

COMMUNITY NEWS

No. 880 Ph: 4374 1039 Mo: 0412 669 649 Email: enquiries@cnews1.com.au Web: cnews1.com.au 16th July 2021

It's time to make the Central Coast a stand-alone region

Federal Liberal Member for Robertson is renewing calls to make the Central Coast a stand-alone region with Gosford as its capital city.

"It's time," said Ms Wicks. "The Central Coast needs to be declared a stand-alone region with Gosford as its capital city, not as part of the Greater Sydney, Newcastle or Hunter regions," Ms Wicks said.

Ms Wicks, who has been lobbying the NSW Government for the region change for over 12 months, said the extended COVID-19 lockdown has highlighted the need for the Central Coast region to be excluded from the Greater Sydney catchment definition.

"Central Coast businesses are suffering under this extended lockdown and while I applaud the NSW Government for prioritising lives and keeping people safe, it has really highlighted the challenges of being lumped in with Greater Sydney," Ms Wicks said.

The Federal Member for Robertson said she has previously lobbied her Liberal colleagues over the issue.

"I met with NSW representatives about this issue in August 2020 and held a stakeholder roundtable in September last year and the case for us being a stand-alone region has only strengthened since then," she said.

"The Central Coast has a unique identity, Ms Wicks said. "We are now one Central Coast Council and home to over 340,000 residents, a population larger than Wollongong, Geelong and Hobart.

"I have faith that the Premier can require the NSW Government to agree to a common definition for the Central Coast and declare Gosford as our capital city and I am calling on the state government to do so."

"By having a consistent definition, government policies can be more effectively implemented in the region, as well as giving certainty to Central Coast residents and businesses who have been confused as to whether they are eligible for government programs and why they are being lumped like greater Sydney.

MANGROVE MOUNTAIN UNION CHURCH UPDATE

Since the announcement by the committee in charge at the time that they intended to sell the church, the community has been working feverishly to prevent the sale and keep the church in the hands of local residents.

The ownership and management of the church was set up as a trust where the trustees and in a later form, the committee, held the property in trust for the residents of the district.

In a long standing process, the trustees and committee members, over time, due to various reasons, vacated their positions and were succeeded by other members of the community.

In an unprecedented move, the committee decided, with a vote of 3 to 1, not to transfer management to others but instead to sell the property.

The group of people who attended services ministered by Uniting Church ministers were and are opposed to the sale and were further disappointed when the committee stopped opening the church forcing the group to hold services in the carpark area.

As a consequence, the group decided that the three committee members who advocated the sale were to be dis-endorsed as representative members of the group and were no longer approved by the group for membership of the MMUC Association. Under the

"We don't consider ourselves to be part of Greater Sydney we see ourselves as the Central Coast."

Ms Wicks said that with a new region and capitol city status government departments could relocate to the Gosford, providing more jobs for locals.

"I want to thank the Central Coast Community for all they are doing to comply with the NSW health orders but this lockdown has highlighted the frustration that many Central Coast residents feel when we are overlooked as an individual region with its own capital city.

"I will not stop fighting for this change because it's past time that the Central Coast becomes a region in its own right."

*Media Release from the
Office of Lucy Wicks MP.
Member for Robertson*

constitution, these three persons are now not eligible to be on the committee of the MMUC Association.

Subsequently, in accordance with the constitution, eight new persons have been appointed as members of the MMUC Association.

To add to the mix, the Uniting Church had provided notice that the Mangrove Mountain Congregation would be dissolved on 30/6/21. As a result, the group of persons who had been attending the services at the MMUC decided to form into an Incorporated Association to be known as the Mangrove Mountain Christian Group with the intention of continuing to hold Christian services at the MMUC.

Investigations have shown clearly that the reasons for the sale put forward by the previous committee are not valid. There were no real financial problems identified, there was ample help on offer for maintenance and operational activities, the buildings are in good condition and there is absolutely no legal imperative to sell the property.

The actions of the three dis-endorsed committee members have been called into question as well as their appointment of a liquidator. With no debt and no question of solvency, there is great difficulty in understanding why a liquidator would be appointed.

The Mangrove Mountain Christian Group has engaged a solicitor to assist in dealing with the liquidator and the NSW Department of Fair Trading.

Through all that has eventuated, despite the community support and the appointment of new members to the MMUC Association the previous committee members continue to push for the sale of the church. The reasons for this are unfathomable and have led to a great deal of speculation.

Keith Aranjó



Believers that Beggar Belief

In 2016 the President of the Union Church Committee put it on record that the church was a community asset, built by and for the community. In 2021 the committee is telling that same community that the church is not a community asset, it belongs to them as officers of an association constituted exclusively of local Christian groups, and will be sold regardless.

It is either an asset that belongs to the community or it is not. So which of their statements is a lie? If they believe both statements are true, perhaps it is true that belief trumps reason and they, as believers, have no charge to answer.

While on the subject of Mysterious Ways, it is interesting how commonly held places hold a community together and tie us to our heritage. They often can, in the case of objects and buildings, provide tangible doorways to our knowing more about ourselves. A mystery indeed.

To take a case in point, the move to have the Union Church and grounds made a war memorial. What do we know about Richard Le Gray whose name appears on a plaque once affixed to the Union Church? Do we know

how he died in WW1? Why is it that only he and William Jamieson were commemorated in this way, when many others died? And what does this tell us about the Mangrove Mountain/Cootamundra connection?

We do know that many settlers in the Mountain Districts came here from Cootamundra, and that "seven Cootamundrians enlisted from the district: E. Haslam, W. Lindsay, P. Solling, H.J. Gates, Athol Kelynack, V. J. Pinkstone (killed), and H. Le Gray (killed)". This is from the Cootamundra Herald, owned by Fred Pinkstone senior, another of

whose son's, Norman, farmed on the Mountain and was at Lone Pine with his brother Vic Pinkstone when he died.

Charles Richard (Dick) Hubert Le Gray was born in Cootamundra, his father was George Charles Gray from Switzerland and his mother was Edith Esme Leonore Schonfeldt, aka Edith Gray, Esme Le Gray, Blanch E.E. Le Gray, Mrs Blanch Edith Bissaker, and Blanche Mulcahy. She died at Mangrove Mountain in 1915.

Prior to 1900 the family name was Gray, not Le Gray. This can only reliably be dated to a time coinciding



Nice to see our emblem the Doryanthes flower holding the flag

WATER BORES

Local drilling company based at Ourimbah

Contact: Paul Slade

Ph/Txt: 0408 471247

email:

Sladedrill@bigpond.com

MANGROVE MOUNTAIN PHARMACY



Monday – Friday: 8:30am-6pm
Saturday: 9am-2pm Sunday: Closed

Flu vaccine 2021 now available

Book Your Covid-19 Vaccines Now

- Free webster packing and all your pharmacy needs
- Household goods and gifts
- Milk, cold drinks
- Return and Earn collection
- Parcel point outlet

3/1 Waratah Road, Mangrove Mountain, NSW 2250

Phone: (02) 4374 1457 Fax: (02) 4374 1479

Email: mangrovetmparmacy@gmail.com



AUSTRALIAN WAR MEMORIAL P04754 001
S. S. Suevic

with the discharge of four of the Gray children who were, due to neglect, made State Wards (Vic.) in 1888. "Our" Richard Le Gray was born after 1888 when they were registered as state wards, so he was taken care of by his mother Mrs. Bissaker in Cootamundra.

Perhaps changing the family name was a way for them all to start new lives. One of the children changed from George Walter Gray to Walter Arthur Bray. There are many colourful twists in the Gray tale. What was happening in 1898 when Blanche Edith Bissaker, Steam Dye Works Cootamundra, advertised a £10 reward for evidence that would lead to criminal proceedings against people "falsely and maliciously slandering her character"? Or when in 1888 George Charles Gray turned himself in to the police after taking an overdose of Chlorodyne (note said his wife was not to blame)? – He recovered.

Walter Bray enlisted in 1916, another brother Louis Bertram Le Gray in 1915 and Richard Le Gray in October 1916, the same year his father died.

After being presented with a radium dial wrist watch and soldiers' kit at the Somersby School of Arts in November 1916, Richard boarded the S S Suevic en route for the war. Sadly, on the 16th of December 1916, after two to three week's illness, he was transferred to the Alexandra Hospital in Cape

Town where he died of measles and pneumonia aged 21. He is buried in the Maitland Cemetery Cape Town.

Although we know the end of Richard's story, there are still many mysteries remaining about his



Grave of R H Le Gray. Maitland Cemetery, Cape Town South Africa

short and troubled life. When his property was advertised for auction in 1918, "a conditional purchase, improvements included a small dwelling house, fencing, 6 acres of orchard and citrus trees just coming

POLITICIANS GESTAPO BULLIES - THE FAMILY PRIYA & NADES MURUGAPPAN

You have singled out a decent family and you have used your Gestapo tactics to the best you can against this family.

This family have not committed any crime against the Australian people.

Note well.

The two Australian born girls are entitled to our Aussie laws, not to be imprisoned for years by your arrogant and very bigoted views.

This family of four good people were and are accepted by the people of Bilo as a community.

As far as I am concerned they are Australian Citizens.

You and your Gestapo bullies make me ashamed to be Australian born and bred.

Yours in disgust.

John Wells

into bearing" it revealed energy and industry promising much. Perhaps it was community support from fellow Cootamundrians as well as other early Mountain dwellers that got him established, but in the few years he had been here he had garnered significant community goodwill that there was a large crowd at his send off.

There is a plaque honouring him at the Union Church. If nothing else it recognises that being in a community, like a country at war, is a matter of mutual responsibility and belonging. Just a thought for those believers in exclusion, self interest and self righteousness.

I think this is where I came in.

Neil Berecny-Brown



Absoloot Septic

**For all
things septic,
including
pump outs, call
us today**

Your local certified AWTS septic agents
Website – www.absolootseptic.com.au

Phone 02 4362 1060



Bikes n Motors

Service & Repairs
All Light Vehicles
Cars & Bikes

PH: 0491 622 080
bnm@bikesnmotors.com.au
1154 George Downes Dr, Behind Jerrys'

TRIBUTE TO STEPHEN GOODWIN

MDA would like to acknowledge the loss to our community with the passing of Dr Stephen Goodwin. Stephen passed away on the morning of 9th July, 2021.

Stephen had been involved with community issues through MDA since 2012.

Our first major campaign was fighting against Coal Seam Gas exploration on the Mountain. This involved doorknocking the whole community and we were successful in keeping our districts CSG free. Stephen took on a major role in



compiling the data that was crucial in our success.

By 2015, MDA became involved in the campaign to stop the Landfill at Mangrove Mountain, which had

the potential to contaminate the Central Coast water supply. Stephen's dedication and persistence over six years brought the whole issue to a head. His scientific understanding; attention to detail and knowledge of bureaucratic processes has progressed the issue. At present we are awaiting a court decision, and unfortunately, Stephen will not see the successful outcome to his endeavours.

Stephen's goal was to protect the district from greedy developers, waste dumping and excessive resource exploitation. We have developed a deep respect for Stephen's insight into the bureaucratic process, his incredible persistence, his energy and his belief in what he understood as fair play by officialdom and individuals.

We are indebted to Stephen for his dedication and hard work. He will





**Nevertire
Rural
Services**

Richard Burrell
for complete farm maintenance

620 Oyster Shell Road
Lower Mangrove NSW 2250
ph/fax: 02 4377 1331
mob: 0417 681 511

- stockyards
- 13 ton excavator
- stables
- 100hp 4wd extender backhoe
- dressage arenas
- 100hp 4wd tractors
- all types of rural fencing

- mulcher, slasher, plough
- rural landscaping
- rock drilling
- portable workshop in a trailer
- stick rake
- side shift post driver
- picket post driver



- Installation
- Repairs
- Maintenance

MAMMOTH
REFRIGERATION AND
AIR-CONDITIONING

- Domestic
- Commercial
- Industrial

◆ 0400 617 737 ◆



BRIGHTPOINT
PLUMBING LIC. NO. 165015C

Plumber, Gasfitter and Drainer

- Specialising in maintenance & small jobs
- Guttering and Downpipes
- Hot Water heater replacement
- No Call-out fee

Rooftop
Sprinklers

Phone Kerry for friendly, reliable service
4374 1927 or 0403 752 282

MAITLAND CATTLE SALE REPORT

Store Cattle Sale - 5th July

Total yarding of 450 head.

Trends: Trade Cattle - Firm to 20c dearer for better bred weaners. Export Cattle - firm to 10c dearer.

All regular buyers operated. Quality and condition across the yarding was fair, with many cattle just starting to show the affect of the wet weather we are in with short feed.

- Best vealers 485 to 530c/kg;
- Restocker steers 200-280kgs 500 to 660c/kg Avg 575c/kg;
- Restocker steers 280-330kgs 500 to 596c/kg Avg 525c/kg;
- Restocker heifers 180-280kgs 480 to 590c/kg Avg 550c/kg;
- Restocker heifers 280-330kgs 470 to 540c/kg Avg 515c/kg;
- Yearling steers 465 to 550c/kg;
- Yearling heifers 456 to 544c/kg;

be always remembered and greatly missed.

Stephen and his partner, Marilyn, have requested that donations to the Lung Foundation of Australia would be a way of honouring Stephen in lieu of flowers.



Mountain Districts Association
Working for our Rural Community and the Environment
www.mountaindistrictsassociation.com.au

- Feedlot steers 400-550kgs 440 to 505c/kg;
- Export heifers 330 to 352c/kg;
- Cows 260 to 336c/kg most sales 270 to 310c/kg;
- Bulls 240 to 330c/kg.

AuctionsPlus results for Friday, 2nd July - A/c Warrington Station, Munni sold 7 Angus heifers 14mths unjoined for \$2200 and 40 Angus heifers 9-10mths 273kgs for \$1815.

Maitland Liveweight Report - 28th June 2021

A light yarding with 421 cattle yarded. All buyers were in operation with a firm to slightly stronger market on quality yarded. Trade and export cattle were firm to 5c/kg stronger.

- Best Butcher vealers 472 to 515c/kg;
- Yearling steers 458 to 554c/kg;
- Yearling heifers 432 to 542c/kg;
- Restocker steers 200-300kgs 470 to 630c/kg;
- Restocker heifers 468 to 556c/kg;
- Euro steer & heifers 495 to 548c/kg;
- Feed steers 420-480kgs 480 to 502c/kg;
- Grown steers & bullocks 320 to 390c/kg;
- Export heifers 360 to 370c/kg;
- Cows 265 to 354c/kg.

Highlights

- A pen of Angus steers 546c/kg 336kgs sold for \$1836;
- Angus & Butcher vealers 512c/kg 397kgs sold for \$2028;
- Milk tooth Angus steers 492c/kg 482kgs sold for \$2365;
- Angus & black baldy cows 315c/kg 670kgs sold for \$2110.

Catalogues are now available for the annual Sugarloaf Angus Bull Sale - Saturday, 7th August 2021 at 1pm

Next Maitland Liveweight sale - Monday 12th July 2021 - Commencing at 9am

Next Gloucester Store Sale - Thursday 8th July 2021 - Commencing 11am

Next Maitland Store Sale - Saturday 17th July 2021 - Commencing 12 noon

A friendly reminder that we are often in the area seeing clients and looking at their livestock and if you would like us to call in be sure to give us a call.

Keep up to date with bowelidbury.com.au

Michael Easy & Rodney McDonald
Bowe & Lidbury
52 Kyle Street, Rutherford NSW 2320
P: 02 4932 7066

WARD Septics

Septic Tank Cleaning

* Small Pump Out Truck with Plumbers Jetter attached for clearing blockages in sewer pipes.

* Truck carries water to run Jetter

* Water Tank Cleaning

* And Even Cheaper Rates For You With A Neighbour

Call Paul For More Info

0438 315 514

SepticCleaning.com.au

PJC CONTRACTING

PROPERTY MAINTENANCE

- ◆ Gutter Cleaning
- ◆ Window Cleaning
- ◆ Pressure Cleaning
- ◆ House Washing
- ◆ Chimney Sweeping
- ◆ Handyman Work

Family Run Business

30+ Years of Trade Experience

Fully Insured - Free Quotes

Paul - 0403 044 400

pjccontracting101@gmail.com

- * Post & Rail
- * Fence
- * Painting
- * Repairs
- * Bobcat Hire

Ricks Rural Fencing

- * Chain Wire
- * Wire Stock
- * All types of rural fencing

Servicing the Mountain for over 30 Years

Phone Rick 43731155

MARKET IN REVIEW

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



Hi, Jay Talbot here from TalbotPartners Real Estate – The Acreage Specialists.

What’s happening to the real estate market in the midst of lockdown, Aiden Devine @ realestate.com.au has just published this article.

Extended lockdown has put Sydney’s booming housing market on ice as sellers pull the plug on auctions and delay listing new properties.

There were originally going to be just under 800 city auctions this week – a drop from the over 1000 in the week preceding lockdown – but early indicators were many would not go ahead. Close to 60 per cent of the homes that would have gone under the hammer last week sold prior to their auction, while 23 per cent were withdrawn or postponed, CoreLogic figures showed. Under current restrictions, home seekers are permitted to view listed properties only by private inspection. Open homes and public auctions on site are not allowed.

Realestate.com.au head of economic research Cameron Kusher said the restrictions were putting the brakes on new listings but would do little to derail buyer confidence. “There is enough momentum in the market for there to be a very quick bounce back when lockdown ends,” Mr Kusher said.

The lesson from Melbourne’s four month lockdown last year was that restrictions discouraged sellers more than buyers, he added. “The Melbourne lockdown didn’t impact as much you’d think,” Mr Kusher said.

“There was a drop in sales activity but there were still committed buyers. Lockdown is not as strict and that will make a difference. There are also tools that make it a lot easier to view (homes) without stepping foot on the property”. Mr Kusher said home seekers who thought it would be a good time to swoop in on a potential bargain would probably be disappointed.

Ray White chief economist Nerida Conisbee said the lockdown would have a stronger influence on what home seekers purchased, rather than whether they purchased at all. The experience of previous lockdowns was that increased time at home often encouraged families to seek out bigger properties in lower density areas, she said. “Lockdowns last year encouraged more people to look outside of capital cities to regional areas where they could get bigger houses”. Ms Conisbee 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

Coastal Gutter Cleaning



Call Ben:
0420 752 855

coastalguttercleaning@outlook.com

Southern Diesel Services

ROAD, CIVIL AND AGRICULTURAL REPAIRS

Workshop / Mobile 24 HRS
Mangrove Mountain

Engine Control Units, Engines, Gearboxes,
General Maintenance, Hydraulics

Mitchell Crane
PH: 0431 095 365



Dewar’s Cabinets

New showroom now at
Unit 4, 2 Pile Rd Somersby
Phone: 4342 4646

CUSTOM KITCHEN,
VANITIES & WARDROBES

WANTED
DEAD OR ALIVE

Cars | Bikes | Boats | Tractors
Lawnmowers | Machinery | UTV | ATV
Caravans | Old Signs | Oil Cans

REWARD OFFERED
PHONE: 0408028908

www.yourtrashourgold.com.au

Proud Supplier of ENIRGI BATTERIES on Mountain





**GET READY FOR A BUSH FIRE
FOUR SIMPLE STEPS TO MAKING
YOUR BUSH FIRE SURVIVAL PLAN**

Getting ready for a bush fire is easier than you think. By taking 20 minutes with your family to discuss what you'll do during a fire, you could save their lives, as well as your home.

Get ready for bush fires, prepare a Bush Fire Survival Plan. Getting ready for a bush fire is easier than you think. By taking 20 minutes with your family to discuss what you'll do during a fire, you could save their lives, as well as your property and livestock.

FOUR SIMPLE STEPS

There are four simple steps to get ready for a bush fire:

STEP 1 - DISCUSS



DISCUSS WHAT TO DO IF A BUSH FIRE THREATENS YOUR HOME

DISCUSS

Many households find that having a discussion over dinner works best as everybody is together and focussed.

STEP 2 - PREPARE



PREPARE

PREPARE YOUR HOME AND GET IT READY FOR BUSH FIRE SEASON

There are simple things you can do around your home to prepare it for a bush fire, like keeping the grass low and having a cleared area around your home.

STEP 3 - KNOW



KNOW THE BUSH FIRE ALERT LEVELS

KNOW

If there is a fire in your area you will find its alert level on the NSW RFS website and in the 'Fires Near Me' app. You need to keep track of the alert level so you know what you should do.

STEP 4 - KEEP



KEEP ALL THE BUSH FIRE INFORMATION NUMBERS, WEBSITES AND THE SMARTPHONE APP

KEEP

In a bush fire, it's important that you stay up to date on conditions in your area.

It's a fact. If you and your home are well prepared, you stand a better chance of surviving a bush fire.

Don't wait until summer, start preparing now

https://www.rfs.nsw.gov.au/__data/assets/pdf_file/0020/106814/Farm-Fire-Plan.pdf

CNS Electrical
Lic No. 214132C



Your local Electrical Contractors on the mountain, specialising in Rural, Domestic, Commercial and Industrial works.

Call Cameron for a quote on: 0438 695 600
Office: 02 9157 7646
Email: admin@cnsindustries.com.au

Tennis anyone?

All levels private lessons, groups.
From beginners to social to tournament level players.
Home visits available.
Sports mentoring for parents and youth.

Call Clint Newcombe
0416 239 773

HS MASONRY

Bricklaying Services

Tom Harvey

0422 569 278



FIREWOOD

Seasoned local firewood cut, dried and ready for delivery.

Paul – 0437 006 060

Mountain.Firewood19@gmail.com  Mountain Firewood

JUST! Live

Kids entertainment – perfect for families.

Laycock Street Community Theatre

Every year Andy's school holds a short story competition and every year Andy writes an awesome, amazing, captivating, TERRIFYING story. But every year Andy is robbed of winning, thwarted by some dumb story about kittens and sunshine. How is that possible?!

WANTED!

Old or Unwanted Ride-on Mowers

I am willing to buy that mower that you just don't need anymore and is filling up your shed!

Contact James Morgan
on **0405 178 197**



Because Mr Rowe is against him - the game is rigged! Mr Rowe wouldn't know a good story if it jumped off the page and bit him on the bum. What kind of person doesn't like action and monsters and explosions and aliens and all the things a story needs to keep it from being a BORING SNOOZE FEST!?! Like the kind of story Tanya Shepherd writes. Blurgh...

Who cares that technically Andy's been banned from entering the competition after last year's... incident. There wasn't that much vomit and the two kids taken to hospital were totally fine! Well, mostly fine. Anyway, that's all in the past. This year Andy knows that the prize is within his grasp. All he has to do is write the most INCREDIBLE story the world has ever read! Easy!

With the help of his best friend Danny, the love of his life Lisa (but if you tell anyone he said that, he'll feed you to a

giant slug!), his somewhat trusty dog Sooty and a lifetime of crazy, shocking, doomed, stupid and just plain DISGUSTING experiences, Andy sets out on a night that will ensure a flawless victory. As long as his brussels sprouts farts don't poison them all before morning!

JUST tricking, annoying, stupid, crazy, disgusting, shocking, doomed LIVE ON STAGE! takes on the wonderful world of the JUST books by Andy Griffiths, vividly and hilariously

bringing them to life on the stage with everything from invisibility pills and Mudmen, to vomiting dogs and death defying balloon rides.

JUST tricking, annoying, stupid, crazy, disgusting, shocking, doomed LIVE ON STAGE! Definitely not for the faint farted...I mean hearted!

**** Suitable ages 8-12 years ****

Adapted from the JUST book series written by Andy Griffiths and illustrated by Terry Denton.

Playwright - Robin Goldsworthy

Blazey Best - Director

James Browne - Set and Costume Design

Nate Edmondson - Composition and Sound Design

Veronique Benett - Lighting Designer

Harry Milas - Magic Consultant

Rebecca Poulter - Company Stage Manager and Production Manager

Cast - Jack Angwin, Kelly Monisse, Sam Bowden

Performance Times

Sunday 22 August 2021 - 2.00pm

Monday 23 August 2021 - 10.00am

Duration: 1 hour

Tickets

Adult - \$25.00, Child - \$20.00,

School Groups - \$18.00

Bookings: <https://ccclaycock.sales.ticketsearch.com/sales/salesevent/7183>

Central Coast Council
Programs and Venue Services

Dr. S. ANANDASIVAM

(ANAND)

MBBS, FRACGP, AMCC

For Doctor Appointments:
Monday - Friday 9am- 5pm

*Laverty Pathology Service
Available:*

*Monday to Friday 8:00 till 3:30
Saturday 8:30 till 12*

Medicare Bulk Billing

**1639 Nurses Road
Central Mangrove, 2250
02 4373 1914**

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**

This is opposite the Imperial Centre next to Kibble Park

The surgery is operating under the name
"CENTRAL COAST DENTISTS"

OPENING SPECIAL:

**Examination Clean and Fluoride
application \$120**



SPECIAL PLANT SALE – SAVE THE DATE

Our usual plant sale on the first Saturday of the month has been postponed due to the NSW Government COVID Lockdown.

BUT we've decided to celebrate the end of the lockdown by holding a SPECIAL WILDPLANT SALE on Saturday, 17 July.

MEANWHILE, if lockdown is giving you green thumbs, you can order plants from our nursery online.

Simply email nursery@cen.org.au, place your order, pay online and we will arrange for you to pick up your order from our office at Ourimbah.

9am to 12pm, off Brush Road, Ourimbah

EVENTS TO LOOK FORWARD TO

Aboriginal Cultural Burning Talk and Walk Narara

August 13 Friday, 10am-12.30pm
Cost: FREE, includes scrumptious morning tea.

An introduction to managing fire on your property the Aboriginal way with Den Barber from Yarrabin Cultural Connections. Den is an Aboriginal Cultural Fire Consultant and Practitioner.

Nocturnal Safari, Narara



September 23 Thursday, 6-9pm
Cost: FREE, includes scrumptious supper.

Come along on an adventure and discover the animals of the night with Tom Covell from Hooked on Nature.

Seed Collection Workshop

October 13 10am-12.30pm
Seed collection and propagation workshop, Cost: FREE, includes scrumptious morning tea.

WORKSHOP BOOKINGS ARE ESSENTIAL

For more information go to www.cen.org.au/events

Phone 4349 4756

Email nicole.heta@cen.org.au



JUST! Live at the Laycock Street Community Theatre

YOUR NURSERY SUPERSTORE!

24 Burns Road
Ourimbah 2258

beside M1 Interchange

T: 02 4362 2236

W: www.bigflower.com.au

E: c.boes@hotmail.com



The Biggest Nursery on the Central Coast - 10 Acres!

**Open 6 days Tuesday - Sunday - 9am - 5pm
Closed Mondays**

Looking for plants, shrubs and garden pots to get your gardening under way?

We stock one of the largest ranges of plants and pots on the Central Coast.

Big Flower has a huge plant section with varieties from all over the world. We have our own wholesale nursery with 40,000m² of area which allows us to grow our own plants and give you lower prices.

And you can't go past the 50% discounted section! There are also thousands of artificial flowers and vases.

Visit us today for professional advice.



- Sand • Soil • Gravel • Road Base
- Chicken Manure Supply and Shed Cleanouts • Bulk Deliveries

- B-Double Prime Mover • Truck and Dog
- Bogie Rigid-Tipper • Bogie Rigid-Tautliner • Semi-Tipper
- 45ft Flat-top, Stepdeck & Tautliner

Dallas J. Fabian

0417-285-047

dallas@djhhaulage.com

VALE STEPHEN GOODWIN

Late of Mangrove Mountain, passed away peacefully on the 9th July 2021, aged 74 years

Loving husband of Marilyn, much loved father of Alison and Nicholas, and adored granddad to Isabelle, Finn, Lachlan, Tye and Charlotte.

Stephen dedicated his life to making a difference for his community and the district and had a passion for gardening.

Stephen's contribution was acknowledged with numerous awards and for that we would like to say thank you and that we will all miss you dearly.

A gathering to celebrate Stephens life will be held at a later date when COVID restrictions permit.

In lieu of a memorial Stephen's children would love to hear of any



stories, moments or photo's you would like to share.

stephengoodwinmemorial@gmail.com.

They can be contacted at

Nicholas Goodwin

HELP KEEP OUR AREA CLEAN

Phone the RID hotline:
131555
or report online: <https://ridonline.epa.nsw.gov.au/#/home>

SOMERSBY CWA LONG TABLE LUNCH

SUNDAY 15TH AUGUST, 2021
\$25 per Head 11.30am
Please ring: 43721280 to reserve a seat
We are staying Positive, that COVID will be kind.

RURAL INSURANCES

If you're in need of assistance with your insurances give Shortland Insurance Brokers a call!

4324 5244
info@shortlandinsurance.com
Level 2, 27 Dane Drive GOSFORD
Quote the codeword: **"MOUNTAIN"** for special offer


PEATS RIDGE

AGRICULTURE • COMMERCIAL • RURAL • INDUSTRIAL
Australia's Leading Water Solutions Network

HERFO'S WOODSHED

QUALITY SEASONED FIREWOOD
Cut & split vintage Ironbark
Sold via National Measurements Act
Registered Public Weighbridge

More heat for your dollar
Weight ticket with each delivery

call to order:
4373 1316
www.herfoswoodshed.com.au

- ◆ Water Treatment
- ◆ Irrigation Systems
- ◆ Mowers & Ride-Ons
- ◆ Fire Protection Systems
- ◆ Water Tanks
- ◆ Pump Systems
- ◆ Fertigation
- ◆ Pipes & Fittings
- ◆ Chainsaws & Generators
- ◆ Repairs

Ph 4373 1466
780 Peats Ridge Road, Peats Ridge

www.thinkwaterpeatsridge.com.au



TalbotPartners
RealEstate

The Acreage Specialists

We're excited to announce
the opening of our new office!

4 / 61 Howarth Street Wyong (just near the race track).

If you are in the area, please pop in and say hi.

For an obligation FREE market appraisal,
just call Jay on 0414 079 220.



Simply Better

www.talbotpartners.co

Hall Plant Sale a great success!

The sun was shining all long weekend as locals and visitors to the area flocked to support our inaugural June long weekend plant sale at Mangrove Mountain Hall, with all funds raised going to the historic Mangrove Mountain Hall and the Save our Church campaign.

Peter Comensoli was up at dawn picking us farm fresh oranges to help raise funds which had people coming back for more and a selection of fresh produce kindly donated by Georgia Sideropoulos and Jams, Preserves and handicrafts from the CWA proved a real hit too.

The hall was bursting at the brim with an amazing variety of quality donated plants with huge thanks to local nurseries, Andreasens Green and Colourwise nursery.

After completely selling out of plants we owe a big thank you to Ian from Andreasens Green for allowing us to come back and pick up yet another ute + trailer load of donated plants to help with our fundraising events.

A big thank you to all our volunteers across the long weekend for their tireless efforts.

All up we raised a total of \$4,694.50

Which was split between the Save our Church campaign, receiving \$2,769.

And Mangrove Mountain Hall receiving \$1,925.50.

Ryan Howard



RED HILL RURAL
PROPERTY SPECIALISTS Pty Ltd

0477 033 771
www.redhillrural.com.au

TIJANO TREE CO - all aspects of tree work
Local Arborist, friendly & experienced team. Tree removals, tree pruning, emergency work. Tim 0412 985 422 or tijanotreeco@gmail.com

built by **DAVE**

Dave Elliott *Mobile Mechanic*

📞 0406 890 431
✉️ builtbydave@outlook.com

find us on **facebook**

On The Go Constructions Pty Ltd
Specializing in the building of chicken sheds

Charlie Muscat is well known in the industry, with over 12 years experience and has a reputation for quality workmanship.

- * New Chicken Sheds * Tunnel Conversions * Roofing
- * Machinery/Farm Sheds/Stables/Lofts/Piggeries * Coolrooms
- * All Fabricating services - All frames & trusses are fabricated by On The Go Constructions to Engineer specifications.

Call Charlie on 4374 1114 or 0408 684 719

VISION FOR LIFE...
For all your concrete & pumping services, call Louis on 0418 409 576

SOLD

2985 WISEMANS FERRY ROAD
MANGROVE MOUNTAIN



2985 Wisemans Ferry Road, Mangrove Mountain

- 4
- 2
- 5
- 2 ac

SOLD OFF MARKET IN ONE WEEK

KATE KERSLAKE
0427 233 090



- Picture perfect 2 acres
- Charming weatherboard 4-bedroom home
- 4-bay machinery shed
- Fenced paddock at the rear, ideal for a kids pony

TONY GILMOUR
0400 723 193



Office Address:
Suite 1,
2/872 Pacific Highway
Lisarow NSW 2250

P: (02) 4324 8486
E: info@ccselect.com.au

www.ccselect.com.au

ARTS NEWS

**Wollombi Valley Arts Council
Wollombi Valley Arts Council Inc
What's on at The Wollombi
Cultural Centre**

The Wollombi Valley Arts Council encourages and fosters all kinds of artistic and cultural expression within the Wollombi Valley in order to support and promote artists and our community.

Please visit our [website www.wollombi.org](http://www.wollombi.org)

Coming Exhibitions:

An exhibition by **JUDY LINDER**
31 July - 15 August 2021
Open weekends 10am - 4pm
Old Fireshed Gallery

Alpaca Slow Fashion is an exhibition of recent works by local artisan Judy Linder. For many years Judy has worked almost exclusively with alpaca fibre. This exhibition features alpaca garments handmade from the



familiar huacaya alpaca, and the rarer suri alpaca. Suri fleece has amazing silkiness and lustre, while huacaya fleece is so soft and squishy. Both feature in Judy's creations and hold more challenges for her future work.

NAIDOC Week Celebrations

Due to Covid-19 we have decided to postpone this event, which was to have been held on 17th July. The new date will be advised when it is known. Apologies for any inconvenience caused.

Little Yengo Gallery

Due to the Covid-19 situation the Little Yengo Gallery will remain closed until further notice. Any changes will be posted on the WVAC website and our Facebook page. Our art works can be viewed on our online gallery, and purchases arranged. Any queries

OPEN 7 DAYS
40 YEARS LOCAL

VC DENTAL
Care For Life

ACCREDITED

General Dentistry | Emergency Care | Cosmetic Dentistry
Orthodontics & Invisalign | Dental Implants | Oral Surgery
Sleep Dentistry IV Sedation | Wisdom Teeth Removal
3D CT Scanning | CEREC same-day ceramic restorations

02 4323 1933 | www.vcdental.com.au
Suite 10, 36-40 Victoria Street, East Gosford NSW 2250

NEW PATIENTS
Comprehensive checkup & clean
Includes up to 5 x-rays
No Gap (with health insurance) or \$290

OFFERS (all patients)
Free orthodontic consultation
Free dental implant consultation
Free cosmetic makeover consultation
Sport mouthguards: **No Gap** or \$99

FINANCE
We bulk bill the Medicare CDBS
Zip Pay & Zip Money payment plans
We partner with SuperCare

•EQUINE •BARNES •HAY SHEDS •FARM SHEDS •GARAGES •ARENAS •GARAPORTS



02 4351 8573 | THESHEDCOMPANY.COM.AU

Surrounded

The book, entitled *Surrounded. Stories of Fires and Floods*, celebrates the work of volunteers from the Macdonald Valley during the fires of 2019-2020 and during the subsequent floods.

Preparation for the book involved interviews with over fifty volunteers

regarding opening can be directed to our email address: yengogallery@wollombi.org

Visit <https://www.wollombi.org/little-yengo-gallery> for our online gallery



'Gatherings' - Judith Franklin

Wollombi Valley Arts Council Inc
Email: artscouncil@wollombi.org



who helped protect the Macdonald Valley during that very difficult time in our history. Illustrated with photographs, taken by volunteers and residents during the actual events, the book records their stories.

The launch is scheduled to take place (Covid restrictions permitting) from 5pm-6.30pm on Saturday 24th July at the St Albans School of Arts Hall, Upper Macdonald Road, St Albans.

During the launch copies of the book, entitled 'Surrounded' will be presented to everyone who volunteered during those events and to invited

guests.

The Foundation for Rural and Regional Renewal funded the publication of the book. The grant was auspiced by the Macdonald Valley Association. The book is currently being printed.

Susan Templeman MP and Robyn Preston MP have both accepted our invitation to speak at the launch. Three fire captains from the brigades in the Macdonald Valley area will 'cut the ribbon'.

Kaye Remington
on behalf of the 'Fires Book Team'

CUSTOM DESIGN | BUILDINGS | EXTENSIONS | ALTERATIONS | DECKS |   



0410 100 616 | kim@kdfconstruction.com.au | LIC NO. 267735C



Services:

- Site Levelling
- Land Clearing
- Horse Arenas
- Roadways
- Certified Fill Material

Machines:

- Excavators / Augers
- Posi Track with Laser Level Grader
- Dozer
- Truck & Trailer Tippers

Michael Schembri
0419 236 788

Follow us  

LYNWOOD PRESS
Your local printing service



All types of SIGNAGE...

- Flexible Banners, Self Adhesive Vinyl
- Outdoor & Indoor, Backlit
- Stands, Flags, Retractable, Posters

Ph/Fax: 4374 1039 Mob: 0412 669 649
Email: cnews@k3s.com.au

New look for Boggabilla Brigade truck celebrating NAIDOC Week

A NSW Rural Fire Service truck featuring artwork from Boggabilla artist Elanore Binge has been welcomed by the Boggabilla Brigade in northern NSW as the Service and country continues to celebrate NAIDOC Week 2021.

The striking artwork, which features a design representing the Brigade, fire trails, significant local sites, flora and ashes, appears prominently on the sides of the Brigade's vehicle and is one of the many ways the NSW RFS is participating in NAIDOC Week.

This NAIDOC Week's theme is 'Heal Country' and as explained by the artist, after the fire, smoke and ashes are gone, the rebirth begins with new seedlings, plants and flowers blooming.

The Boggabilla Brigade will soon



hold a traditional smoking ceremony to officially welcome the trucks new look.

NSW RFS Commissioner Rob Rogers said in focus this week is the experience and knowledge that our Aboriginal and Torres Strait Islander members bring to NSW RFS.

"This year, we are marking the week to reaffirm our ongoing commitment to our Aboriginal and Torres Strait Islander members and communities we serve," Commissioner Rogers said.

"Over the years we have continued to strengthen our work with our Indigenous communities through a range of initiatives, helping to improve the level of bush fire preparedness.

"We value the experiences and knowledge that our Aboriginal and Torres Strait Islander staff and members bring to our service, which continues to increase our capacity to engage respectfully with our



Indigenous communities."

Commissioner Rogers said while many planned events this week had been cancelled or postponed due to COVID-19 restrictions, the Service will soon launch the NSW RFS Indigenous Pin to acknowledge and pay respect to Aboriginal and Torres

Strait Islander peoples and their knowledge.

"Every day across NSW RFS you will find us working side by side, sharing knowledge, experience and culture with Indigenous communities" Commissioner Rogers said.

NSW Rural Fire Service



Group fun and support for our ageing friends

Our Friendship Centre gives you an opportunity to meet other people in the community, make friends and have some fun.

With transport to and from the centre and in the community, we can help you help you live your life your way.

- ❖ Community Access
- ❖ Centre Based Supports
- ❖ Morning Tea and Cafes
- ❖ Home Cooked Lunch in Centre
- ❖ Luncheon Outings
- ❖ Games and Puzzles
- ❖ Theatre Trips
- ❖ Shopping Trips
- ❖ Dancing and Singing
- ❖ Nursery Visits

For all enquiries:

Phone Terri on 02 4321 1022 or email info@coastlink.org.au

SOMEHOW IT APPEARS THE WIRES GOT CROSSED

I read with interest the articles regarding the Union Church in the 21st May issue of the Community News.

There appear to be some misconceptions; At the meeting at Mangrove hall it was indicated that Roman Catholics were unwelcome, that was new to me, frankly I was shocked, then I remembered a time in the 60's, when I was employed as a governess. It was required as part of my employment that I attend the Catholic services with the children, I learned that good Catholics were forbidden to attend the worship places of any other denomination, some priests would not even sanction the attendance at weddings and funerals. I do not think it was the union church that made such a ruling but they could have acknowledged a decision that was already in place, that makes more sense.


With regard to coming late to the service, I found it difficult to find when or at what time. My first attempt was on the wrong day, the second I had been told 9.30 arrived at what would have been a bit early but was late. My

3rd attempt I got it right but found the service had been cancelled "without notice" as dis others. Am told it was put on the internet, that would be fine however some of us can't get the wretched net.

With regard to morning tea on the one occasion I did make it (Mother's Day) although I was expected elsewhere. I felt it would be downright rude not to accept the invitation. I was mystified with the change of routine, on other past occasions when I attended everything was put out and everyone helped themselves then mingled with the others. On this occasion we were obviously expected to sit at the tables, possibly because of COVID. I had barely a nodding acquaintance with a couple of people but was seated next to a total stranger. Some people remained standing near the goodies others appeared to prefer the kitchen, I would have welcomed the opportunity of getting to know others!

It would appear that people who would normally never darken the door of a church, when the going gets really rough find solace in spending time "meditating" in the foyer of the church. Until this Sunday I thought the gates were locked as a sign "outsiders were unwelcome" to use the premises.

It appears that the Committee felt unable to share their difficulties with the community, I fin that extremely sad. If there was a problem finding a preacher I am sure had we been



OUR SERVICES INCLUDE:
 Custom built homes • Granny flats
 Extensions • Carpentry services
 Renovations • Decks & Pergolas
 Waterproofing & Bathroom renovations
 Disabled modifications
 Asbestos removal
 Building maintenance

Dane Meredith | Builder
 0243513200
 0420906499
 dane@ebhbuilding.com.au

informed there are others who would have volunteered for the job. As an older female I doubt I would have even been considered.

I do not feel that the Church should be sold or that if it is the proceeds should go outside the community. I know there are alternative solutions. The community should be allowed more input, into possible new horizons. It is in reality the only spiritual hub in the area. I cannot grasp why the decision to sell it was dumped on us without any forewarning!

Clara Jones

MANGROVE PRODUCE AND HARDWARE

1668 Wisemans Ferry Rd, Central Mangrove *(just 1km from the Crossroads)*

WE ARE STILL OPEN FOR ALL YOUR ESSENTIALS.

HOWEVER YOU WILL HAVE TO LOG IN WITH THE QR CODE AND WEAR A MASK AS PER GOVERNMENT REGULATIONS.

- ◆ Horse Feed
- ◆ Pet Food
- ◆ Bird Seed
- ◆ Vet Supplies
- ◆ Chemicals
- ◆ Fertiliser
- ◆ Timber
- ◆ Hardware
- ◆ Hand Tools
- ◆ Power Tools
- ◆ Paint
- ◆ Plumbing
- ◆ Fencing
- ◆ Electric
- ◆ Fencing





Mon-Fri: 7:30am -5:00pm

Sat: 8:00am -2:00pm

Ph: 43731259

SHOP ONLINE AT

www.tuckersstore.com.au
or shop.truevalue.com.au



"My recovery included learning to walk again, lots of physio and many psychologist appointments."



Country roads and fatigue a lethal combination

Andrew's rescue story is testimony to one of the most dangerous factors when it comes to road travel that many drivers take on without realising the possible outcomes of those decisions: fatigue.

On 1 August 2014 on his way to Newcastle through Bundarra, Andrew Bailey was airlifted by the Westpac Rescue Helicopter Service after a head on motor vehicle accident near Yarrowyik, 40km from Armidale.

The only memory that Andrew has of this day is getting in the car, driving out of town and then waking up four days later at Tamworth Base Hospital.

Both ankles broken, shattered femur, lacerations all over his body and a nasty concussion.

Looking at photos of the car wreckage and the severe injuries this caused, Andrew is very lucky to be

alive.

Andrew's recovery was long, spending four weeks in Tamworth Base Hospital and then another 14 weeks at Inverell Hospital.

"My recovery included learning to walk again, lots of physio and many psychologist appointments. I still have trouble today with my ankles and right leg," Andrew said describing his recovery.

Now six years after the accident Andrew, his wife Monica and their four children, John (13yrs), Connor (12yrs), Miah (9yrs) and David (7yrs) are doing well with Andrew stepping into a new role as a full time car detailer.

The Bailey family would have been in very different circumstances today if the Critical Care Medical Team from the Rescue Helicopter were not

Westpac Rescue Helicopter Service



available in these regional areas.

Your support keeps our vital emergency service flying

With overseas travel still restricted and regional travel continuing to increase, we anticipate some busy months ahead for our crews across Northern NSW.

We hope that you and your loved ones never need to use our Service but knowing that your contribution will make a difference in local lives is an amazing gift.

It's why we proudly call this the Community's Own Rescue Helicopter.

Please stay safe and THANK YOU FOR YOUR SUPPORT!

<https://rescuehelicopter.com.au/donate/>

Supported by locals

Every mission we fly is only made possible thanks to the generosity of our communities and there are many ways for you to support your local Westpac Rescue Helicopter.

You may wish to become a volunteer, arrange a regular payroll deduction, play along at Helicopter Housie, leave a lasting legacy of a bequest, drop a few coins in one of our collection tins, attend one of our many regular events including balls, high teas, bike rides, golf days and more...or even organise your own community event! There are also a variety of sponsorship opportunities available.

<https://rescuehelicopter.com.au/you-can-help/>

Westpac Rescue Helicopter Service
1800 155 155

LYNWOOD PRESS

Your local printing service

☞ Flyers

☞ Booklets

☞ Stationery

☞ Business Cards

☞ Graphic Design

☞ Duplicate Books

Publishers of the "Community News"

Ph/Fax: 4374 1039 Mob: 0412 669 649

Email: cnews@k3s.com.au



THE GRASS CUTTERS

- SLASHING
- ROCK PICKING
- FARM CLEANING & CLEARING
- CULTIVATION & MORE



PAT 0419 412 993

One Driver Fined Every 38 Seconds In NSW

NSW Labor has found one driver is expected to be fined every 38 seconds for low level speeding as a consequence of the new scheme to implement mobile speed cameras without signage, which the NSW Government plans to triple.

Since the implementation of the new mobile speed camera method fine revenue has risen by an astonishing 1700 per cent, with the number of fines also rising by over 1500 per cent.

With the success of the method the NSW Government is pledging to triple the amount of the disguised mobile speed cameras on NSW roads, which would consequently mean fines could increase for low-level speeding by over 65,000 per month.

Liesl Tesch MP, Member for Gosford has criticised the cash-grab move.

"The only "success" of this program has been some extra dollars from a revenue raising stunt instead of actually minimising speeding by getting people to slow down."

"It is a cheap and irresponsible grab at NSW pockets, targeting low-level speeding which is often committed by hard working families who are trying their very best to stay afloat

during this already difficult economic period."

NSW Labor is opposed to the scheme instead calling for the warning signs to be reinstated and for a boost of police visibility on roads.

This call comes after more revelations of just \$27.1 million of the Community Road Safety Fund allocated to policing over the last year while \$40.6 million was spent on implementing more speed cameras.

Ms Tesch says the scheme is clearly only a means to raise revenue, not to initiate safety.

"The revenue from fines of less than 10km above the speed limit has risen by over \$15 million since 2020 and if the Berejiklian Government intends to cover that up by saying less cars were on the road in 2020, then the difference between 2019 is just under \$15 million which is still a huge increase."

"If the scheme really was targeting safety, then I'd like to see the same skyrocketing decrease in accidents and fatalities on our roads, which we are unfortunately yet to see."

"I alongside NSW Labor will continue to push the Berejiklian Government to put in sensible and safety inducing measures to ensure NSW is protected from life threatening incidents - that includes more police visibility, not limiting speed camera visibility."

*From the office of Liesl Tesch MP
Member for Gosford*

POSTPONED DUE TO COVID

Wyong Drama Group's upcoming production of "Birthrights" at Red Tree Theatre has been postponed, with tentative new dates being 24th September to 2nd October.

However with the need to precede this with rehearsal time, it is still uncertain.

Thank you for your understanding and support. We will be in touch when we have better news.

*Robyn Weidlich
Wyong Drama Group inc.
wyongdramagroup@icloud.com
rwlw@me.com*

5 Lands Walk now scheduled for 25 September corresponding with the the Spring Equinox and southerly whale migration along the Pacific coast, offspring in tow.

5 Lands Walk President, Pauline Wright, said "So, we are delighted to announce that the 5 Lands Walk Weekend 2021 will take place from 24 to 26 September 2021, with the Walk to occur Saturday 25 September after our Opening Ceremony on Friday the 24th."

*David Fellows
5 Lands Walk Media*

TRUCK LICENCES

**ONE DAY COURSES
LR through to MC
No RTA Test**

No stress!!

If required, 2nd Test is free

Phone: 042 88 444 18

JOHN DRAPER & SON ELECTRICAL CONTRACTORS

Licence No. 65229C

**Commercial, Industrial,
Domestic, Rural Installation**

*Serving the Mountain and Districts
for over 50 years*

For prompt service and quotes

Peter: 43761141, Mobile 0428 732 623

John: 4376 1346, Mobile 0427 106 859



**Friendly,
welcoming
service...**

- Delicious, fresh cafe & takeaway food
- Dessert & Gelato Bar
- Fully stocked local grocery store
- A-Grade grass-fed meat & fresh local produce
- NSW Lotteries

Call in your lunch order: 4374-1668

Think Local ✓

Buy Local ✓

Support Local ✓

REGULAR ACTIVITIES & MEETINGS

RURAL FIRE SERVICES

Bucketty RFS	Weekend Training Station Maintenance General Meeting	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
Calga-Mt. White RFS	General meeting	3rd Monday of the month, 7.30pm at Pacific Hwy Fire Station Mt. White
Kulnura VBFB at Greta Rd Station	General meeting Training	1st Wednesday of the month, 7.30pm 3rd Wednesday of the month 7.00pm
Mangrove Mountain RFS Bloodtree Rd	General Meeting Training / Maintenance	Last Wednesday of the month, 7 pm, All Wednesday's except last of month, 7 pm
Spencer RFS	General Meeting Training Junior Training	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
Somersby RFS	General Meeting Training/Maintenance	First Wed of the month 7.30pm at the Station Every Wed night 7.30 at the Station (except before Wed general meeting)
Yarramalong RFS	Training: Nights: Morning: Maintenance/Training : General Meeting (GM): Contact:	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

COMMUNITY & SOCIAL

Coastlink Friendship Group		Wed 9.30am-2pm at the Health Centre, Nurses Rd, Central Mangrove
Country Women's Association (Somersby)		Second Wed of each month, at Somersby Hall Wiseman's Ferry Road, Somersby, contact Sue, 43721280 or 0407768000.
Country Women's Association (Peats Ridge & District)		First Monday of the month at Community Hall, Peats Ridge School. Any enquiries please contact Christine 0419 400163.
Country Women's Association (Mangrove Mountain Evening Branch)		2nd Tues of the month at Mangrove Mountain Hall 2-4 Waratah Rd Mangrove Mtn. Start 5pm, meeting 7pm. Ph Judy 43771728
Gosford North Inner Wheel club		2nd Wed each month 7pm at Phillip House in Kariong. Contact: Glenis Ph: 0400 486 760
Gosford World Vision Community Group		4th Tues 11am in Presbyterian Church, West Gosford Contact: Glenis Ph: 0400 586 760.
Permaculture Central Coast		Third Tuesday (except Jan.) at Tuggerah Community Hall, ANZAC Rd, 6.30pm - 9pm
Kulnura & District Garden Club		Second Monday, 9.30 for 10am start. Jacqui Maxwell 0455364262 kulnuradgc@gmail.com
Mangrove Mountain & Districts Community Group Meeting		First Thursday of the Month, 8pm, Mangrove Mountain Hall. No meeting in January. Hon. Sec Danny Willmott 0407275653
Mangrove Emergency Planning Committee		Third Wednesday bi-monthly, Mangrove Hall
Mangrove Mountain Country Fair Committee Meeting		2nd Thur of month except Jan, 7:30pm, Union Church Hall. Pres- Shane 0417 436 529
Mangrove Mountain RSL Women's Auxiliary		Third Tuesday of the month, 2pm Mangrove Mountain Memorial Club New Members welcome. Secretary Keitha Coty 43771773
Mountain District Football Club Meeting		Second Tuesday of the Month 6.30pm at the Mangrove Memorial Club
River Cares for the Lower Hawkesbury River District		President Robyn Downham 0414248224 Email rivercaresinc@gmail.com
Rotary Club Meeting		Friday 7.15am at Phillip House. 43404529
Spencer Community Progress Group Inc		President Brad Maisey, Community Meetings, 4377 1167, spencercpg2@gmail.com
Spencer Community Ladies Social Club		Last Fri of month. 12.00 noon Spencer Community Centre, Jennifer Dayes 4377 1364 Articles to: spencercpg2@gmail.com
The Mountain Tuesday Social Tennis Group		Tue 9.30am-12.30pm, Kulnura Tennis Courts. Ph Glenys Palmer on 4374 1441 for enquiries.
Somersby Equestrian Club Club & Committee Meeting		Every 2nd month. Check website for further details. www.somersbyequestrianclub.org.au
Wisemans Ferry Community Men's Shed		Tues & Sat. 9am-5pm. Contact: Alan Hunt 4566 4626 or Adrian Acheson 0448 833 781
SPIRITUAL		
Anglican Service - Mountain Districts		Every Sun 8am at Peats Ridge Scout Hall, Sunday School during school terms
- Wollombi		2nd & 4th Sun 10am; Holy Eucharist at St John the Evangelist, Wollombi. 0481269 653
Mangrove Mountain Union Church, Christian Service		9.00am second, fourth and fifth Sundays. cnr Bloodtree Rd & Wisemans Ferry Rd
St Barnabas Non-denominational Service Yarramalong		3rd Sunday each month, 11.00am. (Easter & (Christmas Carols dates to be advised)
Divine Retreat Centre (Ph 04 6848 6782) 160 Hensons Road, Somersby www.divineretreatcentre.org.au		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)

The Importance of Exercise

If people could put anything they wished for into a magic pill, I'm sure most would choose the benefits that come from exercise. Exercise has many benefits, and because there is no such 'magic pill', it's important we fit exercise into our daily routine. However, which form of exercise is the best, and how much exercise should we be aiming for?

The 4 main forms of exercise are:

1. Aerobic - using your large muscles to promote the circulation of oxygen through your blood. It is associated with an increased rate of breathing.
2. Strength - also called resistance exercise, it is anything that causes your muscles to contract against an external resistance
3. Flexibility - the range of motion that is possible at a joint
4. Balance - your ability to withstand de-stabilising forces

Most health benefits can be achieved with 150 minutes of exercise each week of a moderate intensity (30min 5 times a week). Adults should include in this: 2-3 sessions of strength exercises, 2-3 sessions of stretching for about 10 minutes, and incorporate balance exercises (such as tai chi, yoga, or co-ordination activities) into their daily routine. Children from ages 6-17 should aim for 60 minutes per day.

It sounds like a lot, but it's really not, and when you consider it's benefits,

.:KSR.:

**SANDSTONE
BOULDERS
ROCKS
STONES
CRUSHED
DELIVERED**

0411 868 437

it's going to save you in the long run. With physical inactivity being the 4th leading risk factor in global mortality, we can't afford to not exercise.

Physical activity improves sleep onset, duration, and quality. Exercising improves your brain function and reduces both depressive and anxiety-related symptoms, along with also decreasing your risk of some cancers, including cancer of the breast, colon, and lung.

The great thing about exercise is that you get the effects immediately. After a single episode of activity your blood pressure lowers, and your insulin sensitivity improves, along with your mental function. Within days to weeks your risk of disease starts decreasing.

For those over 65 years, the above guidelines still stand (as much as is possible for each individual), however, the benefits of resistance exercise in older people may be greater, and balance exercises become more important to help prevent injuries from falls.

Losing weight by focusing on exercise alone has been proven to be ineffective. Whilst it improves your blood pressure, insulin sensitivity, and blood fats, it has little effect on weight. Your diet is the most effective strategy to lose weight, however, exercise is needed to maintain weight loss in most cases.

So, set a goal, monitor your progress, create reminders throughout your day, and most importantly, find the type of exercise you enjoy. Talk to your doctor or health care professional about what they would recommend for you in terms of an exercise prescription. All those benefits are not going to fit into a pill - so you need to get out there and just do it.

Better Health Practices
20 Langford Dr, Kariong
NSW, 2250
Ph 43405154
merlene.dilger@gmail.com

REGULAR ACTIVITIES & MEETINGS (cont'd)

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

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

Catholic Service -Spencer Holy Trinity Church, 2nd Sat of the month 4pm, Contact 43771374 or 43771168 as times may change each month.

- Wollombi 2nd & 5th Sunday of the month, 4.30pm Mass at St Michael the Archangel, Wollombi.

- Somersby Every Sat. evening vigil - 5.30pm St. Francis of Assisi Centre, 30 Lutana Rd, Somersby.

- Yarramalong 1st Sunday each month, 11.15am St. Barnabas Catholic Mass All welcome. Enq 4356 1321

YOUTH

Junior Girl Guides 5-10 Kooree Guide Cabin, every Monday in school term, 5.00pm - 6.30pm

Girl Guides 10-15 Kooree Guide Cabin, every Monday in school term, 6.00pm-7.30pm

Scouts, Cubs & Venturers Cubs meet 6.30pm - 8.30pm Wednesdays
Peats Ridge Scout Hall Scouts meet 7.00pm - 9.00pm Tuesdays
Venturers meet 7.00pm - 9.00pm Mondays
Contact 0438 476 562

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

HISTORICAL

Brisbane Waters Historical Society 25-27 Henry Kendall St., West Gosford, Ph: 4325 2270. www.henrykendallcottage.org.au

Dharug & Lower Hawkesbury Historical Society Inc. Last Sat of month. All welcome, contact Jan Kofron 0405321478 jankofron@optusnet.com.au

First Fleeters Central Coast Chapter 2nd Sat of the month, 10.00am for 10.30, Point Clare Hall (except Jan & Dec). Contact John 43921926 or Jon 43116254.

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

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

ACTIVITY/HOBBY

Central Coast GNU/Linux Users Group www.cclug.org.au - all most welcome

Coastal Communicators Toastmasters 1st & 3rd Thurs of month, 6:45pm to 8:45pm at Doyalson-Wyee RSL. Debbie 0421216952

Craft/scrapbooking Yarramalong Hall 4th Sun. of the month 10am to 5.00pm cost \$12 per person ph 43561196

HALL BOOKINGS

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

Mangrove Mountain Hall Hall bookings Ryan Howard 0405416289

Somersby Hall and Mountain Districts Culture and Heritage Centre Hall Bookings: 0413 359 655
or AH 4373 1488

Yarramalong school of Arts / Hall booking contact Annette Stackman 43561196

REMINDERS FOR YOUR DIARY

Somersby CWA Sunday 15th August, 11.30am, \$25 per Head
Long Table Lunch Please ring: 43721280 to reserve a seat

The Wollombi Valley Sculpture Festival 2021 11 - 26 September 2021, Wollombi Village

Mangrove Mountain & Districts Country Fair Saturday Oct 17th, Mangrove Hall and adjacent reserve. 9am - 3pm

Antennas - Digital
Hayward Video & Antenna Service
VAST Satellite Service
"Government approved installer"

Phone Ray Hayward
Mob: 0412 685 555

20 Sierra Crescent, Gosford East
Email: rayhay@bigpond.net.au



Big Jims
Lawn Mowing

0405 178 197

James Morgan



“Our goal is to ensure that every community member is within no more than 10 minutes of an AED”

Did you know...The Community Defib Project now includes 11 communities with 32 AEDs installed. The goal of the Community Defib Project Spencer Sub-Committee is to extend the installation of AEDs from AED #14 at 5493 Wisemans Ferry Rd Gunderman all the way through to Mangrove Mountain & to our river access only community of Marlow. So, we need many more AEDS to keep our residents safe. We would like to say a huge thanks to The General @ Spencer (The Shop) for arranging the highly successful meat raffles on their 'Fish & Chips' Friday nights. A total of \$5258.45 has been raised so far from the meat raffles & also from some very generous donations by Spencer RFS, DMP Electrical Contractors & John Chillari.

Sophie Wills, Founder & Chair of the Community Defib Project happily announced at our Friday 9th April Sausage Sizzle that we have raised enough funds to secure our very 1st AED which will be installed outside

The General @ Spencer & are very close to raising enough funds for our 2nd AED which will be installed at Marlow. Thank you so much to the local residents, businesses & visitors who have funded the Meat Trays & Veggie Boxes as prizes & to our amazing residents & visitors for supporting these fundraising events. We could not do this without you.

*Robyn Downham
President, Rivercares*

POSITIONS VACANT

SEEKING: Full time position \$25-\$30 an hour based on skill set, Farm Hand/ Gardener, and all facets of farm work for an Equine Property. Use of Bobcats, mowers, and equipment operations necessary. Located at Peats Ridge, Please contact us on 0418 258 423 or 02 9484 5700.

WANTED

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



Grand Opening Celebration

Sunday 26th September 2021

10am – 1pm

We look forward to welcoming the entire Mountain Community to our newly opened facilities and acknowledge everyone for their on-going support since the devastating fire that destroyed our main building in November 2017.

Further details to follow.



Mountain Medicine

Providing the local community with a collaborative approach to multidisciplinary healthcare.

Dr Christine Wade

B.Med (Hons) FRACGP

Pathology – Douglass Hanly Moir

Ph: 43741942

Ricky Li

Mangrove Mountain Physiotherapy and Sports Injuries

Torin O' Grady

Podiatry (Foot Care)

**Now Taking Appointments
for COVID19 vaccine
call 43741252 - non-patients accepted**

40 Niclins Rd, Mangrove Mountain NSW 2250

All Allied Health Professionals are EPC accredited. Medicare rebates are available if you have a GP Management Plan with Team Care arrangements. Please enquire for more details.

Your LOCAL GUY for:

- Fixed 4G Internet
- CCTV,
- WiFi,
- & more.



HAVING INTERNET ISSUES?

4g internet uses the Optus or Telstra towers in a similar way to your phone, but with a stronger signal. We are getting high speeds for fixed systems then using wifi for your phone & PC connection.

Call 0407 366 444

Master Security License: 101264
Open Cablers License: 55883
Insured PI & PL.
Over 30 years In business.
Techniport Pty Ltd T/A

CLOUD SECURITY
Call WARREN 0407 366 444



CLASSIFIED ADVERTISEMENTS

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.

AGISTMENT

HORSE AGISTMENT AVAILABLE. Full care. Group and individual paddocks with shelters. Full size sand dressage arena, grass jumping arena. Located walking distance to Peats Ridge Village and Café. Call Cameron on 0438695600.

FOR SALE

GENERATOR Honda 24p Elec Start 15KVA - 240v been fitted into a silence canopy. 3 hours. \$5,000. Call Dave 43731000

GENERATOR 25KVA ex Vodafone stand-by, 250 hours, factory Cummins diesel auto start, long range 600l tank. 4 available. Also 40KVA - 415v galvanised canopy \$8,800 each. Call Dave 43731000

NEW PRAMAC 8KVA elec start generator, wheel kit, protection frame, 2 x available. \$1,950. Call Dave 43731000

GALE'S CITRUS - Bagged Citrus trees in various sizes available ph. 4372 1408 or mobile 0421 196 631

MULCH for sale. 10m³ Minimum - \$400.00. Delivery if applicable. David 0418 233595

DRAINAGE MATERIAL, certified crushed roof tiles. Delivery Charge only. Please phone 0438731015.

RURAL FENCING - Post & rail, wire stock, chainwire, colourbond, paling etc. Also Landclearing. Phone Rick 4373 1117

SERVICES AVAILABLE

HORSE RUG REPAIRS - reliable prompt service. Pick-up & drop-off available for large quantities. Ph 0405 620 394

HORSE & LIVESTOCK BURIALS
www.horseburials.com.au
Ph Craig 0411 2888 12

8 TONNE EXCAVATOR FOR HIRE
Tilt hitch, Hydraulic grabs, Auger, Blade, Full range of buckets, Multiple other services available. L & L Kerslake. 43741678 - 0427003721

PEATS RIDGE HAIR CUTS MEN - LADIES - CHILDREN

Wed, Thu, Fri 9am-5pm. Sat 8am-1pm
Walk in - no appt necessary Ph **0447436558**

Laurie Douglass Plumbing
Plumber, Drainer, Gasfitter, Roofer -
Ph 4373 1257 Mob 0407 008 488

AIRCONDITIONING, BUILDING, CARPENTRY - Local service, 14yrs experience in aircon, 22yrs experience in building & carpentry. Call Ken 0412 842 920

FENCING AND SLASHING.
Also: FIREWOOD For Sale. David Starkey. 4374 1192 or Mobile 042 725 7948

STRUT REGASSING, replacement, design and installations to cars, boats, caravans, tool boxes, horse floats and office chairs. Mobile service call Garry 0414 771727 STRUTMAN

OOST Painting Contractors - Lic 71725C
Quality & cleanliness assured.
For a free quote call David 4356 1449 or
0417 234 094. Yarramalong Local

PEST CONTROL - Servicing the local area. A.T.S. Pest Control Services Phone Tony 4373 1157 Mob: 0427 731 157

PATRICIA'S HAIR CARE - 15 Woy Woy Road Kariang. Ph 02 4340 1624. Late night Tuesday. Open Tuesday Wednesday Thursday. Ladies/Men/child. Cuts/colours/perm

BRICKLAYING & Render repairs. Adrian 0408347737. Lic 98665C

MISTY MOUNTAIN RURAL CONTRACTORS - Earthworks, Irrigation, all services available Ph 43530990 or 0418221495

GYPROCK FIXING new homes, extensions, renovations and patch work. Lic. No. 9092C. Phone Greg - Mob. 0417 445 796

ANTENNAS - DIGITAL - Specialists with VAST Satellite Service, extra outlets, boosters. Mobile service 4323 6367 or 0412685555

ALL COVERS & CANVAS WORK!
Boats, Vehicles & Horse floats re-trimmed, cover & horse rug repairs, no job too small! Servicing the mountains & the valleys. Call Alan on 0414 993 669 or Louise on 0410 646 200. located at Yarramalong Road Wyong Creek.

TOWN 'N COUNTRY FLOOR SANDING & POLISHING
New & old floor boards, parquetry, verandahs, stairs, walls ceilings, re-coating, staining & painting etc. free quote ph Stuart 0400076261



PTY LTD
DIVERSE
TRADING AUSTRALIA

Resource Recovery | Plant Hire | Site Remediation

Roads | Shed Pads & Sites | Dams | Council Approved Clean Fill

CALL 0408 843 677

admin@diversetradingaustralia.com.au



LIC# 227507C

ELLIS

ELECTRICAL SERVICES PTY LTD

0411 317 506

Commercial | Residential | Industrial



**Kulnura Computers
Supplies & Services**

4373 1237

- ❖ Custom Built Computer Systems for the Home - Office - Extreme Gaming
- ❖ Computer Repairs - Virus removal
- ❖ Upgrades
- ❖ Software - Accessories
- ❖ Electronic components



OUTLAND Mechanical & Maintenance Service

Licence No. MVRL54125 ABN 14814837840

Mobile Diesel Mechanic

- Specialising in Small Fleet Diesel Service
- Tractors • Farm Machinery • Mowers
- Earthmoving Machinery
- Welding

John: 0427 660 752 jlhellyer67@gmail.com

PH: 0438 617 851
 Admin@Watermanexcavations.com.au
 734 George Downes Drive, Kulgura 2250
 www.watermanexcavations.com.au
 Contractors Licence No: 367849C

WATERMAN EXCAVATIONS

Horse Arenas
 Certified Landfill
 Mulching
 Driveways




- Excavators - Tipplers - Grader - Dozer - Pozl Track - 6X6 Dump Truck

CROSSROADS AUTOMOTIVES

Terry Kyriacou
 Mon - Fri: 7:30am - 5:00pm
 Saturday: 7:30am - 12:00pm

SPARE PARTS
 LOG BOOK SERVICES
 MECHANICAL REPAIRS **Ph: 4373 1774**



Cnr of Wisemans Ferry Rd. & George Downes Drive, Central Mangrove

AUTHORISED INSPECTION STATION (INCL LPG)

MLS MOUNTAIN LANDSCAPE SUPPLIES

SANDS SOILS MULCHES WOOD-CHIPS GRAVELS PEBBLES
 PLANT NURSERY - GIFTS - FIREWOOD

DELIVERY AVAILABLE 6 DAYS A WEEK
PH: 4376 1055
 988 George Downes Drive Kulgura
 mls@live.com.au

GIWS
 GOSFORD IRRIGATION & WATER SOLUTIONS

• AGRICULTURE • INDUSTRIAL • DOMESTIC
 Licence No - 269888C
24 HOUR EMERGENCY CALLOUT SERVICE
Ph: 4322 3333 Fax: 43223433
 Email: sales@girrigation.com.au
 Web: www.girrigation.com.au
 Unit 2 254 Manns Road, West Gosford NSW 2250

K&T PROPERTY CONSULTANTS PTY LTD
 Real Estate Valuers & Land Economists

ROBERT MEGGS FAPI CPV
providing independent property valuation advice, including:-

- Stamp Duty, CGT, GST & Retrospective Valuations
- Probate & Estate Valuations • Insurance Valuations
- Valuations for Family Law • Pre-Sale/Auction Advice
- Land Value & Compulsory Acquisition Valuations


500 Kyola Road Telephone (02) 4376 1451
 KULNURA NSW 2250 Facsimilie (02) 4376 1452
 Email: ktpropty@ozemail.com.au Mobile 0429 44 33 10

Misty Mountain Rural Property Development Services

- agricultural consultants
- pasture improvement
- fertilizer spreading
- weed spraying
- all tractor work 4/2WD
- soil conditioning
- irrigation install/design
- fencing & stables
- crop planning & planting & all excavations
- concrete slabs Lic. R94321
- property evaluation & planning & management
- fork lift hire

Ex-Dept. Agriculture Officer with 45 years experience in the local district.
 Greg Koutoulas is the man to call on 0418 221 495

Stop Water Shop
 Authorised Dealer
ONGA, DAVEY and GRUNDFOS PUMPS



K. W. & M. E. WEST Pty. Ltd.
 1650 Wisemans Ferry Road,
 Central Mangrove
 Phone 4373 1164 Fax 4373 1049

PUMP REPAIRS AND SERVICE

Trading Hours
 Mon - Fri
 7.30 am - 5 pm
 Sat 7.30 am - 12 noon
 Closed Public Holidays