



Cathie News

Lake Cathie Progress Association Inc.

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THE LAKE IS OPEN:

It was great to see that PMHC opened the Lake with 1 week of school holidays still to run. I know how happy the residence of Lake Cathie are to have this magical waterway open to the ocean, it makes for such enjoyment for the fishermen, walkers and families alike. However there is some suffering with the rotting vegetation odor for residence around the reserve areas. We all hope that nature will be kind to us and keep our lake open from now all the way through to the New Year of 2019.

UPDATE FROM COUNCIL:

In the June newsletter, we provided an update on matters the LCPA have been discussing with the Mayor and Council. Following is a current status on those issues.

• MEETING WITH MAYOR

LCPA Executive have a scheduled meeting with the Mayor and Senior staff in early August, items to be discussed at this meeting will be; Upgrade to Ocean Drive, Revetment Wall and Foreshore Masterplan and in particular when funding will be identified and made available for these major projects that council have approved, but not yet funded. We will report back on any out comes from this meeting in our next newsletter.

• FISHING PLATFORM

LCPA have been advised by PMHC they have applied for an additional grant to complete the installation of the Fishing Table, we will continue to monitor this process with council

• EXERCISE EQUIPMENT

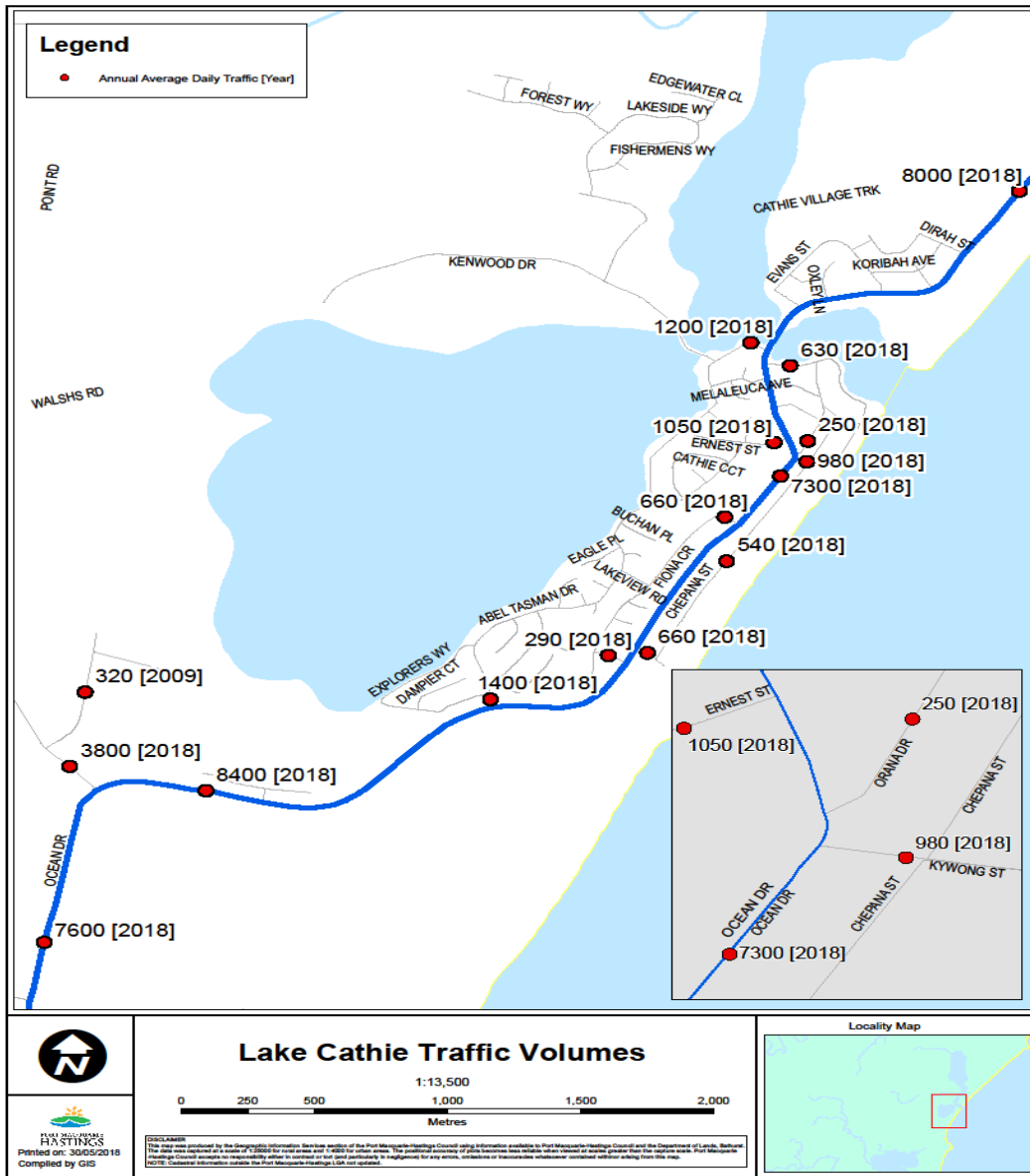
LCPA advised council the exercise equipment located in Jonathon Dickson Reserve was corroded and rusting and was possibly dangerous. Thank you to PMHC for their prompt action in replacing this equipment. Residents and visitors can once again safely use this equipment as part of their exercise program.

• TRAFFIC COUNT IN LAKE CATHIE

As advised in the last newsletter council were waiting for the report from the consultants who undertook this project. We can now advise we have received this information and have included the map with traffic count details for your information on the following page.

The data is in the form of AADT (Annual Average Daily Traffic). This is the average number of vehicles on a typical day passing a specific point and is used for basic calculations.

FAREWELL and a BIG THANK YOU to Dean Noble, Manager of Lake Cathie Bowling & Recreation Club. Dean has supported the LCPA and other local community organisations over many years. A special thanks Dean for assisting with the LCPA Marketing Sub Committee. LCPA and the community wish Dean all the best for every success in his new venture at Fingal Bay.



WELCOME TO BUSINESS MEMBERS PARTNERING with the LCPA

Lake Cathie Medical Centre

Pavy's Glass Pty Ltd

Matt Goodwin Tennis Coaching

Lakeside Fashions

Lake Cathie Bowling & Recreation Club

Seascape Apartments

Cougar Cat Café

Susan's Hairdressing

INTRODUCING THE NEW COACH TO LAKE CATHIE TENNIS CLUB



Matt Goodwin

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August Trivia Questions

1. Which two animals are mascots for both NRL and AFL football teams?
2. Which tennis player helped launch Extra chewing gum in Australia?
3. In which state or territory is Streaky Bay?

lake cathie medical centre

• Dr Sam Nakapiti • Dr Andrew Oliver • Dr Nadia Aaland
• Dr Lorraine Evans • Dr Kylie Lucas • Dr Jean Jagger
• Dr Antony Sheringham • Dr Grahame Deane • Dr Madeleine Holloway

WELCOMING Dr Paul Belboer and Dr Casey Bye.
TO MAKE AN APPOINTMENT PHONE: 6584 8899

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Saturday 9am - 12noon P: 6584 8899

health complex
Dental | Physiotherapy | Pharmacy | General Practice | Optometry | Pathology | Allied Health www.lcmc.com.au

LCPA MARKETING SUB-COMMITTEE:

A new Marketing committee has been formed to work with all businesses operating within Lake Cathie, whether they are in a retail outlets or cottage industry. The committee has made application to join Port Macquarie Tourism Association (GPMTA), once approved this will provide further benefits to Lake Cathie Businesses. During the winter months and low visitor attendance, businesses need the support from our local community.

BENEFITS for Your Business Partnering with LCPA will provide your business with greater opportunities for additional exposure through media and *networking opportunities*, which helps local businesses to develop and in turn build Lake Cathie into a vibrant and stronger economy. Your business will also be included on our Facebook "Business Spotlight"

LCPA will connect you with likeminded people providing you with the opportunity to participate in the prosperity, growth and promotion of our town. Partnering with LCPA also gives you increased awareness, understanding and knowledge of projects, activities and issues facing the area through regular communications and functions.

If you are interested in becoming involved, please contact our Secretary at secretary@lakecathiepa.com.

Lake Cathie Health Complex has come a long way in the past 10 years. Originally opening its doors in 2008 with a 2 doctor GP practice, the Health Complex now boasts;

- A medical centre that has 13 fully qualified doctors who perform everything from travel vaccination advice and chronic disease management to skin checks and skin cancer removals. Most GP's are taking new patients. LCMC also has one of the biggest and best nursing units in the area with 5 fully qualified nurses taking care of your immunisations, wound management, care planning and ear syringing to name a few.
- A dental practice that is headed by Dr Pieter Nieuwoudt. Pieter will take care of all of your dental needs including family and cosmetic dentistry, dentures, mouth guards, periodontic treatment and crown and bridges. All major health funds are accepted and Hicaps and Eftpos is available for your convenience,
- A physio department that has 3 fully qualified physios who are looking forward to moving into bigger premises in the future. Physiotherapy at Lake Cathie Physio involves 1 to 1 physio sessions where explaining your problem, teaching you the right exercises and relieving your pain are the focus of each session. Our Physiotherapists Barry, Sarah and Ashleigh all have extensive experience with a combined 45 years in clinical practice. Sarah has completed specialist training in headache treatment and Ashleigh has completed specialist training in pelvic floor management.

There are also a number of Allied Health & Services that are available for all member of the community, not just patients of the Medical Practice;

- RJ Podiatry are available each Tuesday, Wednesday & Thursday. Ryan and Cara see private patients or patients that may have a referral under an EPC management plan
- JK Healthcare provide Dietician and Diabetic Educator services each fortnight.
- Sue Keegan speech pathologists visits the complex on an as need basis
- Alex Meares from Connect Hearing visits the complex each fortnight
- 2 psychologists, Marie-Louise Corin and Rob Davis are available each day at the health complex to see patients.
- Lea Bailey from Optimal Midwifery gives women an option when it comes to antenatal care. Women can choose to conduct their antenatal classes here at the health complex instead of heading to the base hospital. Lea is available on a Monday

On-site there is also an amazing pharmacy that will take care of all your medicinal needs. Karen even offers free home delivery. Lavery pathology are open Monday to Friday and will accept all blood request forms. Panoptic vision are on site for all of your optical needs. Head Optometrist Natasha has completed extensive post graduate training that now sees her a qualified Behavioral Optometrist. Panoptic Vision also have on-board Julie Currie who is a vision therapist that works with children to improve their vision and learning outcomes.

If you haven't checked out the health complex in a while, call in and say hello and see all that we have to offer.

To make appointments please call our friendly reception staff on 6584 8899 or go to our web site www.lcmc.com.au and book your Doctor's appointment on line.