COMMUNITY NEWS

No. 896 Ph: 4374 1039 Mo: 0412 669 649 Email: enquiries@cnews1.com.au

Web: cnews1.com.au 1st April 2022



Afternoon Tea served afterwards

All welcome

Held at Mangrove Mountain Memorial Club Limited



Enquires 0428 438577

"We swallow greedily any lie that flatters us, but we sip only little by litle at a truth we find bitter" Denis Diderot

Blues and Roots Revival brings some joy to flood affected communities

When your community has been through it's third flood in as many years plus Covid and bushfires you've got to make sure the event where we can celebrate getting through a pretty tough couple of years together is one heck of a good time! Blues and Roots Revival on Saturday the 12th of March at Mangrove Mountain Hall was like the old days when people from all the local communities and beyond came together to have a good time, didn't matter which hall was thanks to Adam and family from Dooralong hall and recreation reserve, (the original venue for this event before the most recent heavy rains made the grounds too wet – Dooralong hall, we'll be back later in the year once things dry out a bit!) for joining our volunteer crew on the day, everyone who came along to the event, Dan and crew for the great food, Leon on sound and lighting, and of course the amazing bands: Genevieve Chadwick and the Stones Throw, Owen Campbell and the Cosmic People, Mitch King, and Two Tone Pony.

Funds raised after costs went to:

- \$500 for Mangrove Mountain Hall
 - \$300 for Dooralong Hall
 - \$150 for Mangrove Mountain Recreation reserve
 - \$470 from the guitar raffle donated to Giveit in aid of flood victims

Next Event Alison Penney and the Money Makers, Saturday 7th of May at Mangrove Mountain Hall.

Ryan Howard



hosting, we went to them all! There was such a great vibe throughout the day with all four headline acts putting on an AMAZING show and Genevieve Chadwick and the Stones Throw closing out the night to a foot stomping standing ovation and encore. Seeing everyone through all different age groups having a ball and dancing for hours again was such a joy. Many

STOP ! Next issue Published 15th April 2022 ** DEADLINE ** ** 8th April '22 ** Send adverts & copy by email, website or post. Email, website, FB or phone for enquiries

Spencer Soon To Be Flush With New Loos!

The Council met with River Cares on Tuesday, 22nd March to discuss the plans for our brand new public amenities. The Community and visitors to the area won't need to hold their breath for too much longer! This has been a very long campaign but hope is in sight.

The appalling putrid and pungent smelling public toilets are going to be replaced hopefully by the end of September. The new amenities will be slick with stainless steel for an easy hose out and will be cleaned three times a week. One cubicle is for ambulant/disabled with adequate parking close by.

The Council stated that it will take up to 4 weeks to dismantled and remove the exiting toilet block and septic but only 2 days for the actual installation of the new amenities.

The photos shown of the new toilets at Lake Macquarie are similar to what Spencer will be getting.





Above: existing toilets; Below: new style toilets similar to what is to be installed

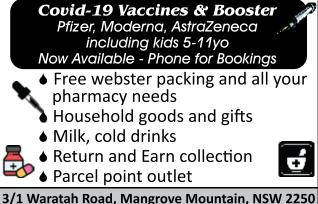


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KULNURA MEMORIAL HALL A.G.M. NOTICE

Interested members of the public are invited the A.G.M.of Kulnura Memorial Hall 355 Committee to be held at 7pm on 28-4-22.at Kulnura Memorial Hall 1066 George Downes Drive Kulnura N.S.W. 2250

In accordance with council's code of practice for 355 committees of council, new members must complete expressions of interest forms and must be approved by committee and council. Forms available from A. Stackman.

We are a small committee and would welcome new members.

Nominations of office bearers taken verbally from the floor at the A.G.M. only. Voting confined to approved members only.

For more information call – A. Stackman on 43561196.

MMDCG AGM Election results

The Mangrove Mountain and Districts Community Group Inc. AGM was held on the 3rd March 2022. The elected committee members are:

- President Georgia Sidiropoulos
- Vice President Chrissy Nicholas
- Treasurer Pam Howard

CENTRAL COAST

TERMITE REPAIRS

- Secretary / Public Officer Danny Willmott
- Committee Members (3 positions) Claire Podlich, Kaye Pointer, Keith Aranjo To contact the MMDCG please email: heldan00@bigpond.com



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KULNURA & DISTRICT GARDEN CLUB April 2022

After so many of us were flooded in for over a week, it felt like the ultimate freedom to travel up the freeway to Wallis Creek Watergardens for our March gathering. Noela, Mathew, and Michael Fenech welcomed thirty-five Kulnura and District Garden Club members and friends to their beautiful gardens, which they started over thirty years ago. The water lilies and lotus were spectacular, and we learned some names of the rare and unusual plants that aren't found in your every-day nursery or garden.

The sun stayed out for most of the meeting, with the occasional shower just to add to the atmosphere of being in a rainforest / watergarden, but not nearly enough to dampen our enthusiasm for the guided tour provided by our generous hosts.

One lucky guest not only scooped the door prize, but two of the raffle prizes. She kindly offered one for a re-draw and the lucky winners went home with some beautiful plants from the venue.

You can learn more these interesting gardens and plan a visit: http://www.walliscreekwatergarden.com.au/

Excessive rain aside, autumn is my favourite season, and it makes for glorious days in the garden. There are still many beautiful roses and dahlias blooming, and it is such a satisfying feeling to pick a bunch of flowers to brighten your desk, your coffee table, or to take to a friend. Even in small spaces, you can grow some stunning flowers. April is the perfect planting season, especially now the ground has had such a good soaking.

Here is your April checklist: · Mulch the veggie patch and other garden beds





Wandering the Wallis Creek Watergardens

- Give your plants a gentle fertilise. Especially since the excessive rain will have leached the soil.
- · Check for the pests that continue to thrive in these wet and humid conditions
- Pop some beetroot, cabbage, lettuce, spinach, carrots, peas, celery, cauliflower, broad beans, leeks, onions, radishes and

Dr. S. ANANDASIVAM

(ANAND) **MBBS, FRACGP, AMCC**

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Photo of pink lotus with sky:"Just like the lotus we too have the ability to rise from the mud, bloom out of the darkness and radiate into the world." Unknown

turnips into the veggie patch

- Sow alyssum, candytuft, cornflower, lobelia, nemesia, pansies, poppies, stocks, sweet peas, asters, carnations, lavender, nemophila, nasturtium, snapdragons, verbena, violas, and marigolds.
- Consider sowing a green manure crop to improve any tired garden beds – fava beans, cow peas, or oats. These will work wonders to improve your soil.
- Treat yourself to a water bowl and plant a lotus, a pitcher plant, or

some waterlilies.

Book of the month: An Australian Garden: Reimagining Native Landscape – Philip Cox

This gorgeous book tells the story of renowned Australian architect Philip Cox's beautiful south coast property, Thubbul. He and a group of likeminded friends purchased the property over forty years ago as a conservation exercise, dedicated to maintaining indigenous Australian landscapes. The 80 hectare property consists of different botanic realms; integrating sculptures, lakes, ponds, and art-filled pavilions. It is a unique and stunning example of what can be created with vision, passion, dedication, and sheer hard work. The highlight for me is the extraordinary art that has been incorporated into the gardens. There was a segment on Better Homes and Gardens last year about Thubbul that you can watch here: https://www.bhg. com.au/philip-cox-garden-thubbul

April Meeting:

We meet on the second Monday of each month at 9:30am for a 10am start. Our next meeting will be on Monday April 11 at Sid and Pam's garden at Jilliby, where there are also some resident alpacas. We'd love you to join us, so please contact us for directions. Guests are always welcome.

Please email kulnuradgc@gmail. com for information about meetings, membership, or any other questions,

MEPCC AGM RESULTS

The Mangrove Emergency Planning and Communications Committee Inc. AGM was held on the 18/2/2022 at Kulnura Hall. The elected committee members are:

- President: Claire Podlich
- Vice President: Robyn Downham
- Treasurer: Tony Said
- Secretary / Public Officer: Keith Aranjo
- Committee Members (3 positions): Stephen Raines, Karen Boskos, Ryan Howard.

At the following ordinary meeting discussion on the Community Emergency Communications System CB radio network ensued. The project team has commenced intial work on various aspects of the system. For more information: email - mepccinc@ gmail.com or phone - 0412 669 649

> Keith Aranjo Secretary

or feel free to call Jacqui on 0455 364 262

Keep an eye out for the May edition, where we will showcase the first of the new regular interviews with our Garden Club members.

Happy gardening!

Karynne Courts (KDGC Committee member, 2022)







Mountain Districts Association

A.G.M. March 9, 2022

Presidents Report

Welcome everyone and thank you for supporting our Association.

Our aim is to represent our local rural community at all levels of Government and to encourage initiatives that will enhance our local area, its environment and the lifestyles of our residents.

We have experienced another year of disruption in 2021 with our biggest challenge being Covid 19 lockdowns as well as severe weather events that have impacted our community and a continuing Local Government crisis that has had repercussions for us all. We have been able to continue monthly committee meetings via Zoom thank you to Simon Perry. There have been some annual event cancellations during the year but we have been involved in many issues affecting our community.

Clean up Australia.

Sadly we were unable to conduct our usual Clean up Australia campaign last year in 2021 but I am very pleased to say that it did go ahead this year with some dedicated locals gathering litter from public areas and roadsides near to their homes. Despite the weather these stalwart volunteers gathered a large mound of rubbish that CCC contractors will take to landfill. Many thanks to Verena and Poppe for organizing this event and to the local school children who made posters to help encourage community participation. Kariong Sand and Soil Supplies Proposal.

MDA along with several other local groups and individuals opposed this concrete recycling development at 90 Gindurra Rd, Kariong on the grounds of health, road safety and traffic issues and environmental concerns. We have recently been notified that this development has been approved by the State Government, which is a disappointing result for our local community.

Union Church

In May 2021 the Committee of the Union Church called a public meeting to announce that they intended to sell our local church. This came as a huge shock and a devastating blow to many locals who have had generations of their family involved in the running and maintenance of this local historically significant public building. Meetings convened by local groups including MDA discussed how support could be provided to avoid the sale of the property. The majority of the Union Church committee was unmoved by offers of assistance and determined to press ahead with sale plans. Ultimately a new group has now been formed to seek legal advice on the withdrawal of the Liquidator and prevention of the sale of this iconic building that is held in Trust and has been funded by local families for over a hundred years. The battle to maintain local community ownership continues. Donations toward the cost of this process would be appreciated by the new Union Church committee.

Harvest Festival

A very small window of opportunity during Covid 19 disruptions allowed the annual Harvest Festival to be held in 2021. On a beautifully crisp but sunny long weekend in June MDA held their usual Soup Stall with great success. This year we were located at Silver Gully Estate Mangrove Mountain, as the Kulnura Arts Hub was not operating. We very much appreciated this opportunity to run the soup stall as it allowed us to raise funds for our ongoing projects and running costs such as Insurance. As well it allowed us the chance to promote awareness of local issues. Many thanks to the hardworking committee and their families and friends who helped set up the stall and make a delicious selection of home-made soups and sweet treats to serve with tea and coffee. Special thanks must go to Steve Raines who installed an amazing wood stove that kept soups at just the right temperature and allowed the stall volunteers to keep toasty warm while serving customers. (We could have sold your stove many times over Steve!)

Country Fair

Sadly this major community event had to be cancelled again this year due to Covid 19 restrictions. We normally run the Fruit Salad stall to help raise funds for local non-profit groups. Instead this year we were able support their online raffle which is an initiative to be congratulated.

Landfill

The Landfill issue remains an ongoing concern for our community. A Court case involving Central Coast Council. Environmental Protection Authority and Verde Terra has continued during the year. A determination is expected in the coming weeks. However concern about contamination of ground water from the huge mound of unlined waste that currently exists on the Golf Course remains unchanged for locals and Central Coast residents during significant rain events such as we are experiencing now. Leachate from the site has the potential to contaminate the groundwater in our bores, as well as surface water, and the Central Coast Water supply. MDA has asked EPA for water sample test results as required by agreement following rain events of more than 50mls. But no adequate response has yet been received. We must thank the members



of the Landfill sub-committee who have worked dogmatically on this issue for several years and we hope for an outcome that does not negatively impact our community any further. Remediation might be a dream.

Central Coast Council

Serious concerns exist around the functioning of Central Coast Council. It remains under the control of an Administrator with considerable concerns about its financial status, lack of community representation, meeting accountability and ongoing applications to IPART for resident rate rises. The pandemic and natural disasters have magnified the Council's inability to be responsive to the needs of local residents. It seems that the amalgamation of Wyong and Gosford Councils has not provided benefits for local residents as was hoped.

District Image Making

The slow progress of our Visitor Information Signage project continues. Covid restrictions and CCC lack of available funding for their parts of the planned project have resulted in very limited progress this last year. We have recommenced discussions with Council Officers and we are now in the process of re-developing the concept with a local Graphic Designer to include locality welcome signs. The placement of public rubbish bins at key locations is also under discussion. We are keen to get any community feedback or suggestions on what locals would like to see developed to welcome visitors to our area.

Telecommunications Connectivity

Internet connectivity and mobile phone reception remain issues of concern for many in our community particularly as digital communication is necessitated in more everyday situations (and has been compounded by Covid 19 restrictions). Our committee members George and Simon conducted a local survey to collate data about connectivity status in various local areas. This data was forwarded to the Offices of Senator Deborah O'Neill and local State member Liesel Tesch following a Public meeting held at Mangrove Mountain Hall. The issue of poor and unreliable service was subsequently raised in Federal Parliament by Senator O'Neill. Her powerful speech called for improved infrastructure, the lack of which currently undermines education, health care and business outcomes in our area.

Recently Lucy Wicks, our Federal representative, at a mobile office meeting held at The Hub, was asked to assist our community in this quest for better more reliable digital services. Will this plea for action be seriously considered in an election year?

Bushfire Resilience

After our 2020 AGM and following animated group discussion of our experiences of the Black Summer Fire event, moves were made to establish a group responsible for community bushfire preparation and resilience. Meetings with Council and RFS representatives have eventually led towards the establishment of a **Community Protection Plan Initiative** through RFS and the re-establishment of the Mangrove Emergency Planning and Communications Committee Inc. It is hoped that through these initiatives our community can become involved with disaster mitigation and be better prepared for and more able to withstand natural disasters that impact our area.

Stephen Goodwin

We were very pleased to be able to present Stephen Goodwin and Marilyn Steiner with Emeritus Certificates for the enormous amount of work they put into MDA projects including the battle to stop the expansion of the Landfill and the CSG campaign. We are indebted to them for the energy, persistence, scientific understanding, knowledge of political processes and

MDA AGM Election results

Chair: Claire Podlich Vice Chair: Elaine Raines Secretary: Poppe Zouroudis Treasurer: Verena Mauldon

To contact MDA please email: secretary@mountain districtsassociation.com.au

intellectual rigour they brought to our campaigns.

So it was with very great sadness that we learned of Dr Stephen Goodwin's passing on July 9th, 2021. Stephen has been a very passionate community campaigner and his dedication is greatly missed.

Stephen and Marilyn relocated to the Southern Highlands last year after Stephen was diagnosed with Idiopathic Pulmonary Fibrosis, a debilitating and incurable disease. Stephen's sphere of influence was far reaching with public recognition of his considerable contributions from Councillors, Community Environment Network, Central Coast ABC Radio and State politicians. His legacy will be long remembered.

Conclusion

In conclusion I must thank most sincerely our dedicated, hard-working committee who have continued to work for the benefit of our district despite the challenges of this past year. You are a small band of volunteers who have helped foster greater cooperation and inclusivity within our community. And that is a benefit to all of us.

Thank you.

Claire Podlich



and



Peter: 43761141, Mobile 0428 732 623 John: 4376 1346, Mobile 0427 106 859

Central Mangrove PS Students achieve success in the pool

The Sydney North Regional Swimming Carnival was held on Wednesday 16th March at Sydney Olympic Park Aquatic Centre.

Our relay team Makayla, Leela, Wilson and Max represented our school in the Small Schools Relay.

They put in a fantastic effort and came second in the event.

They now have the opportunity to represent at the State Carnival.

We are very proud of them. Thank you Endah for transporting and supporting out team.

Liby Cullen Principal Central Mangrove Public School



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YARN BOMBING SURPRISE

This fantastic yarn bombing is in Mangrove Mountain! But if you go looking for it (as I did) you probably won't find it. It's tucked away near the maker's home, where she can enjoy it.

This is what June did in lockdown last year. The tree had been pruned of

its lower branches as they got in the way of mowing, and it looked "awful". So June decided to cover it with something amazing, all on her own. Her family love it too and installed it on the tree for her. Now when she looks at it she feels happy.

Like most of us, June didn't know much about yarn bombing when she started, but now she loves it. Her next project is underway, destined for a tree she'll walk past most days.



What an achievement – all the planning, creating and determination. She definitely inspires us.

Yarn bombing meets Mondays, 2-4pm, at the Hub.

Sue Douglas





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Somersby CWA

We have been enjoying our monthly meeting (so far with no Covid19) and our Wednesday craft morning's are back but please don't be put off by the WORD craft, more a coffee and chat so if any one is feeling alone come and have a coffee and a laugh, we would love to see you.

In our CWA world it has been a busy March with our Group Judging for Cooking and Handicrafts, (Group is all the 13 branches here on the Central Coast).

So a lot of trying to get those cakes to come out of the oven as we would like (didn't work for me) but Somersby CWA was thrilled to have 4 lovely entries from Somersby Primary school and 4 lovely entries from Kariong/ Mountains high school, all these entries did very well at judging. It is great for our Branch to have these entries in the junior section. Big thank you to the parents and teachers for the support.

Somersby Branch was very happy with all our members in both cooking and Handicrafts with some now going though to State level. After all points were tallied Somersby came home with the best exhibitor in handicrafts and cooking well done ladies. This is the second year running that Carmen has won the handicraft shield she just does beautiful Bobbin lace.

Please remember that the water is hot and coffee and tea ready every Wednesday 10am till 12pm. So join us for a laugh.

> Sue Ward, Publicity Officer



Andrew's April afternoon antics

Please join us for a fun afternoon (Yes it's ok to have fun again!) of trivia.

Hosted by Andrew Melville.

When: 2pm Saturday 9th April

Where: Phillip House, 21 Old Mt Penang Road, Kariong.

Cost: \$2 Members & Visitors (includes a cuppa, prizes and the chance to have a chat with Andrew after the event!)

Pat Carlton









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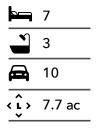
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The main residence is a substantial, 5 bedroom home that has undergone a tasteful, top-to-bottom renovation, to include all of life's modern luxuries. No room in the house has been left untouched! The kitchen is a focal point at the heart of the home, with striking Silestone benchtops and island bar. At the end of the night, slip away into one of the stunning new bathrooms for a soak in the tub. The main bedroom and family room both open up onto the gorgeous paved deck that wraps around two sides of the home, where you can enjoy the sounds of the spring fed creek bubbling past while taking in the views of the dam, paddocks and small rainforest beyond. On the lower level of the home there is a large rumpus room, under house storage rooms, the 5th bedroom and a bathroom. With its own paved undercover area outside and bi-fold door access, this is a perfect teenagers/guest accommodation or alternatively would suit a home office set up.

The post and rail fencing with mesh creates a dog proof house yard for your furry friends, plus the established lawns surrounding the house along with ample flat areas create plenty of yard space for the family to enjoy. The property is gently sloping with Somersby's famous loamy soil.

We get asked often for an acreage with a granny flat, here it is! This 2 bedroom granny flat is separate from the house with views from its deck out over the dam.

To top it off, there is an industrial shed complete with a mezzanine floor.

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Also included in this expansive property are previously utilised uphill training tracks for

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thoroughbred training, lush fertile grazing paddocks plus ample land potential for further expansion. In addition, zoned RU1 primary production allows for future subdivision into 4 x 50 acre (approx) lots subject to council approvals. Considering race horse spelling/training, located within a comfortable travelling distance from local race courses of Gosford, Wyong, Cessnock, Newcastle & Muswellbrook as well as being approximately 1.5 hours from Randwick & Rosehill race track.

A property that has a proven track record for breeding top quality bloodstock, EXPRESSIONS OF INTEREST close on Thursday 14th April, 2022 at 5pm.

STONE

For a private inspection please call Scott Wall on 0413 965 616

le property.

Mountain community children's centre Mc.

Mountain Community Children's Centre News **Official Opening**

We welcomed Liesl Tesch to the centre on Tuesday 15th March for our Official opening of the centre. This event that was supposed to be a whole community gathering had been postponed 3 times due to Covid restrictions. Therefore, it was wonderful to open the new building finally officially with the families, management committee and staff present. We were fortunate enough to have the perfect Autumn afternoon with the sun shining through the Camphor Laurel's. We cut a beautiful cake which looked like a child's painting made by the talented Charlene Xuereb and shared afternoon tea. Thank you, the cake was delicious. Thank you to Annabel for the delicious sandwiches and Jo Sciberras from Kulnura Fruit Shop for the fruit for the fruit platters.

The children enjoyed showing Liesl around the centre, our tunnel, the sandpit, and our playground. Liesl showed the children her Olympic Medals. This was a huge treat as they got to hold them and even wear them. It was the first time I had seen an Olympic Medal myself.



Thank you Liesl for coming to our opening and sharing your delight and enthusiasm with our centre community. A huge thank you to AJ Foxford from afoxyfoto for the beautiful photos of our event. Thank you for capturing our event in such amazing colours. We have included a few to share with you all.

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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Peter *Mountain area.*

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This information is obtained from various sources and cannot be guaranteed. You must make your own enquiries as to its accuracy.

MANGROVE MOUNTAIN EVENING BRANCH CWA

Mangrove Mountain Evening Branch of the CWA have had a busy few weeks. During lock down we met via Zoom and encouraged each other to do varying handicrafts and often had 'show and tell'. We invited members from other branches to share their stories with us.

We finally got back together and are enjoying the face to face interaction and except for the flooding and severe weather which had us cancelling meetings a couple of times, we managed to sort out our cooking and handicraft to go to the group competition on the 24th March.





Our entries in the Land Cookery and Land Handicraft Contests, did very well, with four 1st places, which now go to state level to be judged and two 2nd places. Our branch also won the Branch Challenge, which comprised of four brooches any medium, attached to a piece of cardboard no larger than A4. (pictured). The contributing members were, Karen Dryden - Corsage of Natives with burlap & ribbon; Judy Betteridge - the yellow Wattle flowers & leaves in quilled paper; Catherine Sottaz - Tuscan crocheted Butterfly in bright blue & yellow and Karen Boskos - Macramé Owl with natural



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- > We partner with SuperCare

cotton & timber beads.

Catherine Sottaz won 'best in show' for her entry of an assortment six different plain biscuits. of Congratulations Catherine on achieving such a prestigous award.

Karen Boskos took two 1sts, for her crocheted Celtic Mandala Knee Rug in pure wool and Sweet Mustard Pickles and an equal 2nd place for her Apricot Jam

Judy Betteridge won 1st place for her Sewn Dress

Tyrone achieved 2nd place for his Orange cake (Karen D's grandson)

Congratulations to our Branch, contributing members and family members. We all left the competition with huge smiles on our faces.

This means Catherine will have to re-cook six different biscuits for the State Comp, which will be held at Randwick Race Course in the first week of May when the centenary Annual General Meeting will be held.

Judy, who is our Group representative to State, attended a function at Government House with a select group of CWA women for morning tea, in celebration of 100 years of The Country Woman Association.

Last Saturday, Karen D, Judy and partners attended the movie 'Rosemary's Way', held at the Avoca Beach Theatre. This was a group celebration and fund raiser as part of our 100 year celebration of CWA. The day was a resounding success with all the raffle tickets being sold. One of the prizes, a basket of homemade goodies, being donated from our branch.

So as you can see, we are back meeting again on the second and fourth Tuesdays of the month for our get-togethers. If you wish to find out more information about CWA please ring Judy on 43771728.

On the other Tuesday nights, our branch and guests, meet via ZOOM. On Tuesday the 5th of April we will be inviting some members from our Namoi group, to talk about the Coal Seam Gas and how the four remaining PEL's (Petroleum Exploration Licenses) are affecting farmers on the Liverpool Plains, some of our best farming land in Australia. They are very concerned that CSG will affect their aquafers. So if you are interested in joining this ZOOM meeting contact me and we will invite you.

Judy Betteridge



Seniors' week and Aging: What's Art Got to Do With It

Naughty Noodle Fun Haus is celebrating Senior's Week with "Silver Soiree" a glamourous, contemporary evening of Live Cabaret featuring 3 Iconic Femmes of the Australian Music scene including highly acclaimed singer, actress, NIKKI BENNETT who has performed in 52 counties and creator of 11 internationally successful production shows including "Invincible- The Helen Reddy story", SHAUNA JENSEN having worked for the majority of her career as backing vocalist touring with the likes of Jimmy Barnes, Cold Chisel, Noiseworks, Doug Parkinson, Richard Clapton, Hugh Jackman and Powderfinger and the 3RD vocalist, internationally renowned "SHEBA WILLIAMS" who's Jazz, Soul and pop renditions have been performed in 12 languages around the world

Current studies confirm what we all already know that Arts & Culture can affect individuals in positive ways, inducing both psychological and physiological wellbeing with regular visits to museums, art galleries, the theatre or concerts is linked to a longer life hence Naughty Noodle Fun Haus the region's leading contemporary Arts & Culture organisation is partnering up with the Department of Communities & Justice to serve up "Silver Soiree" as part of the largest Seniors Festival in the Southern Hemisphere reaching up to 500,000 seniors each year. Although The 2022 Seniors Festival targets over 60's (Aboriginal and Torres Strait Islanders over 50 and people over 50 that have a lifelong disability) In usual Naughty Noodle form the all-star lineup welcomes everyone.

Over senior's week and beyond the Naughty Noodle prides itself on tying



EXPRESSIONS OF INTEREST – CALLING FOR VOLUNTEERS (PLEASE)

I am a QHHT Practitioner (intern level) based in Kulnura who has completed the theoretical component of my studies in Quantum Healing Hypnosis Technique (QHHT). To attain my full qualification I am required to complete 25 "practise" sessions without a fee in order to put theory to practice and refine my technique. QHHT is safe for anyone over the age of 16.

What is QHHT? It is a progressively emerging hypnosis technique created specifically by the late Delores Cannon (from Canada), who left a unique legacy after 40 years of successful hypnosis sessions that were able to explore a client's past trauma stored in the subconscious mind that can be the underlying cause of certain mental and physical conditions affecting them in the current day. It's a perfectly designed, reliable and safe technique that has been used globally by trained practitioners for more than a decade, and has increased in popularity over

into concepts relating Arts, friendship, Culture, activities, community and fun, since its inception we have achieved something inclusive and more relevant to modern 50+ audiences who have intern picked up on that and responded through attendance, participation, and celebration in all our programming across live music, theatre and cabaret events.

Let's move beyond the stereotypes and pop on something Glitzy with our "Silver Glamour" dress theme & join the Naughty Noodle for an exciting show this Seniors week

Date: Saturday April 2nd; Time: 4:30pm-7:30pm; Address: 5 Broken Bay Rd, Ettalong

Free to 60+ (or 50+ Aboriginal Torres Strait islander) Register and attain a free ticket; \$25 Everyone else

Bookings: naughtynoodle.com.au/ whats-on or call 02 43 14 6004 the last couple of years.

The difference between this hypnosis technique and others is that the QHHT style is client-led, not practitioner-led, by asking the client open-ended questions that allow them the opportunity to tap into their own inner knowing to find solutions to their problems, which means the solution is provided by them, for themselves. The practitioner is just the 'guide' to help it happen.

What's involved? There are two stages to the process. First there is a comprehensive interview which can take 2-4 hours, or longer for a client with a highly traumatic background, where the client (while awake) gets to describe any childhood or adult traumatic events including sexual abuse, past or current toxic relationships or environments that can have a profound impact on one's physical and emotional well-being, in a safe space without judgement. This can be a powerful cathartic, healing experience on its own. As Delores Cannon would say "it takes the time it needs to take" to explore such deeply buried trauma. The second stage is the induction into the theta (transitional) stage of sleep where the client is very relaxed but able to describe what they are seeing as images come to their mind. This process does not harm the client in any way. Inductions are usually no longer than 2 hours as a rule. (All up a session is at minimum 4 hours.) The client is given a recording of their session which can bring further healing by playing it before they sleep at night as a preference, as many times as they like, which is strongly recommended for optimal healing.

What are the benefits? For simpler cases just one session can be enough to bring positive changes. More complex cases may benefit from subsequent sessions. The processes above can allow the client to deeply

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John: 0427 660 752 jlhellyer67@gmail.com



Ph/Fax: 4374 1039 Mob: 0412 669 649 Email: enquiries@cnews1.com.au

explore trapped emotions which can be released through the hypnosis stage in order to bring physical healing. (You could be VERY surprised at the deeper meanings behind some physical complaints!) Some traumas can be stored for decades and releasing such trauma can be life-changing. Believe it or not, some conditions not yet physically manifested can sometimes be detected and healed on the spot. QHHT can also help to find the meaning behind addictions and other destructive habits, unexplained phobias, and allergies. Another aspect of QHHT is the ability of the client to explore the meanings behind certain paranormal experiences that have plagued them for many years or to get answers about loved ones who have passed, for example. As the saying goes "in the quantum world ANYTHING is possible!" ("Quantum" generally means the unseen connectedness between all human beings, animals, plants and things in the world and universe around them. In other words, everything is connected to everything.)

If you are interested in booking in for a free session to help my professional development, please contact me on shazzaunitt@protonmail.com where further information can be given upon enquiry. I look forward to help you explore "the real YOU" within...

Sharyn Unitt QHHT Practitioner Level I Intern

UNION CHURCH UPDATE

27th March 2022

Representatives of our Mangrove Mountain Christian Group (MMCG Inc), together with supporter, Peter FitzSimons, met the Liquidator for the former Trustee Group of the Union Church on Wednesday March 16th. The meeting was in the Gosford offices of our Solicitor. According to the Liquidator, the Union Church meeting hall was unavailable for the meeting (go figure!). It was agreed by those present at the meeting that the discussions were on a "privileged and without prejudice basis". However, it is permitted to advise that discussions were fruitful and that it is hoped a formal proposal from the Liquidator would be received by Friday 25th March. Disappointingly, as at the 27th we are yet to receive a proposal.

Please continue your prayers and hopes for common sense to prevail, and for the Liquidator to quickly facilitate the reopening of the Union Church for the benefit of our community.

In the interim, we have requested arrangements be made for access to the Church for Good Friday, Easter Sunday and ANZAC commemoration services. We will advise further about these services in the next Community News, on our facebook page, and by email.

Our Mangrove Mountain Christian Group congregation continues to grow and to hold its worship services on the 2nd and 4th Sundays of each month.

Earlier today a congregation of 29 met in the Mangrove Mountain Hall. Our guest preacher was newbie local, John Dickinson. John drew from examples in both the Old and New Testaments, as well as from his life to witness the power of prayer and God's promise to stand with us through adversity, if only we turn to him and pray. John's words and encouragement are most relevant to our current Union Church circumstances. Our next service will be on Sunday 10th April.

Our Bible Study group continues meeting in the Union Church grounds under the Gazebo on the 1st, 3rd and 5th Monday evenings during summer from 5pm to 6.30pm. BYO chair and, if you want, a non-alcoholic refreshment. You are very welcome to come for a "test drive" with us.

In the meantime, thank you to all who have contributed to our Save the Union Church Campaign. Please continue with your support, letters to the Liquidator, and donations - see help suggestions elsewhere in this newsletter.

> Robert Meggs, President MMCG Inc (tel – 4376 1451)



TIES & MEETINGS

F

REGULAR ACTIVIT	
RURAL FIRE SERVICES	
Bucketty RFS Weekend Training Station Maintenance General Meeting	3r Ev 3r
Calga-Mt. White RFS General meeting	bu 3r 7.3
Kulnura VBFBGeneral meetingat Greta Rd StationTraining	1s 3r
Mangrove Mountain RFS General Meeting Bloodtree Rd Training / Maintenance	La Al
Spencer RFS General Meeting Training Junior Training	2n 3r 4t E:
Somersby RFS General Meeting Training/Maintenance	04 Fi Ev be
Yarramalong RFS Training: Nights: Morning:	Fi La
Maintenance/Training : General Meeting (GM): Contact:	3r 2n Pł
COMMUNITY & SOCIAL	ya
Coastlink Friendship Group	W Ni
Country Women's Association (Somersby)	Se W St
Country Women's Association (Peats Ridge & District)	Fi Ha
Country Women's Association (Mangrove Mountain Evening Branch)	pl 2n Ha
Gosford North Inner Wheel club	5p 2n
Gosford World Vision Community Group	Ka 4ti Go
Permaculture Central Coast	Tł Co
Kulnura & District Garden Club	Se
Mangrove Mountain & Districts Community Group Meeting	1s Ha
Mangrove Emergency Planning & Communications Committee	Co
Mangrove Mountain Country Fair Committee Meeting	2n Cl
Mountain District Football Club Meeting	Se M
River Cares for the Lower Hawkesbury River District	Pr
Rotary Club Meeting	Fr Pr
Spencer Community Progress Group Inc	43
Spencer Community Ladies Social Club	La Co
Newsletter The Mountain Tuesday Social Tennis Group	Ai Tu Er
Somersby Equestrian Club Club & Committee Meeting	Ev de
Wisemans Ferry Community Men's Shed	Ти 45
SPIRITUAL	
Anglican Service - Mountain Districts	Ev Su
Mangrove Mountain Union Church, Christian Service	9.0 cn
St Barnabas Non-denominational Service Yarramalong	3r (C

rd Sat, 9am-12 pm, breakfast 8.30am very Thurs as required, generally 10am-1pm rd Sat in even months, at 1pm, All welcome uckettyrfb@gmail.com (02) 4998 8130 rd Monday of the month, 30pm at Pacific Hwy Fire Station Mt. White

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

ast Wednesday of the month, 7 pm, Il Wednesday's except last of month, 7 pm

nd Monday of the month Meeting 6.30pm rd Monday Maintenance 6:30pm th Monday Training 6:30pm 2: captain.spencer@ccrfs.org.au Alison Wade 415 668953. 4778 Wisemans Ferry Rd irst Wed of the month 7.30pm at the Station Every Wed night 7.30 at the Station (except efore Wed general meeting) irst Wednesday of month 7pm start ast Saturday of month 8.30am start

rd Sunday of month 8.30am start nd Wed of even months 7.30pm start h: 0409 915060 or 0418 280 764 Email: arramalongrfs@bigpond.com

Ved 9.30am-2pm at the Health Centre, Jurses Rd, Central Mangrove econd Wed of each month, at Somersby Hall Viseman's Ferry Road, Somersby, contact ue, 43721280 or 0407768000. irst Monday of the month at Community Iall, Peats Ridge School. Any enquiries lease contact Christine 0419 400163. nd Tues of the month at Mangrove Mountain all 2-4 Waratah Rd Mangrove Mtn. Start pm, meeting 7pm. Ph Judy 43771728 nd Wed each month 7pm at Phillip House in ariong. Contact: Glenis Ph: 0400 486 760 th Tues 11am in Presbyterian Church, West Gosford Contact: Glenis Ph: 0400 586 760. hird Tuesday (except Jan.) at Tuggerah CommunityHall, ANZAC Rd, 6.30pm - 9pm econd Monday, 9.30 for 10am start. Jacqui Aaxwell 0455364262 kulnuradgc@gmail.com st Thurs of the Month, 8pm, Mangrove Mtn Iall. Danny Willmott 0407275653

Contact: mepccinc@gmail.com, 0412669649

nd Thur of month except Jan, 7:30pm, Union Church Hall. Pres- Shane 0417 436 529

econd Tuesday of the Month 6.30pm at the langrove Memorial Club resident Robyn Downham 0414248224 Email rivercaresinc@gmail.com riday 7.15am at Phillip House. 43404529 resident Brad Maisey, Community Meetings, 377 1167, spencercpg2@gmail.com ast Fri of month. 12.00 noon Spencer Community Centre, Jennifer Dayes 4377 1364 rticles to: spencercpg2@gmail.com ue 9.30am-12.30pm, Kulnura Tennis Courts. nquiries: Alison Palmer 0427731548. every 2nd month. Check website for further etails.www.somersbyequestrianclub.org.au ues & Sat, 9am-5pm. Contact: Alan Hunt 566 4626 or Adrian Acheson 0448 833 781

every Sun 8am at Peats Ridge Scout Hall, unday School during school terms

.00am second and fourth Sundays nr Bloodtree Rd & Wisemans Ferry Rd

rd Sunday each month, 11.00am. (Easter & (Christmas Carols dates to be advised)

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 revcrc@hotmail.com (cont'd next page)

INFSTOCK MARKET REPORT

Maitland Liveweight Sale 21st March 2022

450 liveweight cattle yarded. The trade/vealer market was firm while the export market was firm to 10c/kg stronger.

- Butcher vealers 570 to 625c/kg;
- Restocker steers 550 to 830c/kg, avg 700c/kg;
- Restocker heifers 490 to 770c/kg, avg 670c/kg;
- Euro steers/heifers 600 to 770c/kg;
- Yearling steers 510 to 690c/kg;
- Yearling heifers 510 to 640c/kg;
- Bulls 290 to 345c/kg;
- Cows 300 to 410c/kg.

Maitland Store Cattle Sale Report 19th March 2022

Total of 1000 head. The quality and condition was mixed with a great line of Angus weaners yarded. The market trend was firm to slightly easier on quality yarded. Buyers coming from Coonamble, Tamworth, Walcha, The Upper Hunter plus strong local support.

Steers:

- Weaners: 400 head; 4mths 12mths; \$1,400 to \$2,325; Avg \$1,950 Trend firm; Top \$2,325
- Yearlings: 100 head; 12mths -18mths; \$1,650 to \$2,500; Avg \$2,000; Trend firm; Top \$2,500

Heifers:

- Weaners: 300 head; 4mths 12mths; \$1,200 to \$2,050; Avg \$1,650; Trend -\$50; Top \$2,050
- Unjoined: 100 head; 14mths -18mths; \$2,000 to \$2,400; Avg \$2,200; Trend -\$50; Top \$2,400
- PTIC: 20 head; 3yrs 3yrs; \$3,000 to \$3,600; Avg \$3,200; Trend firm; Top \$3,600

Cows:

- Cows & Calves: 75 head; 3yrs - 10yrs; \$2,800 to \$4,000; Avg \$3,300; Trend firm; Top \$4,000
- PTIC: 30 head; 3yrs 8yrs; \$2,300 to \$3,000; Avg \$2,550; Trend firm; Top \$3,000

Highlights include: - A/c B & M Duncan, Boambee Angus sold a run of Angus Verified steers to top the weaner steer market at \$2,325 to a feedlot in Coonamble, averging \$2,175; A/c Ian Gollan sold his run of Angus weaners with the steers making \$2,100 and the heifers \$1,950; A/c Melrose Farm sold a yard of PTIC Angus heifers to C R Crump (Tarin Grove Angus).

9

Yarramalong

Serbian Orthodox

Kariong Community Baptist Church

Maitland Liveweight Sale 14th March 2022

420 cattle yarded today with light Angus and Euro weaners featuring. The market trend was firm to 30c/kg dearer in places.

- Butcher vealers 515 to 570c/kg;
- Angus weaners 200-300kgs steers 710 to 915c/kg;
- Angus weaner heifers 200-320kgs 645 to 810c/kg;
- Euro x weaner steers 660 to 825c/ kg;
- Euro x weaner heifers 630 to 710c/ kg;
- Yearling Angus steers 580 to 710c/ kg;
- Yearling heifers all breeds 525 to 625c/kg;
- Grown steers 400c/kg;
- Cows 310 to 390c/kg, avg 365c/kg;
- Bulls 270c/kg.

Some good quality butcher vealers offered with the top pen returning \$2,550; Best pen of Angus weaner steers \$2,120; Best pen of Angus weaner heifers \$2,100; Top pen yearling Angus steers \$2,525.

Highlights: A/c The Fisher family sold a pen of steers 320kgs, 710c/kg making \$2,300; A/c J K Connor sold a good line of Charolais x weaners, the steers weighting 224kgs, 825c/ kg returning \$1,850 and the heifers 225kgs, 710c/kg returning \$1,600.

Maitland Feature Weaner & Female Sale - Saturday 2nd April, 12 noon

Maitland Monthly Store Sale -Saturday 23rd April, 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.

Like and share our Facebook page! Keep up to date with bowelidbury. com.au

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

REGULAR ACTIVITIES & MEETINGS (cont'd)

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

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

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 Holy Trinty Church, 2nd Sat of the month 4pm, Contact 43771374 or 43771168 as times may change each month. 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 All welcome. Enq 0428 438577

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 Jon 43116254 and Gavin 43404435. 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 Sun. of the month 10am to 5.00pm cost \$12 per 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 David Gillett 0416 097192 enquiries@yarramalonghall.org.au https://yarramalonghall.org.au

REMINDERS FOR YOUR DIARY

Mangrove Mountain & Districts Country Fair

Saturday October 15th, 9am - 3pm, at Mangrove Hall and Mangrove Mountain Recreation Reserve



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



SAVE THE MANGROVE MOUNTAIN UNION CHURCH **HOW YOU CAN HELP**

Our goal is to "Work together as a community, to keep the Union Church safe in our community, for those who will become our community's future, as intended by those from our community's past"

We welcome your ideas and/or offers of support. Otherwise, you can help in the following ways: -

1. Contribute financially to the campaign, donations can be made to the Mangrove Mountain Christian Group Inc at Bendigo Bank, BSB 633-000, A/c 185477965.

2. Join the Mangrove Mountain Christian Group. Joining fee is \$1 and annual fees are \$2. Contact our Secretary by email to mmcgsec1@ gmail.com for an application form.

3. You can also write/email a courteous, personal letter to the Liquidator Mr Barry Taylor, Restructuring & Risk Advisory, HLB Mann Judd, Level 19/207 Kent Street, SYDNEY NSW 2000 or by email to: btaylor@hlbnsw.com.au

POSITIONS AVAILABLE

WATERMANS EXCAVATIONS is seeking a highly experienced and motivated excavator/ machine operator to join our growing team.

Our requirements are as follows:

• Minimum of 5 years' experience and related certifications.

- A HR license
- Ability to work overtime, when required

Able to work independently and meet deadlines.

To apply for this position, please email a copy of your resume to admin@watermansexcavations. com.au or call on 0431956445

DELIVERY DRIVER for deliveries in local area. Up to approx 10 hours / 2 days per month. Must be reliable & punctual, have own reliable vehicle, current drivers licence and good driving record. Phone 0412 669 649

Highlight any personal links you have with the Church and how important it is to yourself and the local community that the Union Church continue to operate as it has done for the past 110 years.

Also explain that there is strong community support and financial backing for the Church to continue operating and therefore it is hard to understand why the former committee chose to wind the Church up.

A copy of your correspondence would be appreciated by either email to mmcgsec1@gmail.com or post to MMCG c/-6 Waratah Road, Mangrove Mountain NSW 2250.

Robert Meggs, President (4376 1451) On behalf of the Mangrove Mountain Christian Group Inc.

POSITIONS AVAILABLE

CASUAL EDUCATORS REQUIRED for Mountain Community Children's Centre Inc.

Mountain Community Children's Centre is only a 25-minute drive from Kariong.

Essential Formal Qualifications required either Early Childhood Teacher, Diploma or Certificate III in Children's Services. Or working towards any of these qualifications. Need to be available to work between the hours of 7.30am and 5.30pm. Must be fully vaccinated against Covid – 19 (3 doses). Working With Children Check Reference Number essential. First Aid Qualifications desirable. Experience with working with children under 6 years of age (in a centre based environment) preferred. Email mountainchildren@bigpond.com or call Louisa on 43741239 for enquiries.

CASUAL POSITION vacant for a farm hand on an equestrian property. Duties include mowing lawns, gardening, feeding horses and stable cleaning. Locations – Mount White and Mangrove Mountain. Flexible hours must have ABN number. Please email Krissy Harris at info@stonewallequestrian.com.au

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 RENT / LEASE

HOUSE FOR RENT in Peats Ridge, 4 bedroom, 2 bathrooms , large living area. 3 car garage plus carport. 650 p/w, all enquiries phone 0400436573

FLAT TO LET Carport, kitchen, bathroom, balcony, aircon, use of pool. \$140 pw. c.boes@ hotmail.com or 43622236



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.

FOR SALE

DINING TABLE, SIX CHAIRS and DISPLAY CABINET - Mahogany, French polished, oval wind out extension on casters, cabinet mirror backed, glass shelves \$900 0438472114



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.

SERVICES AVAILABLE

FREE VERMIN CONTROL. Deer cull service for rural land owners during rut season. Fully licensed and responsible local shooter.

Can also control rabbits, goats etc. Meat harvested on site and shared with land owner. 0422604555

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

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

TERMITE DAMAGE BUILDING REPAIRS minor to major structural Mark 0418112630 Email:CCtermites@gmail.com

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

FENCING AND SLASHING. Also: FIREWOOD For Sale. David Starkey. 4374 1192 or Mobile 042 725 7948 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 Kariong. Ph 02 4340 1624. Late night Tuesday. Open Tuesday Wednesday Thursday. Ladies/Men/child. Cuts/colours/perm

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

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

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

BRICKLAYING & Render repairs. Adrian 0408347737. Lic 98665C

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

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

WATER BORES

Local drilling company based at Ourimbah

Contact: Paul Slade Ph/Txt: 0408 471247 email:

Sladedrill@bigpond.com



Mountain Medicine

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

Dr Christine Wade B.Med (Hons) FRACGP

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Printed and Published by Lynwood Press, 52 Meriki Road, Mangrove Mountain, NSW, 2250. Phone/Fax 02 4374 1039 Mob 0412 669 649 Email: enquiries@cnews1.com.au Web: www.cnews1.com.au