Ph: 4374 1039 Mo: 0412 669 649 Email: enquiries@cnews1.com.au Web: cnews1.com.au 18th June 2021

Stronger Communities Funding

Round four of the Stronger Communities Funding, which aims to enhance experiences in regional communities, is now open.

This rounds funding is directed enhancements to women's sporting facilities, with \$50 million to be allocated across regional communities.

Liesl Tesch MP, Member for Gosford is encouraging all Central Coast sporting groups to apply.

"Growing up I always played sport, with my wheelchair basketball career beginning in the men's team."

"These experiences made me realise the importance of having female dedicated sports and facilities to ensure our experiences are just as good as the men's."

"I really do encourage all sporting groups across the Central Coast who are yet to have fully inclusive facilities to consider applying for the grants.

Ms Tesch's comments come in the wake of the NSW Parliamentary inquiry into grant schemes where it was found the Stronger Communities Fund had been pork-barrelled with 95% of funds being directed to Councils with Coalition-held or marginal seats in the tied grants round.

Ms Tesch says there's no excuse for this behaviour.

"The inquiry found the Stronger Communities Funding deliberately used as a means to porkbarrel, with due process and merit assessment severely lacking when it came to applications."

"This fund was supposed to help merged councils who were created under the NSW Governments forced and clearly failed amalgamation, yet instead it just dug our debt a little deeper, instead favouring Liberal and marginal seats."

Under the Stronger Communities Funding eleven projects specific for the Electorate of Terrigal were granted, totalling almost \$4.7 million, meanwhile five projects specific to the Gosford Electorate were granted which amounted to almost \$2.2 million.

That means over the past three rounds of funding the Electorate of Gosford received \$2.5 million less than the Terrigal Electorate, held by a Liberal Member. This result is despite the Gosford Electorate covering over 700 square kilometres more than the Terrigal Electorate.

Ms Tesch is pushing the community to apply for the grants so this doesn't happen again.

'While I have limited faith left in this Liberal Government when it comes to a fair and equal grant application scheme I know they will not be able to deny the power of the people."

"The more community groups we have applying for these grants, the more grants I hope we can get here in Gosford so I really encourage you all to submit an application to ensure our community and our future female sporting leaders are awarded what they deserve."

Applications will close at 12pm on 25 June 2021.

For more information and to apply head to https://regionaldevelopment. smartygrants.com.au/SCCF4.

From the office of Liesl Tesch MP Member For Gosford

ANOTHER REASON NOT TO SELL



"Church" can mean the physical building or, the congregation that gathers or, a particular reglious doctrine.

Church buildings provide a place where people can gather to worship together in fellowship.

The Mangrove Mountain Union Church was opened in 1912 and has served the needs of the Christian community ever since.

Prior to the RSL facilities opening at Central Mangrove, ANZAC services were held at the church.

The site served as a memorial place for soldiers from the District who lost their lives in wars.

Keith Aranjo



SACRED TO THE MEMORY OF WILLIAM JAMIESON AND RICHARD LE GRAY WHO ENLISTED FROM THIS DISTRICT AND FELL IN THE WORLD WAR OF 1914-1918"

Inscription on a memorial stone at the church

STOP!

Next issue Published 2nd July 2021

** DEADLINE **

** 25th June '21 **

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TRUST, TRUSTEES, TRUSTORS WHO TO TRUST?

Dictionaries provide the following definitions:

Trustor: a person who creates a trust by giving real or personal property in trust to a trustee for the benefit of the Trustor or some Beneficiary.

Trustee: a person to whom the legal title to property is entrusted to hold or use for another's benefit.

In 1912, after the Christian residents of the Mountain District purchased land and built the Mangrove Mountain Union Church, they appointed certain people as Trustees to hold the title to the property.

These people were *trusted* to act lawfully and morally in managing the property for the benefit of the community and in accordance with the communities wishes.

This arrangement worked well for over 100 years, individual trustees acted in accordance with the wishes of the Christian residents, the trustee role was passed on to following generations, the Church operated for the benefit of the community and local residents were able to use the facilities and conduct Christian worship services and activities.

Where is the *Trust* now?

Keith Aranjo

Sharing The Love

Kariong Neighbourhood Centre is sharing and spreading the love with their food relief program, which will be starting up at Somersby Hall starting on Friday June 4, 2.00-3.00pm.

General Manager Shayne Silvers stated "no one should ever have to make the choice between whether they eat well or pay this month's rent or mortgage or pay for a child's medication, however the truth is, that any person or family can find themselves facing times of hardship and emergency through no fault of their own. Golly, we have seen the recent fires, floods and now a Pandemic. Loss of employment, social isolation, increase in domestic and family violence, mental health, anxiety and depression, have all been documented as some of those impacts on individuals and families."

"We have been running our food relief at our Kariong Neighbourhood



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Centre now for over a year and the numbers coming for assistance have grown. Visitors to our food relief program have been coming from further afield, the Peninsula and the Hinterland.

We have around 10 wonderful, generous volunteers who help us on a Wednesday with our Kariong food relief program and one of the volunteers lives up in Somersby. She asked if we might extend the program up there to help out the Hinterland communities and she didn't have to ask us twice.

I met with the Somersby Progress group and they offered the use of their local hall from where we can run the program. We are excited to be commencing on Friday. As the song goes, "we get by with a help from our friends".

Ms. Silvers concluded "My Mantra has always been if I can make a difference to one I have succeeded, but if I can make a difference to many I have won the lottery!"

Kariong Neighbourhood Centre 43401724 admin@knc.net.au 10 Langford Drive Kariong NSW 2250





DENTAL ANNOUNCEMENT

Dr MICHAEL KOTIS Dentist from Mangrove Mountain Dental Centre wishes to announce that he has relocated his dental surgery to:

> Shop 3, 9-12 William St Mall Gosford Tel 4325 1710

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Want to get paid to look around our beautiful Mountain District?

The Australian Bureau of Statistics is currently recruiting Field Officers for the 2021 Census which takes place on Tuesday, August 10.

The roles are contract/temporary and are paid at a rate of \$24.80 per hour (including 25% loading), plus super. Roles start from July, and applicants are encouraged to apply as soon as possible.

The Census is held every five years. It's a snapshot of who we are, and how we are changing. It's used to inform important decisions about transport, schools, health care, infrastructure, and business. It also helps plan local services for individuals, families, and communities.

Field Officers are recruited locally to ensure they are familiar with their district. They deliver Census materials to households and visit households that have not completed the 2021 Census.

The application process is quick and

easy – it only takes 15 minutes. And, you will be provided full training; no experience is necessary.

Field Officer roles start from 13 July 2021 and contracts end on 3 October 2021.

Adecco Australia is managing the recruitment on behalf of the ABS. To apply for a 2021 Census Field Officer role, go to https://censusjobs.adecco.com.au/ and submit your application online.

For any enquires regarding the positions, please contact Adecco Australia on

1300 233 445 or email enquiries@censusjobs.adecco.com.au

Applicants must be over the age of 18, be an Australian citizen at the time of applying and be available to work variable hours for the period of the contract, including weekdays, weekends and evenings. Successful applicants will need to complete a

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AUDITOR-GENERAL FINDS FLAWS IN AUSTRALIA'S BIOSECURITY SYSTEM

An ABC news article reports:

- The Auditor-General finds Australia's biosecurity systems are not protecting the nation's assets as well as they should be
- The Australian National Audit Office finds that products carrying the risk of disease or pests are being allowed into Australia
- The Department of Agriculture, Water and Environment has accepted

national Police record check.

Anna Lockwood Census Field Manager for Mangrove Mountain and Lower Hawkesbury Australian Bureau of Statistics Census 2021

anna.lockwood@censusfield.abs.gov.au www.census.abs.gov.au

all of the office's recommendations to improve its governance

Additionally, it points out that Australian farmers have recently found worrying detections of the fall. armyworm and banana-destroying Panama disease, while Queensland prawn farmers expect to lose millions of dollars to an outbreak of white spot disease.

The pork industry still fears it could experience an outbreak of the pig-killing African Swine Fever and apiarists face the risk that the beedestroying varroa mite could enter Australia, the article noted.

The NFF wrote: The Government has heeded the National Farmers Federation's call for a strategy to underpin Australia's biosecurity system, with the release of Commonwealth Biosecurity 2030.

"Achieving a risk-based biosecurity system that effectively, efficiently and sustainably protects Australia's health, economic, environmental and national security interests is essential to protecting Australia's \$62 billion agriculture industry," NFF CEO Tony Mahar said.

"High-risk diseases such as African Swine Fever and Foot and Mouth Disease are on our doorstep and Australia's mail and cargo pathways continue to be pushed to their limits."

Mr Mahar said the NFF welcomed more than \$400 million in this year's Federal Budget for the expansion and modernisation of Australia's biosecurity system.

Information from ABC News National Rural reporter Kath Sullivan and the NFF website

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MANGROVE MOUNTAIN UNION CHURCH

Mangrove Mountain Union Church was built over a hundred years ago by the people of the Mountain for the people of the Mountain.

The property belongs to the community.

Services are held on the 2nd, 4th and 5th Sundays, 9am

Mangrove Mountain Union Church Christian Group

UNITING CHURCH NOTICE

The Mangrove Mountain Uniting Church congregation will no longer be holding church services at Mangrove Mountain Union Church.

Those wishing to worship with the Uniting Church would be made very welcome at Gosford Uniting Church, 129 Donnison St, Gosford.

Go to http://www.gosforduniting.net.au/ for more information.

Mangrove Mountain Uniting Church congregation

Peats Ridge Scouts News

What an amazing time cub scouts are having this term. Who ever thought that 8 to 10 year olds would build a pizza oven!! And let's face it. Who loves pizza.

Each of the cub scouts have different giftings but as one unit, they are achieving so much.

At the beginning of the term the cubs wanted home made pizza night. But we had one problem. We had no pizza oven. All we had was a pile of rocks, heaps of old bricks plus some other left over rubble. So it is amazing what cub scouts can do with a can do attitude and a little bit of guidance and adult help in tasks to teach skills

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needed to build the oven.

But our nights are not just building an amazing structure. The cubs also run games and learn new skills in camping, hiking and Bush craft.

Recently one of the older cubs ran a bike hike which was heaps of fun.

This weekend the cubs will be going on a camp up near Newcastle and they are so excited to have a couple of nights sleeping in tents and using skills in bushcraft activities.

Scouts is a youth driven organisation. As scout leaders we guide these creative minds so their aspirations can be achieved.

If you want your children to become great and confident leaders, Peats Ridge Scouts is a great place to go.

Cubs (8-10 years both boys and girls) meet on Wednesdays during school term from 6.30pm to 8.00pm.

Scouts (11-14 years both lads and gals) meet on Tuesdays during school term from 7.00pm to 9.00pm.

Venturers (15-18 years teenagers) meet on Mondays 7.00pm to 9.00pm during school term.

For all enquiries please contact our enthusiastic group





leader, James Lutwyche at James.lutwyche@nsw.scouts.com.au or phone 0438476562.

Meredith Lane, Publicity Officer Peats Ridge Scout Group

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Mountain community children's centre inc.

The children have been busy learning and exploring during the past two weeks.

The Lizard Room has been investigating dinosaurs and their fossils. There has been a lot of dinosaur dramatic play in the dinosaur cave.

The snake room has been inquiring about space, the planets and astronauts following The National Simultaneous Story Time book reading "Give Me Some Space" written by Philip Bunting.

The Joey's room has been learning about shapes by doing puzzles, fine motor sticker activities and threading. Now taking enrolments Please feel free to give us a call if you would like more information for enrolment now or in the future.

Hannah our very friendly administration officer would be more









The Lizard Room investigating dinosaurs and fossils in the sandpit

than happy to post out an enrolment pack or organise a tour of the centre. We look forward to welcoming you to our centre.

Until next time with news from the Children's Centre.

Louisa Foxford

Director Mountain Community Children's Centre 2829 Wisemans Ferry Road Mangrove Mountain NSW 2250 Ph: 43741239 www.mountainchildren.com.au



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5 Lands Walk

5 Lands Walk will take place on Saturday 26 June with the opening ceremony being held on Friday 25th June at Hunter Park Avoca Beach 4.30 for 5 pm.

This year's 5 Lands Walk Opening Ceremony is based on the theme of multicultural connection.

In outlining her vision for the performance, 5 Lands Walk Creative Director and internationally acclaimed artist Dr Yantra de Vilder said "I believe that it is our creative and cultural humanity that links us - beyond race, belief and politics - the arts are the portal to that shared experience.

"For over 6 years I have been guided by the 5 Lands community. my indigenous friends from the Aboriginal Committee for 5 Lands Walk – they teach me to listen, learn and grow. Every year we are welcomed to The Gathering and The Awakening in the lead-up to the 5 Lands Walk. These are profound events of spiritual and cultural significance and an important symbol of reconciliation in our local community"

The 5 Lands Walk is a cultural, physical, spiritual event brought to you as a gift from



The walk connects 5 coastal villages, each bringing its own celebration in and around the surf clubs of the 5 Lands. They are connected by 10km of beaches, headlands, bush, footpaths and streets.

The 5 Lands Walk is definitely not a race. It's a journey at your own pace through and with the communities of the Central Coast, experiencing their diverse cultural offerings and the landscape they live in. Although the full route is about 10km long, you don't have to complete the entire walk to enjoy the wide variety of activities and experiences. The 5 Lands community wants you to share our love for this place we call home. We call all that "connecting people to people and people to place".

More info & registration at https://www.5landswalk.com.au/

Sip'n'Knit is Growing

Our enthusiastic Yarn Bombers who meet every Monday at The Hub of Mangrove Mountain at 2pm are knitting up a storm. Many are crocheting as well. But the main thing is that everyone is having a great time.

For two hours they get together and just make whatever they feel like, or feel comfortable with. Ability is not a pre-requisite. Enthusiasm is! Judging by the building numbers of people attending, it is possible to knit, sip, chat and laugh, all at the same time.

New people are joining in every week. And as there's no commitment to come regularly, it very casual and easy. Some beginners have joined too, and their squares, circles and pom poms are just as colourful, and useful, as the more experienced ones.

On Saturday 5th June we actually erected the first tree "installation". As we'd never done it before it was fun and interesting to work out how to do it. Lots of tree huggers turned up on the day!

See you at The Hub – any Monday from 2-4pm for more yarn bombing!

Shane Eastman-Wheeler



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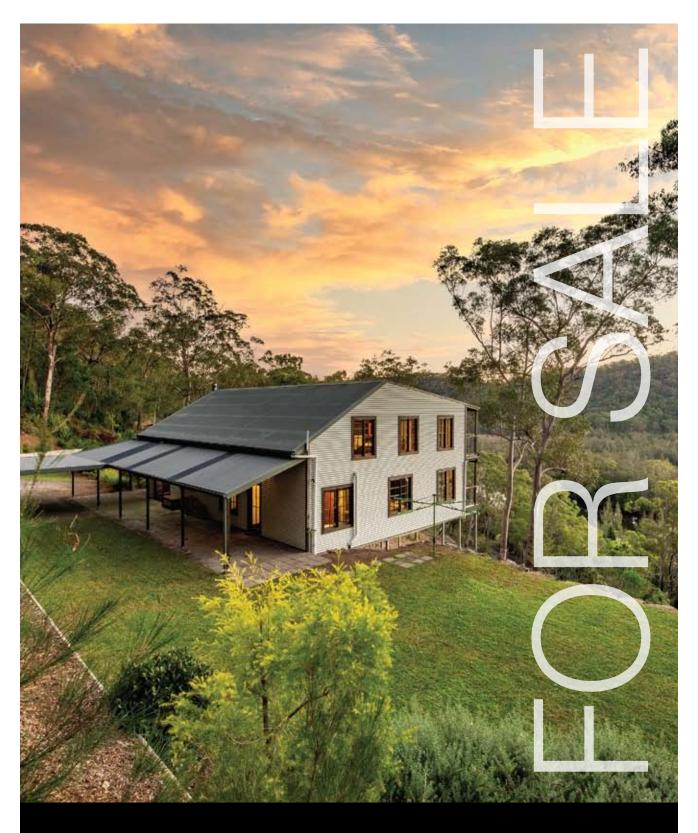


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MARKET IN REVIEW

by Jay Talbot Licenced Real Estate, Stock & Station Agent and Auctioneer



Hi Jay Talbot here from TalbotPartners Real Estate - your local acreage property specialists. Domain. com.au has just published this article and it does make interesting reading.

Australia's property boom has picked up pace again, with national housing values rising 2.2 per cent in May, new data shows. The latest Core Logic Home Value Index, released on Tuesday, revealed the "extreme"

results – including rises of more than 3 per cent in Sydney and Hobart in the space of just one month – and a bounce back from April when the market showed early signs of a slowdown.

Corelogic research director Tim Lawless said while the results were not as record-breaking as the peak in March, they were still impressive and spoke to the strength of the boom conditions. "We're still seeing it's not quite as rapid as it was in March, but 2.2 per cent is still extreme especially when you consider wages are rising by 1.5 per cent per annum," Mr Lawless said.

Median house values were up across all the capital cities, led by Hobart, up 3.2 per cent to \$574,543, and Sydney, up 3 per cent to \$970,355. Brisbane was up 2 per cent to a value of \$574,572, while Melbourne was up by 1.8 per cent to \$740,562. Perth saw the smallest rise of 1.1 per cent, with house values across the city sitting at \$521,688.

It was the breadth of the rises that was so significant, Mr Lawless said, noting that they were rising no matter the property type or price segment. "Values were up by more than 1 per cent across every capital city over the month, with both house and unit values lifting across the board. Of the 334 SA3 sub-regions analysed by CoreLogic, 97 per cent have recorded a lift in housing values over the

past three months," he said. "Such a synchronised upswing is an absolute rarity across Australia's diverse array of housing markets." (Housing values May 2021, Corelogic Data.)

While Sydney's growth continued to stun the property sector, other regions throughout the country were seeing unprecedented rises. "Although housing values are now rising the fastest once again in Sydney, at least in trend terms, the annual growth rate is generally higher across the smaller capitals, as well as regional New South Wales and regional Tasmania," Mr Lawless said.

Housing values across all of regional New South Wales were up 18.6 per cent while regional Tasmania values were 18.1 per cent across the year. The rise in values in regional NSW had been led by the Richmond Valley Coastal area – including Byron Bay – which has seen a 31.5 per cent rise in house values over the past 12 months, Mr Lawless said.

A better lifestyle and working from home had both played big parts in seeing people move to regional areas after the worst of COVID-19 – as had housing affordability, though it was becoming far more expensive to buy a home in some regional areas. While the housing boom continued in May, there would be some challenges to its continued growth at pace. "We expect to see a gradual tapering in the pace of growth, and affordability will be

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behind that, adding to the slow-down," Mr Lawless said.

All these factors make it a great time to sell. If you would like to have a chat about your property, with a no obligation appraisal, please feel free to call me anytime on 0414 079 220 or email jay@talbotpartners.co

I look forward to the opportunity of catching up with you soon!

See you next month,

Jay

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Free information sessions on Council's Community Grant Program

Central Coast Council's 2021-21 Community Grants Program will open 1 July 2021, with \$900,000 in annual funding available to support local community groups and organisations to deliver worthwhile projects, programs and events that strengthen our community.

Council Director Community and Recreation Services Julie Vaughan said Council is running a series of free information sessions, drop-in sessions and grant writing workshops throughout June and July to support community members throughout the application process.

"This year, community groups and organisations will be able to apply for funding under three programs - the Community Development Grant Program, the Community Events and Place Activation Program and the Community Support Program," Ms Vaughan said.

"These three programs have been prioritised due to the significant benefits and outcomes they will deliver to the broader community.

"Unlike in previous years, there will only be one round of grant applications over the 2021-22 financial year for the Community Development and Events and Place Activation Grants programs, so if you are looking to deliver a project or event in the next 18 months, we encourage you to plan ahead by attending our upcoming information sessions and applying when applications open in July.

"The sessions and workshops are open to anyone in the community and are designed to help applicants better understand the process, improve the quality of their applications and communicate some of the changes to the Community Grants Program for 2021-22."

Council Administrator Rik Hart said the Community Grants Program plays an important role in supporting organisations to deliver events and programs that respond to the needs of our community.

"Through its Community Grants Program, Council provides community organisations with the support to deliver activities and events which build the community's capacity and create stronger local connections," Mr Hart said.

Grant Writing Workshops

- Grant Writing Workshop
 - 1, Erina Centre, Erina Fair –

Thursday 17 June 2021, 6-8.30pm

 Grant Writing Workshop 2, Wyong Central Coast Council Administration Building – Friday 18 June 2021, 10am-12.30pm

Information Sessions

We are holding information sessions to help you understand key changes to the Community Grant Program including guidelines, eligibility criteria, application process and time frames.

The sessions are available just in time before our grant program opens for applications on 1 July 2021.

- Information session 1, Erina Centre, Erina Fair - Wednesday 9 June 2021, 1:00pm - 2:30pm
- Information session 2, Lake Haven Library – Tuesday 22 June 2021, 2.30-4pm
- Information session 3, Woy Woy Library – Tuesday 29 June 2021, 2.30-4pm
- Information session 4, Wyong Central Coast Council





HARDWARE

Administration Building – Tuesday 1 July 2021, 5-6.30pm

Drop-in Sessions

20-minute drop-in sessions are also available to assist you in developing your grant application. You can have a one-on-one discussion with a Council Grants Officer to see how you can strengthen your application in accordance with the grant program guidelines. Please book into one of the sessions to ensure Council staff have an opportunity to speak with you.

- Drop-in Session 1, Wyong Central Coast Council Administration Building – Thursday 8 July 2021, 10am-12pm
- Drop-in Session 2, Erina Centre, Erina Fair – Thursday 15 July 2021, 9-11am

BUCKETTY & DISTRICT RURAL FIRE BRIGADE

Bucketty & District Rural Fire Brigade will hold its AGM at 1 pm on Sunday 19 June 2021 at 5393 George Downes Drive Bucketty NSW.

Kerry Lannoy, Brigade Secretary

To book into to an upcoming information session or grant writing workshop and to learn more about the 2021-22 Community Grants Program, visit centralcoast.nsw.gov.au/grants.

Central Coast Council Media Release

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REGULAR ACTIVITIES & MEETINGS

RURAL FIRE SERVICES

Bucketty RFS Weekend Training Station Maintenance General Meeting

Calga-Mt. White RFS General meeting

Kulnura VBFB General meeting at Greta Rd Station Training

Mangrove Mountain RFS General Meeting Bloodtree Rd Training / Maintenance Spencer RFS

General Meeting Training Junior Training

General Meeting Somersby RFS Training/Maintenance

Yarramalong RFS Training: Nights: Morning: Maintenance/Training:

General Meeting (GM): Contact:

COMMUNITY & SOCIAL

Coastlink Friendship Group

Country Women's Association (Somersby)

Country Women's Association (Peats Ridge & District)

Country Women's Association (Mangrove Mountain Evening Branch)

Gosford North Inner Wheel club

Gosford World Vision Community Group

Permaculture Central Coast

Kulnura & District Garden Club

Mangrove Mountain & Districts Community Group Meeting

Mangrove Emergency Planning Committee Mangrove Mountain Country Fair Committee Meeting

Mangrove Mountain RSL Women's Auxiliary Third Tuesday of the month, 2pm Mangrove

Mountain District Football Club Meeting

River Cares for the Lower Hawkesbury River District

Rotary Club Meeting

Spencer Community Progress Group Inc

Spencer Community Ladies Social Club

Newsletter

The Mountain Tuesday Social Tennis Group

Somersby Equestrian Club Club & Committee Meeting Wisemans Ferry Community Men's Shed

SPIRITUAL

Anglican Service - Mountain Districts

- Wollombi

Mangrove Mountain Union Church, Christian Service

St Barnabas Non-denominational Service Yarramalong

Divine Retreat Centre (Ph 04 6848 6782) 160 Hensons Road, Somersby www.divineretreatcentre.org.au

3rd Sat, 9am-12 pm, breakfast 8.30am Every Thurs as required, generally 10am-1pm 3rd Sat in even months, at 1pm, All welcome buckettyrfb@gmail.com (02) 4998 8130

3rd Monday of the month, 7.30pm at Pacific Hwy Fire Station Mt. White

1st Wednesday of the month, 7.30pm 3rd Wednesday of the month 7.00pm

Last Wednesday of the month, 7 pm, All Wednesday's except last of month, 7 pm 2nd Monday of the month Meeting 6.30pm 3rd Monday Maintenance 6:30pm 4th Monday Training 6:30pm E: captain.spencer@ccrfs.org.au Alison Wade 0415 668953. 4778 Wisemans Ferry Rd

First Wed of the month 7.30pm at the Station Every Wed night 7.30 at the Station (except before Wed general meeting)

First Wednesday of month 7pm start Last Saturday of month 8.30am start 3rd Sunday of month 8.30am start 2nd Wed of even months 7.30pm start Ph: 0409 915060 or 0418 280 764 Email: yarramalongrfs@bigpond.com

Wed 9.30am-2pm at the Health Centre, Nurses Rd, Central Mangrove

Second Wed of each month, at Somersby Hall Wiseman's Ferry Road, Somersby, contact Sue, 43721280 or 0407768000.

First Monday of the month at Community Hall, Peats Ridge School. Any enquiries please contact Christine 0419 400163.

2nd Tues of the month at Mangrove Mountain Hall 2-4 Waratah Rd Mangrove Mtn. Start 5pm, meeting 7pm. Ph Judy 43771728

2nd Wed each month 7pm at Phillip House in Kariong. Contact: Glenis Ph: 0400 486 760 4th Tues 11am in Presbyterian Church, West Gosford Contact: Glenis Ph: 0400 586 760.

Third Tuesday (except Jan.) at Tuggerah CommunityHall, ANZAC Rd, 6.30pm - 9pm Second Monday, 9.30 for 10am start. Jacqui Maxwell 0455364262 kulnuradgc@gmail.com

First Thursday of the Month, 8pm, Mangrove Mountain Hall. No meeting in January. Hon. Sec Danny Willmott 0407275653

Third Wednesday bi-monthly, Mangrove Hall 2nd Thur of month except Jan, 7:30pm, Union Church Hall. Pres- Shane 0417 436 529

Mountain Memorial Club New Members welcome. Secretary Keitha Coty 43771773 Second Tuesday of the Month 6.30pm at the Mangrove Memorial Club

President Robyn Downham 0414248224 Email rivercaresinc@gmail.com

Friday 7.15am at Phillip House. 43404529 President Brad Maisey, Community Meetings, 4377 1167, spencercpg2@gmail.com

Last Fri of month. 12.00 noon Spencer Community Centre, Jennifer Dayes 4377 1364 Articles to: spencercpg2@gmail.com

Tue 9.30am-12.30pm, Kulnura Tennis Courts. Ph Glenys Palmer on 4374 1441 for enquiries. Every 2nd month. Check website for further details.www.somersbyequestrianclub.org.au Tues & Sat, 9am-5pm. Contact: Alan Hunt 4566 4626 or Adrian Acheson 0448 833 781

Every Sun 8am at Peats Ridge Scout Hall, Sunday School during school terms 2nd & 4th Sun 10am; Holy Eucharist at St John the Evangelist, Wollombi. 0481269 653 9.00am second, fourth and fifth Sundays cnr Bloodtree Rd & Wisemans Ferry Rd 3rd Sunday each month, 11.00am. (Easter &

(Christmas Carols dates to be advised) Daily Holy Mass 8.00am to 8.30 am 1st Fri, 5:30pm-8:30pm Divine Mercy Friday 1st Sat, 5.30pm-9:00pm, Divine Youth Ministry, Young Adults (18-35yrs) Last Sun, 9am-4pm, One Day Retreat

(cont'd next page)

Demystifying Hypnotherapy

Better Health Practices are pleased to let you know that there is now a qualified Hypnotherapist at our clinic. Eszter comes to us with a wealth of knowledge and experience. Not too sure what Hypnotherapy is? Here Eszter explains.....

Have wondered: you ever 'What exactly is Hypnotherapy?' Hypnotherapy is a type of therapy that uses hypnosis to facilitate change for people. You may then be wondering: 'What is hypnosis?' Simply put, hypnosis is a state of focused awareness. It can be similar to guided relaxation, meditation or mindfulness, and these terms can be used interchangeably. Have you ever found yourself concentrating on one particular task so much that all else fades away into the background to the point where you are no longer aware of your surroundings? This is very much like the hypnotic state. These words may seem unfamiliar or strange, but the action itself of entering a state of relaxation is really quite natural and

A hypnotherapist facilitates this state of relaxation (hypnosis) for their clients, which in itself is beneficial for everyone's health. During this state of focused awareness the mind and body are very relaxed (when was the last time you felt completely relaxed... on holidays perhaps?)

It is during this state of relaxation that the hypnotherapist can speak to the subconscious mind and offer suggestions (as agreed to prior with the client).

These suggestions are only ever

.:KSR:.

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things that the client themselves has identified as wanting to work on, so in that sense it is a collaborative process, and the client is always in control. Hypnotherapy simply makes it easier for people to make changes for themselves by removing blockages that hold them back. These blockages may not be something we are aware of, but are often laid deep in our subconscious and are often created by us some time earlier in life as a protective mechanism. Because of this, wanting to make a change with willpower alone can sometimes not be enough to enable the change to happen. This is why Hypnotherapy can help support a person to make changes for themselves.

Hypnotherapy can help overcome obstacles, break unwanted habits, and help achieve goals. It does this by releasing outdated beliefs (blockages) that are no longer useful.

Hypnotherapy is often claimable on private health insurance as a therapy for quit smoking, weight loss, anxiety and more.

Eszter Wong Dip Clin Hyp, B Nurs. For more info: www.thislifehyp.com.au



REGULAR ACTIVITIES & MEETINGS (cont'd)

Serbian Orthodox

Kariong Community Baptist Church

Catholic Service -Spencer

- Wollombi
- Somersby
- Yarramalong

YOUTH

Junior Girl Guides 5-10

Girl Guides 10-15

Scouts, Cubs & Venturers Peats Ridge Scout Hall

Mangrove Mountain Playgroup

HISTORICAL

Brisbane Waters Historical Society

Dharug &Lower Hawkesbury Historical Society Inc. First Fleeters Central Coast Chapter

The Pearl Beach Aboriginal History Group

Wyong District Museum & Historical Society

ACTIVITY/HOBBY

Central Coast GNU/Linux Users Group Coastal Communicators Toastmasters

Craft/scrapbooking

HALL BOOKINGS

Kulnura Hall

Mangrove Mountain Hall Somersby Hall and Mountain Districts Culture and Heritage Centre Yarramalong school of Arts / Hall

2nd & 4th Sun. of the month. 10 am, followed by luncheon, tea, coffee, cakes (cost \$15). George Downes Drive, Peats Ridge

Sun @9.30am, Church & Kid's Program, Kariong Public School Hall, Chris Clarke email reverc@hotmail.com

Holy Trinty Church, 2nd Sat of the month 4pm, Contact 43771374 or 43771168 as times

4pm, Contact 43//13/4 or 43//1108 as times may change each month.
2nd & 5th Sunday of the month, 4.30pm Mass at St Michael the Archangel, Wollombi.
Every Sat. evening vigil – 5.30pm St. Francis of Assisi Centre, 30 Lutana Rd, Somersby.
1st Sunday each month, 11.15am St. Barnabas Catholic Mass All welcome. Enq 4356 1321

Kooree Guide Cabin, every Monday in school term, 5.00pm – 6.30pm Kooree Guide Cabin, every Monday in school term, 6.00pm-7.30pm

Cubs meet 6.30pm – 8.30pm Wednesdays Scouts meet 7.00pm – 9.00pm Tuesdays Venturers meet 7.00pm – 9.00pm Mondays Contact 0438 476 562

Every Tues (except school holidays) 9am to 11.30am, Kooree Guide Cabin. Bec G, PH: 0421 996 029 Anne, PH: 0412 526 557 Email: becgilmour@gmail.com

25-27 Henry Kendall St., West Gosford, Ph: 4325 2270. www.henrykendallcottage.org.au Last Sat of month. All welcome, contact Jan Kofron 0405321478 jankofron@optusnet.com.au 2nd Sat of the month, 10.00am for 10.30, Point Clare Hall (except Jan & Dec). Contact John 43921926 or Jon 43116254.

3rd Fri each month 7.30pm Pearl Beach. Peggy 0411754577 pbaboriginalhistory@gmail.com

Open Sun to Thurs, 10am-2pm, other times by appt. Contact 43521886 email info@ alisonhomestead.com.au. website: www. alisonhomestead.com.au

www.cclug.org.au - all most welcome 1st & 3rd Thurs of month, 6:45pm to 8:45pm at Doyalson-Wyee RSL. Debbie 0421216952 Yarramalong Hall 4th Sat of the month 10am to 5.00pm cost \$12per person ph 43561196

Hall bookings contact Annette Stackman 43561196 Committee mtg 3rd Thurs 7:00pm at Hall- Open to all from community.

Hall bookings Ryan Howard 0405416289 Hall Bookings: 0413 359 655

or AH 4373 1488 booking contact Fiona Mob 0422 865 041 ph 43561600

REMINDERS FOR YOUR DIARY

The Dharug and Lower Hawkesbury Historical Society Excursion

The Wollombi Valley Sculpture Festival 2021

Visit the Wat Buddha Dhamma, Ten Mile Hollow and Clare's Bridge. Date:- Saturday, 26th June 2021 Time:- 9.30am. Bookings: 0405 321 478 by Tues, 22nd June 2021.

11 - 26 September 2021, Wollombi Village



Big Jims Lawn Mowing 0405 178 197 James Morgan

Council moves to recover unpaid rates and charges

Central Coast Council has moved to recover more than \$1.7 million in unpaid rates and charges.

Council has exhausted all other avenues to recover these rates available under the Local Government Act and will now move to sell 123 properties by public auction.

Council Administrator Rik Hart said the sales were the option of last resort.

"We understand that some members

of our community are suffering from genuine hardship, and for those behind on rates in that circumstance our teams have worked with them to plan repayments," Mr Hart said.

"However, more than half of the properties targeted in this sale have outstanding rates for more than five years, and all other attempts for Council to address this has failed.

"It also includes 50 vacant properties that are more than one year in arrears and have not provided an application for genuine hardship or entered into an arrangement that meets Council guidelines for payment.

"In such a dire financial situation, we can no longer expect other ratepayers to subsidise these unpaid properties."

Council will not proceed with the sale of any land owned by pensioners.

Central Coast Council Media Team

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He said, "Everyone who exalts himself will be humbled, and he who humbles himself will be exalted."

(Luke 18:9-14)

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These columns will be set aside each issue for residents to advertise inexpensively and effectively in their own local paper. If you have anything you wish to sell, buy, swap, etc., ring 4374 1039 or 0412 669 649 during office hours. Rates start at \$4.00.

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CASH PAID – collector of all oil, petrol, automotive, old shop and agri items. Any enamel signs, oil & grease tins, bottles, bowsers, steam & tractor. Mick 0422688670

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We need extra water for horticultural production. Please call Craig Bryson of Sprint Horticulture on 0407 777 468.

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LOOKING to RENT Mature male, employed with references looking for cabin on property close to Somersby industrial area. John 0404 855 365

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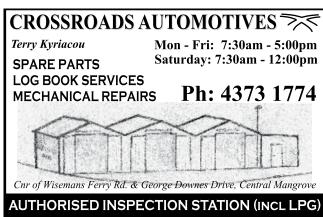


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