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71-76**fast lane****Pharmacy to open**

The former Krispy Kreme building at **Tumbi Umbi** is to be converted to a pharmacy. Wyong Council voted 7-3 in favour of a new application by Lin Armstrong of the Stevens Group at its last meeting. The free-standing building is within the Mingara Recreation site. The pharmacy will include a dispensary, counselling room and a cash and wrap area and will employ 12 fulltime and six casual staff.

Cycleway move

The missing link cycleway connection through Wyrabalong National Park at **North Entrance** is a step closer. A working group to progress the initiative is being considered by Wyong Council. The link would join North Entrance with Canton Beach.

World Water Day

World Water Day was yesterday and Central Coast residents have been encouraged to get involved by the National Parks and Wildlife Foundation. The 2012 theme is Water and Food security. "This World Water Day we encourage Australians to think about more sustainable water-use in their diet and lifestyle," foundation chief executive officer Steve Corbett said.

ERINA



Neighbour and paramedic Scott Dries with the Sykes family - Ella (four), Louise with Alivia, Joseph (two) and Jason.

Picture: SUE GRAHAM

ERINA

First aid training for free

PARENTS and carers of children under 12 can get free first aid training.

St John Ambulance will provide the training, with a light lunch, at Target's Erina store on Tuesday.

There are 20 places at the four-hour course. It will cover techniques dealing with choking, fractures, insect bites, child and infant resuscitation, poisoning, burns and scalds.

"Providing free training through stores such as Target Erina is a wonderful opportunity for parents and carers to get a better understanding of how childhood accidents and injuries can be prevented," St John Ambulance chief executive Mark Newton said.

"At least one member of every family should be trained in first aid."

Wake-up call full of Joy

Geraldine Cardozo

NEW-BORN WOULDN'T WAIT

FOR Louise and Jason Sykes, being woken most nights to tend to their kids is nothing new.

But the Erina parents got an unexpected wake-up call with the speedy arrival of the newest addition to their brood.

Baby Alivia Joy surprised the family when it became clear she was waiting for no-

one, not even the ambulance, and was delivered in the bedroom within hours of mum's first contractions.

"We were not planning a home birth, but everything just happened so fast," said Ms Sykes, who woke her husband at 3.30am to tell him she was in labour.

"After jumping in the

shower and planning to drive to North Gosford Hospital, we realised things were moving along fast.

"It was too late to call an ambulance, but luckily my mum and next door neighbour Scott Dries, who is a paramedic, were on-hand to help deliver the baby."

By 5.05am the family had

welcomed their new addition—a healthy baby girl.

"Nothing can prepare you for something like this," says proud dad Jason adding that the most amazing part was that the couple's other two children, Ella, four, and Joseph, two, slept through the whole drama.

Have you had a surprise visit like this?
expressadvocate.com.au

AIMING UP

- **WHAT:** First aid course.
- **WHERE:** Target, Erina Fair.
- **WHEN:** Tuesday.
- **TIME:** 9.30am to 2pm.
- **INQUIRIES:** 1300 106 499.

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