [s] 8:20 The Good Karma Hospital (M) 9:05 Total Control (MA15+) [s] 9:55 Marcella (MA15+) [s] 10:40 Father Brown: The Kempleford Dragon (M v) [s] 11:30 rage Guest Programmer (MA15+) [s]	6:00 NBC Today [s] 7:00 Weekend Sunrise [s] 10:00 The Morning Show - Weekend (PG) [s] 12:00 Seven's Horse Racing: Sandown Guineas Day [s] 5:00 Seven News At 5 [s] 5:30 Border Security - Australia's Front Line (PG) [s] 6:00 Seven News [s] 7:00 Movie: "Harry Potter And The Deathly Hallows - Part 2" (PG) ('10) – Making their final stand upon the ramparts of Hogwarts, Harry Potter and his friends Ron and Hermione face their greatest foe and make the ultimate sacrifice to thwart Voldemort. Stars: Alan Rickman 9:30 Movie: "Maze Runner: The Scorch Trials" (M v l) ('15) Stars: Dylan O'Brien, Ki Hong Lee, Kaya Scodelario, Thomas Brodie-Sangster, Dexter Darden, Alexander Flores 12:30 Home Shopping	6:00 Ellen (PG) [s] 7:00 Weekend Today [s] 10:00 Your Domain [s] 11:00 Today Extra - Saturday (PG) 12:00 Destination Happiness (PG) 12:30 Our State On A Plate [s] 1:00 Giving Life [s] 1:30 The Block (PG) [s] 3:30 Life On The Line - The Story On The Bluefin Tuna [s] 4:30 The Garden Gurus [s] 5:00 NINE News: First At Five [s] 5:30 Getaway (PG) [s] 6:00 NINE News Saturday [s] 7:00 Movie: "Rogue One: A Star Wars Story" (M) ('16) Stars: Felicity Jones, Diego Luna 9:40 Movie: "Indiana Jones And The Kingdom Of The Crystal Skull" (M v) ('08) Stars: Harrison Ford, Cate Blanchett, Karen Allen 12:00 Movie: "Felony" (M v,l) ('13) Stars: Jai Courtney, Joel Edgerton, Mark Simpson 2:00 Home Shopping 5:30 Wesley Impact [s]	6:00 I Fish [s] 6:30 Escape Fishing With ET [s] 7:00 Which Car? [s] 7:30 All 4 Adventure (PG) [s] 8:30 The Living Room [s] 9:30 Studio 10 (PG) [s] 12:00 Australia By Design [s] 1:00 Buy To Build [s] 1:30 Healthy Homes Australia [s] 2:00 Everyday Gourmet [s] 2:30 Jamie's 15 Minute Meals [s] 3:00 Farm To Fork [s] 3:30 What's Up Down Under [s] 4:00 The Living Room [s] 5:00 10 News First [s] 6:00 Luxury Escapes (PG) [s] 6:30 Jamie's Quick And Easy Food [s] 7:30 Ambulance Australia (M) [s] 8:45 Program To Be Advised 9:45 999: What's Your Emergency (MA15+) [s] 10:45 NCIS: Wide Awake (M v) [s] 11:45 Elementary: High Heat (M v) 12:45 Todd Sampson's Body Hack (M) [s]	5:00 CGTN English News 5:15 NHK World English News 5:30 Worldwatch 1:00 PBS Newshour 2:00 Motor Sports: Shannons Nationals 3:00 Coast New Zealand: Top Of The South 3:55 Travel Man: Naples 4:25 Focus On Ability Film Festival 2019 5:25 Who Do You Think You Are: Shirley Ballas (PG) 6:30 SBS World News 7:30 The Vietnam War: Doubt (M v) 8:35 Movie: "Gangs Of New York" (MA15+) ('02) Stars: Leonardo DiCaprio, Daniel Day-Lewis (In Latin/ Chinese/ English) 11:40 Birth Of A Movement (M v) 12:45 The Facebook Dilemma (PG) 1:50 Fourth Estate: The NY Times And Trump: The First 100 Days/ The Trump Bump (M l) 4:30 Full Frontal With Samantha Bee (M s)	
		Saturday 16 November	6:00 News Breakfast [s] 9:00 ABC News Mornings [s] 10:00 Gardening Australia [s] 10:30 Ask The Doctor (PG) [s] 11:05 Grand Designs Australia (PG) 12:00 ABC News At Noon [s] 1:00 Dream Gardens [s] 1:30 Would I Lie To You? (PG) [s] 2:00 Parliament Question Time [s] 3:00 The Cook And The Chef [s] 3:25 Hard Quiz (PG) [s] 4:00 Think Tank (PG) [s] 5:00 The Twist (PG) [s] 6:00 The Drum [s] 7:00 ABC News [s] 7:30 7.30 [s] 8:00 Grand Designs Australia (PG) 8:50 Sherlock (M d,v) [s] 9:55 Killing Eve: III Deal With Him Later (M s,v) [s] 10:35 ABC Late News [s] 11:05 The Business [s] 11:25 Call The Midwife (M v) [s] 12:10 Grand Designs: The Street [s] 1:10 National Press Club Address 2:10 Would I Lie To You? (PG) [s]	6:00 Sunrise [s] 9:00 The Morning Show [s] 11:30 Seven Morning News [s] 12:00 Movie: "Seeds Of Yesterday" (M s,l) ('15) – The Sheffield family reveal and go through some home truths as their middle child inherits the Fox-war mansion. Stars: Rachael Carpani, James Maslow, Jason Lewis, Anthony Konechny 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 Seven News [s] 7:00 Home And Away (PG) [s] 8:30 The Good Doctor: SFAD (M) 9:30 God Friended Me: Instant Karma (PG) [s] 10:30 The Latest Seven News [s] 11:00 Chicago Fire: What Will Define You (M) [s] 12:00 Movie: "Rites Of Passage" (M v) ('98) Stars: Jason Behr 2:00 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 Chicago Med (MA15+) [s] 2:00 Timeless: The Alamo (M v) [s] 3:00 NINE News Now [s] 4:00 NINE's Afternoon News [s] 5:00 Millionaire Hot Seat [s] 6:00 NINE News [s] 7:00 A Current Affair [s] 7:30 David Attenborough Seven Worlds, One Planet: Asia (PG) [s] – Asia - where rarely seen animals roam the hottest deserts, tallest jungles and highest mountains on Earth. 8:40 Love Island Australia (MA15+) [s] 10:10 Movie: "Bad Moms 2" (M l,d) ('17) Stars: Mila Kunis, Kristen Bell, Kathryn Hahn 12:10 Cold Case: Roller Girl (PG) [s] 1:00 Cross Court [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 Program To Be Advised 2:10 Entertainment Tonight [s] 2:30 Neighbours (PG) [s] 3:00 Judge Judy (PG) [s] 3:30 Everyday Gourmet With Justine Schofield [s] 4:00 Farm To Fork [s] 4:30 The Bold And The Beautiful (PG) [s] 5:00 10 News First [s] 6:00 Celebrity Name Game (PG) 6:30 The Project (PG) [s] 7:30 The Bachelorette Australia (PG) [s] 9:00 Trial By Kyle (M l,n) [s] 10:00 Law And Order: SVU: Forty-One Witnesses (M v,s) [s] 11:00 Blue Bloods: Pain Killers (M v) 12:00 WIN's All Australian News [s] 1:00 The Project (PG) [s] 2:00 The Late Show (PG) [s] 3:00 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 2:05 Running Wild With Uzo Aduba 2:55 Disneynature: The Crimson Wing (PG) 4:25 Egypt's Sun King: The Mystery Tombs (PG) 5:30 Letters And Numbers 6:00 Mastermind (PG) 6:30 SBS World News 7:30 Ainsley's Australian Market Menu 8:30 Inside Marks And Spencer 9:30 The Name Of The Rose (PG) 10:35 Outlander (MA15+) [s] 11:45 SBS World News Late War And Peace (MA15+) [s] 12:15 Secrets Of The Chinese Chariot (M v) 2:55 World's Best Diet 4:45 Destination Flavour Scandinavia Bitesize
			6:00 News Breakfast [s] 9:00 ABC News Mornings [s] 10:00 Gardening Australia [s] 10:30 Ask The Doctor (PG) [s] 11:05 Grand Designs Australia (PG) 12:00 ABC News At Noon [s] 1:00 Dream Gardens [s] 1:30 Would I Lie To You? (PG) [s] 2:00 Parliament Question Time [s] 3:00 The Cook And The Chef [s] 3:25 Hard Quiz (PG) [s] 4:00 Think Tank (PG) [s] 5:00 The Twist (PG) [s] 6:00 The Drum [s] 7:00 ABC News [s] 7:30 7.30 [s] 8:00 Grand Designs Australia (PG) 8:50 Sherlock (M d,v) [s] 9:55 Killing Eve: III Deal With Him Later (M s,v) [s] 10:35 ABC Late News [s] 11:05 The Business [s] 11:25 Call The Midwife (M v) [s] 12:10 Grand Designs: The Street [s] 1:10 National Press Club Address 2:10 Would I Lie To You? (PG) [s]	6:00 Sunrise [s] 9:00 The Morning Show [s] 11:30 Seven Morning News [s] 12:00 Movie: "Seeds Of Yesterday" (M s,l) ('15) – The Sheffield family reveal and go through some home truths as their middle child inherits the Fox-war mansion. Stars: Rachael Carpani, James Maslow, Jason Lewis, Anthony Konechny 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 Seven News [s] 7:00 Home And Away (PG) [s] 8:30 The Good Doctor: SFAD (M) 9:30 God Friended Me: Instant Karma (PG) [s] 10:30 The Latest Seven News [s] 11:00 Chicago Fire: What Will Define You (M) [s] 12:00 Movie: "Rites Of Passage" (M v) ('98) Stars: Jason Behr 2:00 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 Chicago Med (MA15+) [s] 2:00 Timeless: The Alamo (M v) [s] 3:00 NINE News Now [s] 4:00 NINE's Afternoon News [s] 5:00 Millionaire Hot Seat [s] 6:00 NINE News [s] 7:00 A Current Affair [s] 7:30 David Attenborough Seven Worlds, One Planet: Asia (PG) [s] – Asia - where rarely seen animals roam the hottest deserts, tallest jungles and highest mountains on Earth. 8:40 Love Island Australia (MA15+) [s] 10:10 Movie: "Bad Moms 2" (M l,d) ('17) Stars: Mila Kunis, Kristen Bell, Kathryn Hahn 12:10 Cold Case: Roller Girl (PG) [s] 1:00 Cross Court [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 Program To Be Advised 2:10 Entertainment Tonight [s] 2:30 Neighbours (PG) [s] 3:00 Judge Judy (PG) [s] 3:30 Everyday Gourmet With Justine Schofield [s] 4:00 Farm To Fork [s] 4:30 The Bold And The Beautiful (PG) [s] 5:00 10 News First [s] 6:00 Celebrity Name Game (PG) 6:30 The Project (PG) [s] 7:30 The Bachelorette Australia (PG) [s] 9:00 Trial By Kyle (M l,n) [s] 10:00 Law And Order: SVU: Forty-One Witnesses (M v,s) [s] 11:00 Blue Bloods: Pain Killers (M v) 12:00 WIN's All Australian News [s] 1:00 The Project (PG) [s] 2:00 The Late Show (PG) [s] 3:00 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 2:05 Running Wild With Uzo Aduba 2:55 Disneynature: The Crimson Wing (PG) 4:25 Egypt's Sun King: The Mystery Tombs (PG) 5:30 Letters And Numbers 6:00 Mastermind (PG) 6:30 SBS World News 7:30 Ainsley's Australian Market Menu 8:30 Inside Marks And Spencer 9:30 The Name Of The Rose (PG) 10:35 Outlander (MA15+) [s] 11:45 SBS World News Late War And Peace (MA15+) [s] 12:15 Secrets Of The Chinese Chariot (M v) 2:55 World's Best Diet 4:45 Destination Flavour Scandinavia Bitesize
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12:00	ABC News At Noon [s]	3:00	World's Deadliest Weather: Caught On Camera (PG) [s]	12:30	World Surf League [s]	1:00	Pollard: Thailand, Bangkok [s]	4:00	Back In The Soviet Bloc: Capitalism, Celebrities And Dachas
12:30	Landline [s]	4:00	Better Homes And Gardens	1:30	The Embassy (PG) [s]	1:30	Everyday Gourmet With Justine Schofield [s]	4:30	Running Wild With Tom Arnold
1:30	Gardening Australia [s]	5:00	Seven News At 5 [s]	2:00	Movie: "The Family Man" (PG) ('00) Stars: Nicolas Cage	2:30	The Living Room (PG) [s]	5:25	Hitler's Holocaust Railways
2:30	Don't Stop The Music [s]	5:30	Sydney Weekender [s]	4:30	Explore TV-Viking [s]	3:30	Australia By Design [s]	6:30	SBS World News
3:30	The Mix [s]	6:00	Seven News [s]	5:00	NINE News: First At Five [s]	5:00	Farm To Fork [s]	7:35	Secrets Of The Railway: The
4:00	Football: W-League: Round 1: Canberra United V Perth Glory [s]	7:00	Program To Be Advised	5:30	RBT: Crying Husband (PG) [s]	4:00	RPM [s]		
	Live From Melbourne Park [s]	8:00	Sundays Night In Malacca	6:00	NINE News: Sunday [s]	5:00	10 News First [s]		

<p>6:00 Antiques Roadshow [s]</p> <p>7:00 ABC News Sunday [s]</p>	<p>6:00 Sunday Night [s] — Melissa Doyle leads a team of Australia's best reporters.</p>	<p>6:00 NINE News - Sunday [s]</p> <p>7:00 Hamish and Andy's "Perfect" Holiday (PG) [s]</p>	<p>6:00 10 News First [s]</p> <p>6:00 Bondi Rescue (PG) [s]</p> <p>6:30 The Sunday Project (PG) [s]</p>	<p>7:35 Secrets of the Railway: The Arizona, Gold Rush Yukon Railway</p>
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Sundays	8:40 Total Control (MA15+) [s] 9:30 Hilltop Hoods Live [s] 10:30 Gruen (PG) [s] 11:10 Frayed (M I,s) [s] 11:55 Stranded (M I) [s] 12:55 Paul Kelly Live At Sydney Opera House (M I) [s]	12:00 Quantico: The Art Of War (M v) [s] – Conor Devlin has plans of his own when he plots revenge and returns to his home country, meanwhile the team unknowingly finds themselves as a pawn in his plans. 1:00 Home Shopping	9:30 Murder, Lies And Alibis (MA15+) [s] 11:30 See No Evil (M v) [s] 12:30 Rizzoli And Isles (M v) [s] 1:30 Al McGlashan's Fish'n With Mates [s] 2:00 Home Shopping 2:30 Skippy - The Bush Kangaroo	1:30 Chef Bares All: 20 Years Of Jamie Oliver (M) [s] 8:30 NCIS: Institutionalized (M v) [s] 9:30 NCIS: A Thousand Words (M) [s] 10:30 FBI: Family Man (M v,d) [s] 11:30 The Sunday Project (PG) [s] 12:30 Home Shopping 4:30 CBS - This Morning	8:30 NCIS: Los Angeles (M v) (PG) (In English/ French) 10:15 Inside Hitler's GI Death Camp (M) 11:15 The Day (M I,v) (In Dutch) 4:25 Full Frontal With Samantha Bee (M I,s)
	Also see: ABC COMEDY (Channel 22) ABC ME (Channel 23) ABC NEWS (Channel 24)	Also see: 7TWO (Channel 62) 7MATE (Channel 63) 7FLIX (Channel 66) 7FOOD (Channel 74)	Also see: GEM (Channel 82) GO! (Channel 83/88) LIFE (Channel 84)	Also see: 10 PEACH (Channel 11) 10 BOLD (Channel 12)	Also see: SBS CLEVELAND (Channel 31) SBS MOVIES (Channel 32) SBS FOOD (Channel 33) SBS NITV (Channel 34)
<p>Programming information correct at time of going to press, changes are at the network's discretion</p> <p>Prepared by National Typesetting Services</p>					

Health

Bladder scanner donated to aged care home

The Rotary Club of Woy Woy has donated a bladder scanner to a local aged care home.

Club president Mr Don Tee was joined by fellow Rotarians Ms Marie Armstrong and Mr Vic Deeble on October 22 to deliver the scanner to staff at Woy Woy's BlueWave Living nursing home.

Mr Tee presented the device to the facility's chief executive Mr Matt Downie as well as its chairman Mr Ross Pearce and its care manager Ms Kathy Murphy.

Ms Armstrong sourced grant funding from the Rotary International Foundation and the Everglades Country Club to secure the \$7000 needed to cover the

cost of the scanner.

It will be used to ensure residents can have onsite bladder scans, preventing the need to travel to hospital.

Mr Downie said the device would be especially useful for the facility's dementia patients who sometimes had trouble articulating what was causing them pain.

Mr Downie then thanked the Rotarians for their generous donation before joining them that afternoon for the club's regularly scheduled meeting.

SOURCE:

Newsletter, 29 Oct 2019

Vic Deeble, Rotary Club of Woy Woy

Media release, 30 Oct 2019

Kylie Scott, BlueWave Living



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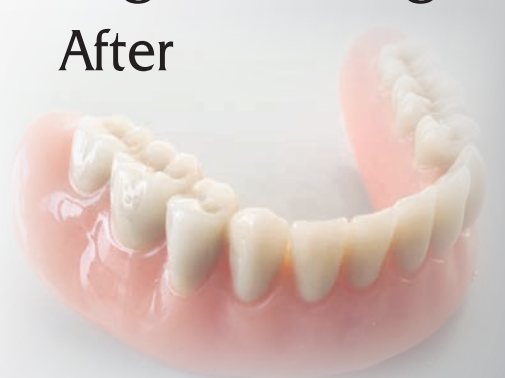
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Health



Mingaletta wins Koori Mini Olympics

Mingaletta's Central Coast Wildfires have won the Aunty Jean's Koori Mini Olympics.

Over 150 competitors took part in the 15th annual event at the Illawarra Hockey Stadium on October 23.

The Koori Mini-Olympics evolved from the Aunty Jean's Program, which began in the Illawarra in 2004 with the aim of improving the health of aboriginal and Torres Strait Islander people.

Program coordinator Ms Rebecca Dawson said she was

delighted for the Wildfires who made it back-to-back wins when they took out this year's plaque after winning medals in 12 events.

"These games have continually provided a physical, spiritual and social element that enhances the wellbeing of the participants as they celebrate together in the games," Ms Dawson said.

The Aunty Jean's Program was named in memory of respected Elder Aunty Jean Morris, who actively promoted aboriginal health and culture in the region.

The successful program was expanded to Ulladulla as well as to the Southern and Murrumbidgee Local Health Districts.

The program included physical exercise, education sessions, screening and self-management to support the development of good health behaviour for aboriginal people with chronic and complex health care needs.

SOURCE:

Media release, 29 Oct 2019
Peter Cross, Illawarra Local Health District

Film documents 'long walk' for effective drug treatment

A free screening of the documentary *Half a Million Steps* will take place at the Umina Uniting Church from 6:30pm on November 16.

The film documents the Long Walk to Treatment, a trek from Dubbo to Sydney in October 2018 that delivered an open letter to NSW Parliament urging that effective drug treatment be available to all.

The Long Walk to Treatment was a Uniting Church initiative involving a group of 100 people raising awareness of the lack of drug treatment services in regional NSW.

The journey was filmed to create the documentary that shares the personal stories behind a movement to reform drug laws and policy and make treatment available to all.

Screening organiser Ms Carol



Wilton said all members of the community were welcome to attend.

SOURCE:

Media release, 4 Nov 2019
Carol Wilton, Umina Uniting Church

Free healing group sessions

A series of free community healing group sessions are being held in Woy Woy this month.

The sessions will focus on meditation techniques.

They will be offered by Ms Madeline Agnew, a certified master teacher of the Tao Academy

The sessions will cover aspects of the "five power techniques for self-healing" taught by the Tao Academy.

"Many people worldwide are searching for health, happiness, and success in their lives.

"At the same time, they may be experiencing challenges and blockages that maybe preventing them from living optimally and reaching their highest potentials in health, relationships, finances, business, career, spiritual journey, or any other aspect of their lives."

Ms Agnew said the sessions would offer practical and easy-to-use techniques for self-healing and transformation that promoted health and happiness.

The sessions will be held at the



Madeline Agnew

Woy Woy CWA every Tuesday from 1pm to 2pm.

They are free to attend but Ms Agnew will request a gold coin donation to help cover the venue cost.

SOURCE:

Media release, 30 Oct 2019
Madeline Agnew, Soufulness Centre

Umina Chiropractic Centre

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

AT LAST! AN ENJOYABLE THING THAT IS GOOD FOR YOU

At Umina Chiropractic, we are advocates for great health and we also love the beach!

Coming into the warmer months, we see a great number of people enjoying our wonderful beaches here on the Peninsula.

From a simple walk on the beach, a run, a swim or a surf, there are a great number of ways to be active and exercise.

Now that daylight saving has arrived, we can utilise the cooler part of the day to exercise.

If surfing is your thing, you may find it interesting to know that a recent study was conducted by three chiropractors, Drs Andrew Burgess, Michael Swain and

Reidar Lystad, with the support of Surfing NSW.

The study looked into the injuries and risks associated with competitive surfing and it found that the lower back was the most common injury suffered by surfers.

On the positive side, surfers recorded a higher state of physical and mental quality of life compared to the average Australian.

These encouraging results support current surf research and programs which have indicated that surfing helps with mental health and wellbeing.

Surfers in the study were highly active, surfing ten hours per week and continuing to

compete into their seventies.

They also maintained well balanced diets and consumed alcohol at a lower risk level than the average Australian.

This may be a good reason to take up surfing if you don't currently do it.

You could join the staggering number of 2.7 million Australians participating in the sport in Australia.

Umina Chiropractic recommends that all surfers, be they recreational or competitive, see a chiropractor for help with managing and preventing these injuries as well to look into ways to improve their overall health and wellbeing.



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Assistance dogs provided to veterans

Ettalong's Art Studios Co-operative has announced its Australian Spirit Project has provided an assistance dog to a veteran on the Coast.

Organiser Ms Leasha Craig said she was extremely proud that the Co-operative had been able to help the veteran and that they were in the process of helping another veteran get their dog certified as an assistance dog.

"A pilot program has been put in place, to help service dogs become more accessible to veterans and first responders suffering from Post-Traumatic Stress Disorder who live on the Coast," Ms Craig said.

"This is a great achievement and is the result of the generous in-kind and financial support that businesses, community groups, creatives, veterans' associations,

Central Coast Council, RSL sub-branches and their affiliated clubs have shown throughout the four years of the Australian Spirit Project.

"The project has brought many things to the surface, not only the personal stories and memories of the participating veterans, but also the need for ongoing support for our veterans and their families and the recognition of past and present services to our country," Ms Craig said.

"The program has been designed to ensure that veterans and first responders successfully achieve their goals, while strengthening the team bond," Ms Craig said.

SOURCE:
Media release, 7 Nov 2019
Leasha Craig, Australian Spirit Project



Pink Day in Woy Woy raises \$12,000

A group of women have raised just under \$12,000 to support regional breast cancer care nurses through a Pink Day event at Woy Woy.

Organised by Ms Vonnie Wood, the event was held at Woy Woy's Ela Mesa restaurant on October 25 with 30 women coming together for an afternoon of raffles, a silent auction and a long lunch as they raised funds for the Jane McGrath Foundation.

The Foundation was formed by Jane McGrath, the late wife of Australian cricket player Glenn McGrath.

Her public experience with breast cancer and the impact of her own breast care nurse set her commitment and the mission for the Foundation: to ensure that every family experiencing breast cancer would have access to a breast care nurse no matter where they lived, for free.

Pink Days have since been held around the country to honour McGrath's memory and to help make her dream come true.

Ms Wood started the Woy Woy Pink Day last year and raised \$12,000 to support the Foundation.

This year's event came close to that figure but Ms Wood said she and the rest of the women who attended were thrilled to have contributed just under \$24,000 to

the cause in such a short period of time.

Ms Wood said Pink Day was well supported by local women and businesses because the event served as a poignant reminder of the battle against breast cancer.

"Sadly, we all know someone affected by breast cancer.

"Only 18 months ago, my mother-in-law struggled through her own diagnosis and after a double mastectomy insists McGrath Foundation breast care nurses are angels.

"Pink Day is to celebrate these nurses and to help people like my mother-in-law who desperately need this service," Ms Wood said.

McGrath Foundation director Ms Tracy Bevan attended the Woy Woy event.

"Tracy was Jane's best friend and was there for her throughout her cancer journey," said Ms Wood.

"Jane entrusted Tracy with her dying wish to keep the Foundation flourishing and she has done just that."

Ms Wood said planning was already underway for next year's Pink Day which she said would feature a breast care nurse as its second guest speaker.

SOURCE:
Email, 25 Oct 2019
Interview (Dillon Luke), 6 Nov 2019
Vonnice Wood, Woy Woy Pink Day

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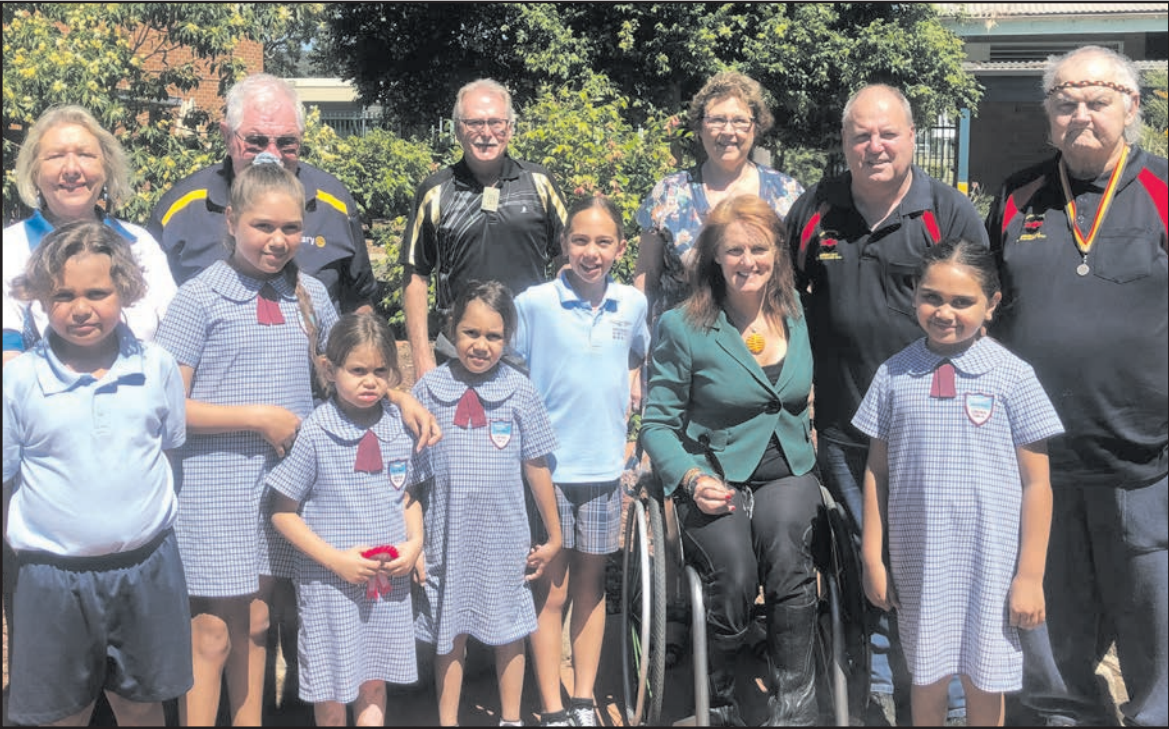
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Education



Geography students add to school world map mural

Year 12 geography students at Brisbane Water Secondary College Woy Woy campus students have added detail to the school's world map mural.

Students were asked to colour code the cities across the globe based on their status as most liveable (blue), most sustainable (green) and megacities (red).

They used Google Earth as well as atlases to narrow each category down to the top 10 of each type.

"Students enjoyed learning where new places were, interested in how some cities were awarded in more than one category and discussed what makes them eligible for each particular category," said campus principal Ms Rebecca Cooper.

"As they learn about different locations and cities, Year 12 will continue to add to our world mural."

SOURCE:
Social media, 30 Oct 2019
Rebecca Cooper, BWSC Woy Woy

Rotary club donates five computers

The Rotary Club of Umina Beach has donated five computers to be used by aboriginal students at Umina Beach Public School.

Umina Beach Public School's aboriginal education teacher Ms Di Meadham had asked Member for Gosford Ms Liesl Tesch for help when several aboriginal students did not have access to laptops during lessons and were being left behind as a result.

Ms Tesch was able to connect the school with the Umina Beach Rotary Club which made the donation of computers.

"Club secretary Mr Mike Curley agreed to fund the purchasing of

five Chromebooks," Ms Tesch said.

Mr Curley said club members had been searching for a cause to support so were pleased to receive the call from Ms Tesch.

"When the call came through, we jumped at the opportunity and were more than happy to assist.

"It was the perfect way to recognise the life of former president Peter Micheletti who left behind a sum of money when he passed to be used to improve the lives of disadvantaged members in our community," Mr Curley said.

Ms Meadham said the laptop computers would go a long way to assist the learning needs of students.

"They will significantly improve the quality of education for these students," she said.

"No longer will they feel isolated and separate from the other students.

"These students will now have the opportunity to improve their technology skills and participate in deep-learning opportunities that 21st century technology affords," Ms Meadham said.

The computers were presented to the school during a traditional smoking ceremony officiated by local aboriginal elders.

SOURCE:
Media release, 6 Nov 2019
Liesl Tesch, Member for Gosford





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Garden club holds first produce sale

The Garden Club at Woy Woy South Public School has held its first produce sale on November 6.

Throughout the year, staff and the school community have made several improvements to the school's garden beds.

Following a winter planting and some hands on work from the Garden Club, the garden beds are now yielding fresh produce.

The produce sale was open to the public.

Amongst the produce available were zucchini, mixed lettuce, silver beet, snow peas, lavender, mint, chives, shallots, rosemary, thyme and dill.

SOURCE:
Social media, 5 Nov 2019
Matt Barr, Woy Woy South Public School



Students take indigenous cooking lessons

Year 9 outdoor education students from Brisbane Water Secondary College Umina campus took traditional indigenous cooking lessons on October 29.

The lessons were held at the school's Aboriginal Learning Hub with students using a bush oven to

roast a leg of lamb traditional style by burying it under a bed of coals.

Students also learnt about traditional foods and plants indigenous people still use in their cooking today, before getting to taste the fruit of their labour.

SOURCE:

Social media, 30 Oct 2019
Kerrie O'Heir, BWSC Umina

Para-athlete returns with bronze medal

Brisbane Water Secondary College para-athlete Annabelle Rodgers has returned from the INAS Global Games with a bronze medal.

Annabelle, who holds several state records in shotput, discus and javelin, earned her bronze in the javelin event and followed this up with a 10th place in the shotput and ninth in the discus.

Annabelle's mother Ms Jodie Ewen-Rodgers said this was Annabelle's first international athletics appearance.

In the months leading up to the games, the family were selling sweets to raise the funds they needed to cover travel costs and other associated expenses for Annabelle to attend the games.

"So thanks to everyone who bought some fudge or honeycomb."

SOURCE:

Social media, 20 Oct 2019
Jodie Ewen-Rodgers, Woy Woy



Students partner with Rotary for international aid

Woy Woy South Public School has partnered with the newly-formed Rotary Club of Brisbane Water to contribute to international child aid projects.

"Students have been collecting dozens of the bottle-tops from milk and juice containers that would normally end up in landfill," said Rotarian Mrs Jayne Mote.

The bottle-tops are recycled into prosthetic mechanical hands and arms for crippled children using 3D printers through the Australian non-profit Envision Hands Project.

"These hands and arms are changing lives of children with missing limbs in underdeveloped countries," Ms Mote said.

"The project has drawn a lot of interest and was one that fitted in well with the community support ethos of Rotary as well as Woy Woy South, which did not hesitate to take part.

"No sooner had the school



come on board with the Envision project, than they were keen to donate their old library books to children in Papua New Guinea, Nepal and Uganda," Mrs Mote said.

Mrs Mote and her husband and club president Mr Peter Mote recently took a load of the books to Queensland for dispatch overseas.

Mrs Mote said the school's adoption and support these projects has been outstanding and that the club looked forward to continuing this partnership in the future.

SOURCE:

Media release, 7 Nov 2019
Di Bartok, Rotary Club of Brisbane Water

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Education



Senior choir performs at choral festival

Umina Beach Public School's Senior Choir performed at the Central Coast Choral Festival held at The Art House Wyong on October 23.

Umina principal Ms Lyn Davies praised choir on its efforts.

"The matinee and evening performances were the culmination

of three terms of practice and rehearsals that required a high level of dedication," she said.

"Our students performed beautifully and we are exceptionally proud of their behaviour and enthusiasm on the day.

"Many parents, throughout the year, have transported students

to and from rehearsal days and concerts.

"Our choir will have more opportunities to perform in upcoming events this term," she said.

SOURCE:

Newsletter, 29 Oct 2019
Lyn Davis, Umina Beach Public School

Camp Quality puppet show visits Woy Woy

Woy Woy Public School recently hosted the Camp Quality Puppet Show.

"Many of our families have been touched by cancer and navigating the journey of treatment can be scary, especially so for young children who feel they have no control over what is happening to them or those around them that they care about," said principal Ms Ona Buckley.

"Through the use of puppets, Camp Quality demystifies cancer in a way that children can

understand.

"Camp Quality visited Early Stage 1 and Stage 1 and introduced students to Kylie, a young girl with cancer, and her best friend Mel.

"We learnt that you can't catch cancer and although people with cancer may look a little different they are the same person they were before they got sick," Ms Buckley said.

SOURCE:

Social media, 1 Nov 2019
Ona Buckley, Woy Woy Public School



Mini fete at Woy Woy South

Year 6 students at Woy Woy South Public School will hold a mini fete at the school on November 14.

"Next Thursday, Year 6 will host their annual mini fete to raise funds

for their Final Farewell, which will take place in Week 10," said principal Mr Matt Barr.

"The Year 6 students will provide a wide range of fun events for all students to participate in.

"It promises to be a fantastic

day."

Mr Barr said the Stage Three staff helped organise the event.

SOURCE:

Newsletter, 7 Nov 2019
Matt Barr, Woy Woy South Public School


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Blues and roots duo at folk club

Australian blues and roots duo Sadie and Jay will feature in the Troubadour Folk Club's next concert.

Their Troubadour performance will be their first on the Coast in a long time and Folk Club president Mr Michael Fine said audiences would have a rare chance to catch the pair in a more intimate performance.

"Known for their great songwriting, exceptional vocals and tasteful accompaniment of intricate finger style guitar, bouzouki and double bass, their music styles have leanings to the alternative with a tinge of blues and roots with contemporary and original folk," Mr Fine said.

"Blending vocals of rare calibre with an evocative back-drop of traditional folk instruments this duo perform intimate, expressive and

resonant music.

"Born in Scotland and raised in New Zealand, Jay grew up in a musical family immersed in traditional British folk music.

"With Welsh heritage, Sadie's love for singing is instinctive," Mr Fine said.

Songs from Sadie and Jay's previous album's *Curious and Rogue Folk* have been award winners in national and international song competitions.

Most recently they were finalists for Song of the Year at the Australian Celtic Music Awards.

The concert will get underway at the St Luke's Church Hall at Woy Woy from 7pm on November 23.

Doors open 6:30pm.

Tickets are essential.

SOURCE:

Media release, 5 Nov 2019
Michael Fine, Troubadour Folk Club



Council seeks sculpture for Anderson Park

Central Coast Council is seeking tenders for a sculpture for Anderson Park on the Woy Woy waterfront.

"The sculpture will be visible from road, pedestrian, rail and waterway entrances to Woy Woy," Council director Ms Julie Vaughan.

She said the project was a key part of plans to revitalise the "iconic coastal town centre".

Ms Vaughan said the council was looking for an artwork that incorporated "both past and future elements of Woy Woy's saltwater and inland water ecology".

Mayor Cr Lisa Matthews said the public art project was "just one of several place-based creative

initiatives Council has planned to activate the Peninsula".

She said: "This project will contribute to the identity of Woy Woy and help create a usable, sustainable and vibrant space for everyone to enjoy."

Artists must demonstrate their

previous experience as public artists and provide a methodology for developing an artwork for Woy Woy as part of the tender.

SOURCE:

Media release, 25 Oct 2019
Lisa Matthews, Central Coast Council

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WOY WOY LEAGUES
PROUD HOME OF THE
ROOSTERS




A group of people, including children and adults, are walking away from the camera on a wooden boardwalk. They are wearing hats and casual clothing. The boardwalk is bordered by a wooden railing on the left, overlooking a sandy beach and the ocean. The right side of the boardwalk is bordered by dense green vegetation. The sky is clear and blue.

Big Bouddi beach bushwalk

Social media, 1 Nov 2019
Simone Champion, Empire
Bay Public School


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Satirical variety show promoted for Lakes Festival

A satirical variety show to be held at Ettalong this week will be the final event promoted as part of Central Coast Council's Lakes Festival

Clambake II will be presented by the Naughty Noodle Fun Haus at the original Ettalong Community Hall on Broken Bay Rd, from 8pm on Saturday, November 16.

The show will feature fringe artists Miss Tree, Debzillah, Jojo Zhao, Hooping Harlet and Vanity Flair presenting performance art, drag and burlesque.

Fun Haus chairperson Mr Juan locco said: "Clambake last year was the first real fringe arts and cabaret event on the Peninsula

and we're thrilled to be ramping up the entertainment and building on the momentum of Coastal Twist to continue changing perceptions of the Central Coast, right here on the Peninsula.

"Getting to do that as the Peninsula's first ever Lakes Festival offering just makes it all the more special," he said.

Mr locco said that, as was the case with Coastal Twist, the Fun Haus was expecting a large contingent of out of town visitors to descend on Ettalong for Clambake II.

SOURCE:

Media release, 28 Oct 2019
Interviews (Dillon Luke), 6 Nov 2019
Glitta Supernova, Juan locco,
Naughty Noodle Fun Haus



Council seeks artists for its art competition

Central Coast Council is encouraging local artists to enter works in an art competition it is sponsoring, Emerging 2020.

The \$5000 competition provides progressive artists from across

NSW the chance to have their work publicly displayed.

Council team leader Mr Tim Braham said this was an opportunity for art school students and graduates to be able to make their mark and break into a competitive industry.

"This competition offers a significant prospect for young, ambitious artists looking to become the important voices of the future," Mr Braham said.

SOURCE:

Media release, 31 Oct 2019
Tim Braham, Central Coast Council

Free children's Christmas party

A licenced club in Woy Woy will hold a free children's Christmas party on November 29.

Everglades Country Club will hold the event from 6pm to 8pm with families welcomed for a free evening of children's entertainment, including face painting and Christmas songs.

There will also be a number of games scheduled for the children throughout the night.

SOURCE:

Social media, 7 Nov 2019
Sarah Kane, Everglades Country Club



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

MONDAY, NOV 11

The Lakes Festival:
Pop-up Creative Precinct -
Free Events,
Mackenzie Reserve,
Budgewoi, 11/11 - 16/11,
Paddle To Pedal - 13/11,
8am - 4pm,
Tai Chi in the Park with
David - 11 & 13/11,
9:30am - 10:30am

The Vietnam Veterans,
Peacekeepers' &
Peacemakers' Association:
Remembrance Day
Ceremony,
Vietnam Veterans'
Memorial on the Ettalong
waterfront, 10.45am

Green Living Workshop:
Upcycle Recycle Kitchen
Garden,
Woy Woy Library,
Free - Booking's required,
12:30pm - 3pm

TUESDAY, NOV 12

Origami Christmas
Decorations,
Kincumber Library,
Free, 10am - 12pm

The Lakes Festival:
Mums and Bubs Fitness in
the Park with Jeanette -
Free Event,
Mackenzie Reserve,
Budgewoi, 11 & 15/11,
9:30am - 10:30am.
Kinder Circus with
Roundabout -
10:30am - 12pm.
Upcycling Workshops with
Nina: T-shirt Extravaganza,
12 & 13/11, 10:30am -
12pm

Paul Mcdermott & Gatesy
Go Solo,
Laycock Street Theatre
Auditorium, Ticketed,
8pm

Colour Me Calm,
The Entrance Library,
Free - Booking's required,
10am - 11am & 2pm - 3pm

WEDNESDAY, NOV 13

The Lakes Festival:
Paddle To Pedal,
Blue Haven (details
confirmed on booking)
8am - 4pm

**Ramp Up Digital Skills
In Your Business,
Gosford RSL,
Free Workshop,
9.30am - 12.30pm**
bit.ly/rotaryworkshop

Broadway to Ballroom,
Laycock Street Community
Theatre, Ticketed,
11am

**Who's Living On My
Land? Learn About
Native And Feral
Animal Activity,
Narara Eco Village,
Free, 10am - 3pm**

Green Living Workshop:
Compost and Worm
Farming ,
Buttenderry Waste
Management Facility,
Booking's required,
9am - 11:30am

Tech Time One-On-One
Sessions,
Kincumber Library,
Free - Booking's required,
2:30pm - 3:45pm

2019 Workplace Update
Seminar,
The Entertainment Grounds
Panorama Lounge,
Free - Booking's required,
8:30am - 10:30am

The Lakes Festival: Guided
shoreline walk + talk with
Margot and Phil,
Mackenzie Reserve
Budgewoi, Free - Booking's
required,
9:30am - 10:30am

THURSDAY, NOV 14

**Senior's expo,
Kincumber Uniting
Church,
10am - 4pm
0407 452 971**

Community & Business
Women's Network-
Twilight Market,
NEXUS Smart Hub,
5pm - 9pm

Emergency preparation
skills for seniors,
Terrigal 50+ Leisure and
Learning Centre,
Free - Booking's required,
9:30am - 11:30am

Heather Morris: Author
Event,
Erina Library,
10:45am - 12:30pm

FRIDAY, NOV 15

The Lakes Festival:
Eco-crafts for little ones,
Mackenzie Reserve
Budgewoi, Free - Booking's
required, 11am - 12pm

The Ronald McDonald
Family Room:
Sportsman's Lunch,
Central Coast Leagues
Club, Ticketed, 1pm

Tuggerah Lakes U3A
presents a Talk on
'A recent visit to Japan'
(M & N Bevege)
The Entrance/Long Jetty
RSL Hall, 10am - 12pm

The Lakes Festival:
Mums and Bubs Fitness in
the Park with Jeanette -
Free Event,
Mackenzie Reserve,
Budgewoi, 11 & 15/11,
9:30am - 10:30am

Green Living Movie: Just
Eat It,
The Hub Youth Centre,
6:30pm - 8:30pm

Park Feast - Food Truck
Festival,
Gosford Waterfront,
15 & 16/11,
4pm - 10pm

SATURDAY, NOV 16



**Clambake - A different
kettle of fish,
Wadhayi Ettalong,
Ticketed - no door
sales, 7:30pm**
<https://NaughtyNoodle.com.au>

Lighthouse Festival,
Norah Head Lighthouse,
Ticketed, 2pm

**For our Kids Sake
Fundraiser -
Dinner and Dance,
Woy Woy Leagues Club,
Ticketed, 6:30pm**
www.stickytickets.com.au/89352

19-Twenty at Blues on the
Mountain,
Mangrove Mountain Hall,
Ticketed, 6pm

Woy Woy Writers Festival
Evening: An Evening with
Michael Hanrahan,
ACL Taylor Function Room
Central Coast Council
Chambers Woy Woy, Ticketed,
6.30pm - 8.30pm

**Central Coast Mariners
vs Adelaide United,
Central Coast Stadium,
Ticketed, 5pm**
www.a-league.com.au

I Am My Own Wife,
Laycock Street Community
Theatre, Ticketed, 8pm

Woy Woy Writers Festival,
The Chapman Building
Grounds, Free family event,
9am - 3pm

**Discover Frogs Talk
and Walk,
Katandra Reserve,
Holgate, Ticketed,
6.30pm - 9pm
4349 4756**

Ladies of Laughter - Bev
Killick, Steph Tisdell,
Georgie Carrol and Nikki
Osborne,
Central Coast Leagues
Club, Ticketed, 8pm

Edible Plants of the
Strickland Forest,
Meet at the Visitors Centre,
Narara Ecovillage, Ticketed,
10.45am - 4pm

A GARDEN PARTY -
All proceeds to Children's
Medical Research Institute,
80 Broadwater Drive
Saratoga, Ticketed,
12pm

The Central Coast Stamp
And Coin Fair,
RFB Lake Haven Masonic
Village Centre, 16 & 17/11,
10am - 4pm

New South Wales Junior
Track Championship,
Allen Park MVRG Somersby,
16 & 17/11

The Sydney Comedy Club,
Entertainment Grounds,
Ticketed, 6pm - 11pm

Tough Mudder Sydney,
Glenworth Valley,
Ticketed, 16 - 17/11

SUNDAY, NOV 17

**Wallaharah Community
Band -
Annual Concert,
Woy Woy Golf Club,
Tickets at door, 2pm**
Wallaharahband@bigpond.com

Tempo Terrific Band
Annual Friends' Concert,
Kincumber Uniting Church,
Tickets at door, 3pm

Superhero Sunday!
Community Fundraiser,
Lakelands Community
Centre Kanwal, Free face
painting and activities,
11am - 3pm

Record Fair,
Woy Woy Bowling Club,
10am - 3pm

TUESDAY, NOV 19

Learning How To Teach
Learner Drivers,
Wadalba Community
School, Free,
6:30pm - 8:30pm

Free Mentoring For
Community Groups,
Smart Work Hub Gosford,
Booking's required,
9am - 3pm

WEDNESDAY, NOV 20



**The Lyin' Queen,
The Art House
Woy Woy, Ticketed,
20 & 21/11, 8pm
4335 1485**
www.thearthousewoywoy.com.au

The Inaugural Skills 4 Life
Expo,
The Hub Erina Youth Centre,
Free, 9:30am - 2:30pm

THURSDAY, NOV 21

**Let's Talk Woy Woy -
Have your say,
Country Women's
Association Woy Woy,
10am - 2pm &
4pm - 7:30pm**
yourvoiceourcoast.com

Young Theatre Makers
group: Can You Hear Them?
Youth Arts Warehouse
Gosford, Ticketed,
7pm - 8.30pm

Learning How To Teach
Learner Drivers,
Erina Library Erina Fair,
Free, 6:30pm - 8:30pm

FRIDAY, NOV 22



**ESPAÑA EL VITO:
The Spirit of Spain &
Tango,
Greenway Memorial
Chapel, 460 Avoca Dr
Green Point,
Ticketed, 7:30pm**
www.espanaconcerts.com

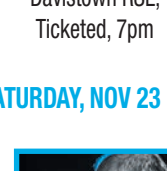
Bee Gees Show One
Night Only,
The Art House Woy Woy,
Ticketed, 8pm

Last Meeting of the Year -
Dying With Dignity NSW,
Meeting Room 3, Gosford
Library, The Hive,
non members welcome,
10am

Coastwide Therapy
Services Fundraiser - 'the
girl' Art Exhibition,
The Entrance Gallery at
The Entrance Community
Centre, 22/11 - 21/12

SpeakUP: Poetic Justice,
The Art House Woy Woy,
Ticketed, 7:30pm

SATURDAY, NOV 23



**Last Stand: Chisel
Barnes Show,
Woy Woy Leagues Club,
Free Show, 8pm
4342 3366**
www.eastsgroup.com.au

Troubadour Folkclub:
Sadie and Jay (Qld)-
Folk and Roots duo,
St. Luke's Hall Woy Woy,
Ticketed, 7pm

Thee Cha Cha Chas East
Coast Australian Tour +
Special Guests,
Hardys Bay Club,
Ticketed, 7pm

Christmas in Kibble Park,
Kibble Park Gosford,
4pm - 8:30pm

SUNDAY, NOV 24



**Ye Olde England -
Phoenix Collective,
Greenway Chapel
Green Point, Ticketed,
2.30pm - 4.30pm**
www.trybooking.com/book/sessions?eid=440553

St. Andrew's ShanaDay
Concert,
Toukley Presbyterian
Church,
Donation entry, 2PM

**Central Coast Mariners
vs Western United FC,
Central Coast Stadium,
Ticketed, 6pm**
www.a-league.com.au

Lions Club of Woy Woy
Peninsula Inc:
Car Boot Sale and BBQ,
Car Park Dundan Road
Woy Woy, 6AM - 1PM

Avoca Beachside Markets,
Heazlett Park Foreshore,
9am - 2pm

THURSDAY, NOV 28

**Council Pop Up,
Erina Fair,
5pm - 7pm**
yourvoiceourcoast.com

**Community
Environment Network
End Of Year
Get-Together,
Staff Common Room,
School of Applied
Sciences, Ourimbah
Campus, \$10 donation
appreciated,
RSVP by 22/11,
6.30pm - 8.30pm**
www.cen.org.au/events

FRIDAY, NOV 29

The Lighting of the
Christmas Tree,
The Village Green Toukley,
5pm - 9pm

Tuggerah Lakes U3A
presents a Talk on
'Modern Technology-how it
affects you'

The Entrance/Long Jetty
RSL Hall, 10am - 12pm

SUNDAY, NOV 30

A Luminous Christmas,
Waterfront Plaza The
Entrance,
5:30pm - 9:30pm

SUNDAY, DEC 1



**The Christmas Fair -
12th Year!
Mt Penang Gardens,
9am - 2pm**
www.fixxevents.com.au

Jubila Singers,
St John the Baptist Catholic
Church Woy Woy, Free,
2.30pm - 3.30pm

Curtain Up -
Showcasing Australian
Soloists,
Gosford High School Hall,
Ticketed, 2.30PM

Brisbane Water Historical
Society Exhibition:
'Footprints'
Henry Kendall Cottage,
1/12 - 29/03

THURSDAY, DEC 5

**Council Pop Up,
Woy Woy Central,
10am - 12pm**
yourvoiceourcoast.com

SATURDAY, DEC 7

**Wildplant Community
Nursery ,
CEN Office, off Brush
Road, Ourimbah,
9am - 12pm**
www.cen.org.au/events

A Night of Power and
Passion,
Central Coast Leagues
Club, Ticketed, 8:30pm

Avoca Twilight Markets,
Avoca Village,
5pm - 9pm

SUNDAY, DEC 8

Handmade on the Coast,
Woy Woy Wharf,
9am - 2pm

Hans: Like a German,
Laycock Street Community
Theatre, Ticketed, 8pm

WEDNESDAY, DEC 11

Luke Antony: Christmas in
Song,
Laycock Street Theatre
Auditorium, Ticketed, 11am

SUNDAY, DEC 22

**Central Coast Mariners
vs
Adelaide United,
Central Coast Stadium,
Ticketed, 6pm**
www.a-league.com.au

TUESDAY, DEC 24

Carols in the Park,
Memorial Park The
Entrance, 6pm - 9pm

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.

Bill Graham granted life membership at Men's Shed

Mr Bill Graham has been appointed as a life member of the Umina Beach Men's Shed.

After a lifetime in the liquor trade and then a stint at sea, Mr Graham retired to the Peninsula some 20 years ago.

He joined the Men's Shed in 2012 in the hope of sharing his computer skills with other members, for which Shed committee secretary Mr Vic Brown said members were grateful.

"Bill's computer skills and knowledge are seemingly as up to date as the youngsters' of today, so he is able to help and assist our members.

"It wasn't long before Bill joined the committee and took over the responsibility for opening and closing for the three days a week we are open, and also for running the front of house operations," Mr Brown said.

"For his ongoing contribution,



Bill Graham

dedication and energy level in all things at the Shed, the members at our recent annual general meeting unanimously voted for Bill to become a life member, the first for the Umina Beach Men's Shed," Mr Brown said.

SOURCE:
Media release, 4 Nov 2019
Vic Brown, Umina Beach Men's Shed

CWA branch member awarded life membership

A Woy Woy member of the Country Women's Association has been awarded life membership.

Woy Woy's Ms Amy Peick was honoured with life membership of the Country Women's Association of NSW after 44 years as a member of branches across the Northumberland group, the group of branches to which Woy Woy branch belongs.

Ms Peick was notified of her life membership at the Northumberland group annual general meeting on October 24.

Branch president Ms Jane Bowtell said: "We are so thrilled to announce that our very own Amy Peick was awarded life membership of the Country Women's Association of NSW.

"Amy has been a member of the CWA for 44 years.

"She is always willing and ready to share her wisdom.

"We are so very privileged to have you as part of our branch," Ms Bowtell said.

SOURCE:
Social media, 25 Oct 2019
Jane Bowtell, Woy Woy CWA



Amy Peick

FREE* **Creative Wellbeing Workshops**
Aboriginal Culture, Visual Art, Movement, Celebrating Life, Meditation, Poetry, Positive Psychology, Circus.

28 October - 22 November

For more information visit saluscreatives.com.au
For booking visit eventbrite.com.au search "creative wellbeing workshop"



Supported by

Community Centres:

Creatives:

*5 workshops are offered for an affordable \$5 per person and 28 workshops are FREE of charge.

Umina CWA almost doubles membership in a year

The Umina Beach branch of the Country Women's Association has almost doubled its membership over the past year.

The branch has welcomed 15 new members this year to bring total membership to 32, said club publicity officer Ms Margaret Key.

She said the branch had experienced "an unprecedented level of growth this year, measured not just by the branch's influx of new members but by the success of its projects".

Ms Key said members were enjoying the friendship, skill sharing and upskilling opportunities and general sisterhood the Country Women's Association was known for.

She said the branch's other achievements this year included having the old asbestos roof at their hall replaced and taking part in their first CWA Sconeversation, opening their doors to the community to discuss mental health and promote social connections.

Ms Key said the branch was now winding down for the year.

"We have wrapped up the year with a barbecue at Umina Beach, which we love as it gives us the chance to interact with our community while raising funds.

Ms Key was recently recognised by the Northumberland Group

of the Association for her role in the success of the branch, being awarded the Group's Publicity Award.

She was honoured for her efforts in spreading the message of the Association and for helping promote the Umina Beach branch

in the wider community through her role as the branch's publicity officer.

Ms Key said she was flattered to receive the award but the branch overall was the real winner.

SOURCE:
Media release, 7 Nov 2019
Margaret Key, Umina Beach CWA

COACH TOURS

Day Trips	All pickups from Doyalson to Woy Woy
Hunter Valley Lights 11 Dec 2019	\$87 pp
Tamworth Country Music Festival 25 Jan 2020	\$83 pp
Fort Scratchley 27 Feb 2020	\$73 pp
St. Patrick's Day at Gardens on Forest 17 Mar 2020	\$101 pp
Tanglin Lodge Alpacas 8 Apr 2020	\$86 pp

Live Shows
A Reserve Seats. All matinee shows.

Shrek the Musical 15 Jan 2020 / Lyric Theatre	\$120 pp
Warhorse 19 Feb 2020 / Lyric Theatre	\$120 pp
9-5 The Musical 13 May 2020 / Lyric Theatre	\$120 pp

Gold Coast Christmas
8 Day | Dep 21 Dec 2019
• Seaworld
• Tropical Fruit World
• Australian Outback Spectacular
• Tamborine Rainforest Skywalk
\$2,427 pp twin share

Christmas in Dorriggo
5 Day | Dep 23 Dec 2019
• Dangar Falls
• Dolphin Marine Magic
• The Big Banana
• Sealy Lookout
\$1,500 pp twin share

New Year Mystery
5 Day | Dep 30 Dec 2019
\$1,452 pp twin share

Limestone Coast
9 Day | Dep 2 Mar 2020
\$2,595 pp twin share

Tours include motel accommodation, dinner, bed, hot brekky & entries.

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

BOOK TODAY
4353 9050
www.roadrunnertours.com.au

ROAD RUNNER Leisure Tours

Travel Australia at 'see' level!

Put your feet up and come travel with Road Runner Tours this Christmas

Christmas is fast approaching so it's time to start planning your getaway. So why not spend this Christmas with Road Runner Tours for their 8 day Gold Coast Christmas tour or, their 5 day Christmas in Dorriggo.

As soon as you step on board the coach you'll notice the decorated fit-out in keeping with a Christmas spirit in mind, but it's the places you will be visiting and the fun you will have on these tours that will make this a special time of year to get away.

The Gold Coast Christmas tour will take in Seaworld, Tropical Fruit World, The Tamborine Rainforest Skywalk, but most excitingly the Australian Outback Spectacular Show. The tour also takes you on a journey through some wonderful towns like Gloucester, Glen Innes, Casino and Tenterfield, the home town of Peter Allen, as you head north to Queensland.

But if the Gold Coast is not to your liking this year you can head to higher grounds to Dorriggo with all its beauty and visit Dangar Falls, the Dolphin Marine Magic Conservation Park, The Big Banana, Sealy Lookout and the Skywalk. You will also get plenty of time to explore the many charms of this region and with a group of travellers looking to enjoy Christmas together. And Road Runner Tours don't forget to include a scrumptious Christmas lunch that is included on both these tours that will warm you up to a great 2020 not too far away.

So to find out all about the places you'll be visiting go to their website www.roadrunnertours.com.au to download the itinerary or call Road Runner Tours on 02 4353 9050 and ask us about all their upcoming tours and daytrips.

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.
0419 252 708

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

Brisbane Water
Caravan Club
Caravans Wanted to
join and have fun
Gosford NSW
Your owners are most
welcome too
https://bwcaravandclub.
wixsite.com/bwcc
Contact Joe
4344 4363

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 - Jan to Nov
Visitors - New Members
welcome, Trips Away, Social
Outings, friendship with like
minded folk -
Details from Geoff
0447 882 150

**CENTRAL COAST 50+
SINGLE & SOCIAL GROUP**
Fun And Friendship With an
Excellent Monthly Program of
Dinner, Dancing, Scrabble,
Cards, And Tenpin Etc.
So Call -
0437 699 366
0426 969 212

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 Computer Club
Central Coast
A non-profit seniors club
to help members master
computers, tablets,
phones and keep up
with grand children
Friendly Volunteer Helpers
sccc@internode.on.net
Google scccincumber
4307 9421

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 - Coinda
Village, Neptune St, Umina
10.30am For seniors. Gentle
exercises, quizzes, games,
social activities, guest
speakers, entertainment and
bus trips - 4344 3277

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

Volunteering
Central Coast
Refers potential volunteers
to community orgs. Supports
both volunteers and
community orgs. Training for
volunteers & their managers.
4329 7122
recruit@voloc.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
1300 252 666
Meetings Sat 2pm
Woy Woy Hospital
Ocean Beach Road

Arthritis NSW
Woy Woy support group
Ettalong Bowling Club
Springwood 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 Wed
- 10am - 4344 2599
reception@bluewaveliving.org.au

Central Coast
Parkinson's
Support Group
We aim to help individuals
and their families better
manage living with
Parkinson's Disease
Guest speakers are a regular
feature of our meetings.

2nd Tue - 1.30pm
1800 644 189

Gambling Solutions
Gambling help counsellors
providing free confidential
professional service to
gamblers, family and friends.
Woy Woy, Kincumber,
Gosford and The Entrance
4344 7992

GROW Support Groups
Small friendly groups formed
to learn how to overcome
anxiety, depression and
loneliness and to improve
mental health and well-being.
Anonymous, free and open
to all. Bring a support person
if you like. Weekly meetings
at Woy Woy, Bateau Bay and
Wyong
1800 558 268
www.grow.org.au

Meals on Wheels
Delicious meals delivered
free - Join us for a midday
meal - Help with shopping
and cooking classes
4341 6699

Mary Mac's Place
Providing hot, freshly cooked
meals - Mon to Fri 11am-1pm
with support, info & referrals
4341 0584
marymacs@woywoycatholic.org.au

Overeaters
Anonymous (OA)
12-step fellowship for those
with eating disorders. No
dues, fees, or weigh-ins.
Peninsula Com. Cntr, cnr. Mc
Masters Rd & Ocean Beach
Rd. Woy Woy, Fri 8pm
0412 756 446
www.oa.org

Peninsula Village
Wellness Centre
Offering holistic and
complementary therapies
including aromatherapy,
massage and music therapy
4344 9199

Peninsula Village Meals
Delivered daily to your door
Nutritious, great for the elderly
4344 9199

Peninsula Village
Carer's Support Group
For carers of loved ones with
dementia - 1st Wed - 10 to
11.30am
Paula 4344 9199

Prostate Cancer
Support Group
(Gosford)
Last Fri, Terrigal Uniting
Church, 380 Terrigal Drive,
Terrigal
9.30am to 12 noon
4367 9600
www.pcfa.org.au

Peninsula Lighthouse
Guiding you through the
storm - Your only local mobile
counselling service
Supporting ALL people
suffering from Domestic
Violence offering a holistic
program making our
community safer.
Counselling services available
Monday @ Ettalong Baptist
Church Barrenjoey Room ,
book an appointment:
0417 472 374
penlighthouse@gmail.com
www.peninsulalighthouse.info/

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.magregor@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
Club Umina, Melbourne Ave,
Umina Beach
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 Kariang
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.cashousie@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.ccsa.org.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
woywoyowa@gmail.com

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



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.



Nathan Malloy and Lee Trethowan

Ettalong pair wins Champion Pairs title

Ettalong Memorial Bowling club edged out Umina Beach Men's Bowling Club to take out the Bowls Central Coast Champion of Club Champions Pairs competition.

Ettalong's Nathan Malloy and Lee Trethowan claimed the Champion Pairs title after beating

Umina's Glen Simington and Shane Starkey 18 points to four.

"As often happens, the drama of this year's championship was in the earlier rounds," said Bowls Central Coast secretary Mr Doug Rose.

"Glen and Shane won their quarter final by one shot over Wamberal's Michael Maycock and Darren Hooper.

"Then they played a semi-final against Bateau Bay's Brett Williams and Grant Spurway who had a hard-fought one-point win in their quarter final over the high profile Wyong pair of Wayne Hesling and Mark Wheatley.

"The Umina pair played impeccable bowls in windy conditions in the semi-final to defeat the Bateau Bay duo 26-8.

"Meanwhile, Nathan and Lee had been travelling comfortably through the early rounds until the semi-final when they faced up against Terrigal's Chayne Edwards and Rod Rewko.

"All four players played sensational bowls in windy conditions.

"Terrigal got away to an early 8-1 lead but Ettalong came back to finally draw the game 19-all after 19 ends.

"Lee and Nathan went on to win the semi 21-20 only ever in the lead after the last end," Mr Rose said.

SOURCE:

Media release, 1 Nov 2019
Doug Rose, Bowls Central Coast



Glen Simington and Shane Starkey

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

3RD SUNDAY MONTHLY
9AM-2PM
NEAR JASMINE GREEN CAFE
90 STALLS

FREE SHUTTLE BUS
WOY WOY WHARF,
ETTALONG WHARF,
ETTALONG DIGGERS &
DUNNINGS WEST ST

Umina Beach Markets

**NOVEMBER 17
DECEMBER 15**

f www.UminaBeachMarkets.com

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**
Lorena Fernandez Collazo
- **Dean Lampard** - Trading
as Lampard Painting
- **Callum McDonald** - Trading
as Sunset Decks
- **Linda Smith**, Bookkeeper
Horsfield Bay
- **Emma Knowles** -
Blacksmith NSW
- **Mulla Villa PTY Ltd**
- **Jessica Wheatcroft** trading as
Wheatcroft Advertising
- **Peter Zing**, Singapore Zing Cafe
- **Pruksra Thai Massage**, Woy
Woy
- **Dale Arurlilac**, Woy Woy
- **Craig Lack** Fencing

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

CABINETMAKER

CABINETMAKER
 Special picture frames
 Window frames
 Wooden Boxes for Art - Storage - Display
 Smaller Cupboards and Furniture
Call Jens
0418 993 994

CLEANING

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

ENTERTAINMENT

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



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

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

FENCING

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

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

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

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

HAIR DRESSER

H.B.S
Hair by Sammmmy
 Specialising in Balayage and Hair Extensions
 Balayage starting from \$150*
 /hairbysammmmy
 find us on instagram
 sammybaillie1301@hotmail.com
 *terms and conditions apply

PERSONALS

MAN SEEKING LADY 50+ UMINA BEACH
CALL STEVEN
0419 483 278

as far more fancied pairs continued to fail throughout the championship.
 "Kim and Chris won the final 18-10 against Mooney Mooney's David Snow and Mathew Lynch who had a big win in the semi-finals 17-8 against The Entrance's Trevor Hillard and David Buttery," said Bowls Central Coast secretary Mr Doug Rose.
 "Kim and Chris also defeated The Entrance pair of Neil Williams and John Krenich 24 to 10 in their semi-final."
SOURCE:
 Media release, 1 Nov 2019
 Doug Rose, Bowls Central Coast

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 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 \$50 + GST in mono and an extra \$10 + 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

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

ENTERTAINMENT

The Troubadour
Folk and Acoustic Music Club
SADIE AND JAY (QLD)
Folk and Roots duo
NOV 23
St Lukes Hall
Woy Woy
7pm \$10, 13, 15
www.troubadour.org.au
4342 6716

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

PAINTERS

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

PLASTERING

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

LOCAL PLASTERER

WALLS, CEILINGS & CORNICES
SMALL JOBS & PATCHING
NO JOBS OVER \$1000
FREE QUOTES
PH: NEVILLE
0417 426 254

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

REMOVALS

KEVIN'S REMOVALS & DELIVERIES
 Deliveries & Removals, Local Sydney, Newcastle & Country. Single items or a house full. Competitive rates.
02 4342 1479
0411 049 559

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

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

Sport



Mr Phil Butler with Ms Dawn Butler and Ms Jess Butler

Umina United holds presentation

Umina United Soccer Club held its end of year senior presentation on October 27.
Among the club's top awardees were Mr Gavin Robertson and Ms Karen Croft who were named joint Club Persons of the Year.
Ryan Frame picked up the Gary Burgess Senior Men's Player of the Year.
The club has also announced

its 2020 Committee with Mr Phil Rayner named president, Mr Albert Atkin vice president and Ms Croft secretary.
Mr David Brewer and Mr Peter Croft were named directors of junior and senior football respectively and Mr Gavin Robinson was appointed as treasurer.
SOURCE:
Social media, 30 Oct 2019
Phil Rayner, Umina United FC

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	0158 0.41 0817 1.62 1434 0.43 2031 1.47	12 TUE
14 THU	0336 0.45 1002 1.78 1633 0.34 2232 1.38	15 FRI
17 SUN	0008 1.29 0541 0.58 1212 1.74 1859 0.40	18 MON
20 WED	0316 1.27 0849 0.67 1513 1.61 2206 0.40	21 THU
23 SAT	0616 1.58 1222 0.46 1828 1.61	24 SUN
		25 MON

APPROX. TIME LAG AFTER FORT DENISON
Ettalong 40 min, Rip Bridge 2hrs - Wisemans Ferry 2 hrs 30 min, Koolewong 2 hrs 10 min
In view of the variations caused by local conditions and meteorological effects, these times are approximate and must be considered as a guide only. They are not to be relied on for critical depth calculations for safe navigation. Actual times of High and Low Water may occur before or after the times indicated

Awards for Woy Woy club

Two Woy Woy Football Club members were honoured during Central Coast Football's end of season awards night.
Mr Phil Butler was named the Division 1 Coach of the Year.
Jayke Browne was named the Division 1 Player of the Year.
SOURCE:
Social media, 27 Oct 2019
Dawn Butler, Woy Woy Football Club



Mixed results for Peninsula Ducks

The Peninsula Ducks had mixed results in round three of the Central Coast Softball Association Competition.
The Ducks started the round with a 20-17 point win with their teeballers edging out the Blue Thunder.
"All reports indicate there is a lot of fun being had by these kids," said Ducks president Ms Di Barrymore.
The Club's Modball team also

retained their unbeaten status with a hard fought 9-8 point win over Mingara White.
The Junior team had a tough time against the Rusty Bears with a 19-4 loss, but Ms Barrymore said the team was enjoying getting out on the pitch and learning to work together as a unit.
The Division 4 White's lost against the Decoys, going down 4-14 in their fixture.
The Division 4 Purple fared better in their match with a 10-4 win over Mingara.
Division 3 also recorded a strong win over Mingara with a commanding 19-2 final score.
The Division 3 women were having fun and had fitted well into their combined team, Ms Barrymore said.
SOURCE:
Social media, 28 Oct 2019
Di Barrymore, Peninsula Ducks Softball Club

ADOPTION Is Love.

{ Find your own biggest fan at your local animal shelter. }

Tom Hardy & Woodstock for PETA

New friends New adventures

Join scouts

For information call 1800 SCOUTS (1800 726 887) or go to www.scouts.com.au

Back from swimming world cup

Woy Woy Swim Club's Cassandra van Breugel has returned from round six of the Swimming World Cup held in the Russian city of Kazan from November 1 to 3.

Cassandra competed against some of the world's emerging elite swimmers and established

champions.

She achieved a number of top 20 placings, with her best results being two ninth places in the women's 100m and 200m breaststroke events.

SOURCE:
Social media, 1 Nov 2019
Richard Braddish, Woy Woy Swim Club



Cassandra van Breugel



Jemma Smith comes second in Coolangatta Gold

Umina surf athlete Jemma Smith has come second in her first Coolangatta Gold race.

Smith went into the competition after having been crowned the Under-23 Female Ocean Kayak World Champion as well as NSW Ironwoman Champion for the year.

Her Coolangatta Gold course comprised a 23km ski paddle from Coolangatta to Broadbeach, a 2.1km run to Burleigh followed by a 3.5km swim at Burleigh, a 6.1km board paddle to Currumbin, ending with a 7.1km run.

"I'd never done this race before, so I didn't know what to expect," Jemma said.

"It was a grind, but I absolutely

love tough racing like that.

"It makes it really interesting."

Jemma Smith led the pack from the start.

"I knew with the ski leg first I had to get out there early and then fortunately in the swim leg I was able to hold the lead which was really nice.

"The board leg was then about conserving some energy for the run," she said.

It was a tight finish with Queensland's Lana Rogers who took the lead in the run but Jemma stayed just strides behind.

After four hours, the girls crossed the line just seconds apart

Rogers finishing in first place with a time of 4:27.51 and Smith

4:23.54.

Other Umina Surf Life Saving Club members also had some excellent results in the short course, the best being Jenni Darwin who took out the gold in the Female 35-49 division with a time of 3:12.19.

Michael Magurren was Umina's next best result with a fourth place finish in the Male 35-49 with a time of 2:36.19.

The club's Poppi Lever and Cashar Darwin also competed in the Youth Challenge.

SOURCE:
Media release, 13 Oct 2019
Donna Wishart, SLS NSW
Social media, 13 Oct 2019
Stephen Scahill, Umina SLSC

WANTED

**RUGBY UNION
COACHES, MANAGERS & PLAYERS**



SENIOR TEAMS

1st Grade, 2nd Grade, 3rd Grade, Under 19's & Women's 7s.

New players are very welcome

Woy Woy Lions Rugby Club invites expressions of interest from people who wish to apply for the position of a Senior Team Coach or Manager for the 2020 Rugby Season. Email your application and supporting documents to the club secretary at: woywoyrugby@outlook.com

For further information contact:

John: 0427 822 960 or Richard: 0407 719 135

JUNIOR TEAMS

Teams age from Under 6 years to Under 17 years.

The Woy Woy Junior lions are a group of players, coaches, parents and supporters who enjoy being part of our close nit Rugby Union family. Our home ground is located at Ettalong Oval on the Central Coast Peninsula. Junior teams' range in ages from Under 6s to Under 17s. Boys and girls are invited to join us for lots of fun, physical exercise and learning new skills. Fees are covered by the NSW Sports Grant which includes our club uniform. If your child is interested in playing Rugby for our club please contact one of the following people for more information.

Kathleen: 0404 036 138 or Gary: 0434 319 538.

A Working with Children Clearance is a prerequisite for club volunteers working with our Juniors.

2019/20 HYUNDAI A-LEAGUE

CENTRAL COAST MARINERS V ADELAIDE UNITED F.C.

SAT 16 NOV | 5.00PM

CENTRAL COAST STADIUM

TICKETS ON SALE NOW!

AVAILABLE FROM CCMARINERS.COM.AU

MasterFoods mate PINNACLE Steadfast DMC umbro

you save

CHEMIST

Great Prices!



*NIVEA Irresistibly Smooth Body Lotion 400mL



LYNX Black and Africa Deodorant Bodyspray 100g/155mL



*COLGATE Total Advanced Whitening 115g



*PARACETAMOL Osteo-Tab Blister 96 Tablets

UMINA BEACH 315 West St, Umina Beach, NSW 2257

Ph: 4341 1488

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

Saturday: 8:30am - 3pm

Sunday & Public Holidays: 9am - 3pm

*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. Mega Save 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. Limited quantities apply. Not all products and services are available in all stores. PROMOTIONAL PERIOD STARTS ON 5/11/2019 AND FINISHES 2/2/2019. YS112019C.