

COMMUNITY NEWS

No. 901 Ph: 4374 1039 Mo: 0412 669 649 Email: enquiries@cnews1.com.au Web: cnews1.com.au 17th June 2022

Perfect Conditions for the Harvest Festival

Finally, after nearly three awful years where the community was subjected to bushfires, floods, storms and COVID, the Central Coast Hinterland was able to host the wider community to a winter treat in the country.

With perfect winter weather, no restrictions and paddocks drying out, thousands of visitors were able to enjoy the food and farm produce, see the farm animals and take home a plant or two for the garden.



Clockwise from above: Larvae of the Darkling beetle used for animal feed, Mountain Goat Trails Farm Tours & Silver Gully Paddock to Plate, Native plants at Sustainable Natives, 3 generations of farmers at Westys Place, Dried flowers, Succulents at Coachwood Nursery



Kulnura Public School are now taking enrolments for Kindergarten 2023.

If you have not already done so, please contact the school office for information on how to enrol your child online via the Kulnura Public School website <https://kulnura-p.schools.nsw.gov.au/>



We will be holding an information session in Term 3 and orientation sessions in Term 4. This will help your child become familiar with their school and make their transition to kindergarten as smooth as possible.

Should you wish to discuss your child's enrolment, or visit the school please do not hesitate to contact us on: **PH: 4376 1264**

Steve Collins
PRINCIPAL



STOP !
Next issue Published
1st May 2022
**** DEADLINE ****
**** 24th June '22 ****
Send adverts & copy by
email, website or post.
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The grass is always greener..... even after floods

Join us to explore a variety of pasture options available to graziers in the Sydney basin.

This event will showcase how our pasture trial has survived and thrived despite the impacts of floods and

grazing pressure (sheep).

See the pasture species sown during summer and autumn that are now green and continuing to grow during winter, especially when feed and cover options are limited.

We will showcase how having a dense cover of species helps to suppress weeds and improve soil health. Examples will include annual, perennial and sub-tropical pastures and cover crops.

An industry representative will also be on site to answer questions you have relating to your property.

EVENT DETAILS

Date: Friday 24 June 2022

Time: 10am - 2pm



UNION CHURCH UPDATE - 12TH JUNE 2022

It seems that our move to engage a specialist Trusts Lawyer is yielding results. He has advised the Liquidator that we will consider making our own Supreme Court application for

Location: The Greater Sydney LLS Demonstration Farm
40 Edwards Rd, Richmond Lowlands

Contact

Peter Conasch

0427 741 956

peter.conasch@lls.nsw.gov.au

Bookings essential

Register: <https://bit.ly/3wuudMZ>

Lunch and refreshments will be provided

RSVP by Tuesday, 21 June

This project is supported by Greater Sydney Local Land Services through funding from the Australian Government's National Landcare Program.

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appointment to the Trustee position for the Mangrove Mountain Union Church. Our purpose for doing this is to find a more direct and less costly route to the Trusteeship than the estimated cost of \$150,000+ proposed by the Liquidator.

A response to this move from the Liquidator's side has indicated some changes to his position. Firstly, the Liquidator now indicates that he "does not, in principle, have any opposition to" our Group being able to continue to use the property which is held in trust. Secondly, The Liquidator now appears "willing to consider further ways in which the ongoing costs and expenses of the liquidation can be minimized". And thirdly, the Liquidator's side have proposed a meeting between the parties in the coming weeks (a marked pick-up in pace from the Liquidator's side). This is encouraging news for our

"Save the Union Church" Campaign!

On the fundraising front, as I write this article, we are mid-way through the Harvest Festival Weekend and our Plant Stalls at two locations – The Mangrove Mountain Public Hall and the Silver Gully Event Hub. While the Festival does not appear to be as busy as last year, its looking like we will raise a good amount towards our campaign. Our thanks to "Andreasens Green", "Colourwise Nursery", "New Leaves" and several individuals who have contributed beautiful plant specimens from their own gardens. Our gratitude also to "Meliora" orchard (Kemps) for oranges, The Bee Man, CWA Mangrove Mountain Evening Group, Georgia Sidiropoulos for her delicious home cooked treats and Phil & Sue Douglas for vege produce.

Our GO FUND ME campaign is now up and running at "Little White

Church Rescue". So far it is up to \$1,635. Still a fair way to go, so please promote this to your friends and look out for further opportunities to support our fundraising efforts.

Our Mangrove Mountain Christian Group congregation continues its worship services on the 2nd and 4th Sundays of each month at the MM Public Hall. Our next service is on Sunday 26th June. We warmly welcome all to come and hear our Guest Preacher, Dr Gavin Williams.


Our Bible Study group also meets on the 1st, 3rd and 5th Monday evenings from 4.30 pm to 6.00pm. During the cooler months, and without access to the Church, we are meeting in our homes. Please contact me for location details. "Test Drives" welcome.

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 – 0429 443 310)



"Little White Church Rescue" Plant Sale Fundraiser during the Harvest Festival at Nicklins Road Event Hub



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Free computer classes for seniors

Older Australians who would like to better understand how to use computers will benefit from free “Computers for Seniors” classes now being run by Kariong Neighbourhood Centre.

The centre is a partner in the Federal Government’s Be Connected program, an initiative aimed at increasing the confidence, skills and online safety of seniors who use the internet and related technology.

Under the program, Kariong Neighbourhood Centre runs free classes for over 50’s seeking assistance in the use of computers, tablets and smart phones. “Lessons are tailored to meet the needs of participants, and are conducted one-to-one”, explains program tutor David Cox. “This approach is designed to ensure that the lessons give participants the knowledge and skills they’re seeking”.

Popular topics for lessons include basic computer skills, using email, sharing photos, managing the storage of photos and documents, using mobile phones, creating online accounts, using the internet safely, conducting Internet searches and displaying COVID vaccination status on a phone.

“Lessons are kept to 45 minutes in length to limit the amount of new information a person has to absorb all at once”, says David. “But participants can keep coming back for as many sessions as they want.”

“We understand that new technology can be daunting, especially as it sometimes seems to grow more complex by the day”, he says. “So we try to address the questions that participants want answered, as simply and as practically as possible. And we focus on showing the participant how to accomplish the task themselves, to give them the confidence they need.”



Stepping Out Theatre Presents

4

PLAYs...

Directed by Christine Rule

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2022 Performances:

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Sunday, July 17	2pm & 7pm
Friday, July 22	7pm
Saturday, July 23	2pm & 7pm
Sunday, July 24	2pm

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Lessons are run on Thursday mornings, and bookings are essential. Book a lesson by calling Kariong Neighbourhood Centre on 4340 1724, or by email at admin@knc.net.au.

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VOLUNTEERS NEEDED FOR EMERGENCY RADIO COMMUNICATIONS NETWORK

The Mangrove Emergency Planning & Communications Committee have received a new grant to develop a volunteer-driven Community Emergency CB Radio Communications Network.

The past few years have been tough for the Central Coast, particularly for those living in the Mangrove Mountain district and surrounding areas who have been dealt blow after blow, experiencing, catastrophic bushfires, storms and floods.

Keith Arango, who is part of rolling out the radio network says the recent events have only added to the programs importance and is calling on volunteers to join the program.

“Even today with mobile phones you still lose service during a large bushfire, and that is why we need a radio communications network set up so that those cut off can relay and receive information.

“In order for the whole communications system to work however we need more volunteers across the rural areas of the Central Coast, mainly those living west of the M1 motorway as they have been mostly impacted by the large bushfires we have seen in the last couple of years.”

“There has been an increase in bushfires, storms, and flooding, so it just means that people can feel more secure and get help when there is an emergency and find out what they need to know to protect them and their family.”

Member for Gosford, Liesl Tesch is encouraging locals to volunteer for the initiative.

“Communication is vital during emergencies and unfortunately as Keith pointed out, it is often affected in emergencies. As we continue to face the challenges of climate change the need for consistent and reliable



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information will only grow.”

“It’s great to see locals being proactive and designing programs to have in place in another emergency.”

“I am constantly in awe of the hard work and grit shown by our volunteers who are ensuring that in times of crisis, someone is always there and I really encourage those considering how they can help during disaster events to sign up for the team.”

“I cannot stress enough how much of an impact this service makes—it is at times the difference between life and death. Despite cuts that recent

Liberal governments have made to forestry and bushfire services, this funding will go some way in keeping locals safe.”

The Mangrove Emergency Planning & Communications Committee will be convening a meeting later this month to begin setting up and rolling out the network. If you wish to volunteer or find out more, please contact our Gosford Electorate Office by phone (02) 4342 4122 or by email gosford@parliament.nsw.gov.au.

*Liesl Tesch MP
Member for Gosford*

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Council's Community Grant Program now open

Central Coast Council's 2022-23 Community Grants Program is now open, with \$900,000 in annual funding available to support local community groups and organisations to deliver worthwhile projects, programs and events that strengthen our community.

Council Director Community and Recreation Services, Melanie Smith said local community groups and organisations have until 30 June to apply for funding under the program to help bring their big ideas to life.

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

"Council's Community Grants Program supports local groups and organisations to develop initiatives

aimed at enhancing community connection, activating places and spaces and improving quality of life on the Coast.

"Grant writing sessions, information sessions and drop-in sessions have been running in May and are continuing during June, and are designed to support community members through the application process.

Funding of up to \$20,000 per project is available under the Community Development Grant Program and the Community Events and Place Activation Program, with applications closing at the end of the month.

"Community groups and organisations can also apply for funding of up to \$5,000 per project as part of the Community Support Program, which will remain open throughout the year."

Council Administrator, Rik Harts said Council's Community Grants Program provides community organisations with the support to deliver activities, events, programs and projects which build the community's capacity and create stronger local connections.

"With \$900,000 in annual funding on offer, this is an opportunity for community groups and organisations to put ideas into action, making a difference to our community and

creating a stronger Central Coast," Mr Hart said.

"If you are looking to deliver a worthwhile project or event over the next 18 months, I highly encourage you to read the guidelines and apply now."

Council's 2022-23 Community Grants Program includes:

- Community Development Grant Program – one round only, opened 1 June 2022, closes 30 June 2022. Applicants can apply for up to \$20,000 per application with a total available annual program allocation of \$300,000.

- Community Events and Place Activation Grant Program – one round only, opened 1 June 2022, closes 30 June 2022. Applicants can apply for up to \$20,000 per application with a total available annual program allocation of \$300,000.

- Community Support Grant Program – small grant program, open all year round and assessed monthly, up to \$5,000 per application with a total available annual program allocation of \$300,000.

To learn more and apply, search 'Community Grant Program' on Central Coast Council's website centralcoast.nsw.gov.au

Central Coast Council
Media Release



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WISEMANS FERRY ROAD LEFT OFF THE AGENDA

Council recently announced a large program of works including roadworks at Avoca Beach, Berkeley Vale, Budgewoi, Copacabana, Davistown, East Gosford, Erina, Gosford and other areas but there were no announcements for the repair or rebuilding of Wisemans Ferry Road.

During the recent floods, Wisemans Ferry Road suffered more damage, adding to the myriad of deficiencies and dangerous locations including reductions to single lane and landslips just waiting to happen.

Wisemans Ferry Road provides critical access for residents between Wisemans Ferry and Lower Mangrove and beyond. During the floods, some residents were completely isolated due to road blockages, loss of power and loss of phone connections.

Residents and and community groups such as RiverCares have been

pleading for years to have this road restored but again have been ignored.

Money is being allocated to services such as Open Space and Recreation, Leisure & Community Facilities and Water & Sewer upgrades. Residents will be able to enjoy tennis and netball, better facilities at beaches and pools, even better urban stormwater management but during bushfires, storms and other disasters residents and emergency services won't always be able to rely on access via Wisemans Ferry Road.

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UPCOMING CATTLE AUCTIONS

Maitland Regional Saleyards

- Weekly Monday Liveweight Cattle Sales 9am, followed by Calves, Pigs & Sheep from 12 noon
- Store Cattle Sale Saturday July 16th from 12 noon

Gloucester Saleyards

- Fortnightly Thursday Store Cattle Sales 11am
June 23rd, July 14th

Feedlots - Abattoirs - Paddock to Paddock Sales
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GRAVE TALES

Join us for Grave Tales: Bush Religions and a Horse called Mettle on Sunday 17th July 2022.

Heritage Ventures is delighted to invite you to our July history tour to the lesser known places around the Central Coast.

Enjoy an exploration of two historic cemeteries on Mangrove Creek with engaging storyteller Max Burns-McRuvie. Hear about the stronghold of the Church of England in the early colony, bush churches, rouge Papism and stories of the indefatigable Reverent Alfred Glennie and his horse Mettle.

Visit the last resting places of ex-convicts, free settlers and 'cornstalks' at Greengrove Cemetery and Holy Trinity Church, Spencer.

Tour starts with morning tea at the Hawkesbury Duck.

For tickets and further information: www.heritageventures.com.au/cemeteries

Phone: 0447-545-271

Bernadette Flynn



Above Right: Holy Trinity Church (photo by Michael Bagnall - used with thanks),
Right: St. Peter's Cemetery;
Next Page: the "Rose" headstone

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YARN BOMBING EXPANDS

Just in time for the Harvest Festival, a row of trees have taken on a new look at the Mountain Growers Market at Peats Ridge. Most of the pieces have been repurposed from the original yarn bomb at Mangrove Mountain. The new bits were made at the Hub of Mangrove Mountain on Mondays, 2-4pm, over coffee, cake and chatting. (thank you Shane). What will be covered next? Come and join us, it's fun.

Sue Douglas



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where you live



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To take part, drop into either **Angel Sussurri Café** (1–4 Linga Longa Road, Yarramalong) or **The Hub of Mangrove Mountain** (Waratah Road, Mangrove Mountain) during opening hours between **10–31 June 2022**.



Presented by Central Coast Council



Australian Government



This is a Bushfire Community Recovery and Resilience Fund project through the joint Commonwealth/State Disaster Recovery Funding Arrangements

WOMEN'S HEALTH DONOR CIRCLE ESTABLISHED

After years of neglect by the NSW Liberal Government the community has taken women's health into their own hands, establishing the Women's Health Donor Circle.

The funds will be aimed at supporting the Central Coast Community Women's Health Centre to change the lives of women in the community.

Sally Joje, one of the founders of the Women's Health Donor Circle says they have to step in where the government has failed to.

"Women's Health Centre's across NSW have not had an adequate increase in funding since the 1980s. The Women's Health Donor Centre aims to fund out of our own pockets to increase our capacity and do the work that is needed."

"It is also all about engaging with women and having conversations about women's health and wellbeing."

By making a regular financial commitment members of the Women's Health Donor Circle will:

- Increase the centres capacity for counselling, therapeutic and health education groups
- Increase the capacity of the women's health GP clinic, and
- Provide additional case management support to women who have experienced sexual violence and or intimate partner violence.

Member for Gosford, Liesl Tesch has announced her support, becoming a foundation member of the Women's Health Donor Circle.

"This is about not only physically supporting women, but also about lifting up the voice of women when it comes to their health and wellbeing."

"Every little bit helps and as their mantra is, every gift makes a

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difference, so please have this in mind when considering whether you'd like to join the Donor Circle."

There are three tiers of giving and donations can be monthly or annually.

The next Donor Circle event is planned for Wednesday 20 July, from

5pm to 7pm.

To find out more call 02 4324 2533, email donorcircle@cccwhc.com.au or visit the website at <https://cccwhc.com.au/donorcircle/>.

*Liesl Tesch MP
Member for Gosford*

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A HERITAGE CRUISE TO BROKEN BAY AND DANGAR ISLAND

On Monday 16th May a group of 50 descendants of first fleeters enjoyed a day cruising on the Hawkesbury River, being shown indigenous and early settler sites in Broken Bay and exploring Dangar Island.

The group from the Hunter Valley and Central Coast Chapters of First Fleeters chose the date to commemorate the departure of the first fleet from Plymouth on 13th May 1787.

Dangar Island has a rich indigenous history being known as a gathering place for aboriginal people and harbours rock carving and fishing sites. It is also significant in the establishment of the colony.

Governor Arthur Phillip with his senior officers visited Dangar Island in March 178 only two months after arriving at Botany Bay, on a quest to find suitable agricultural land. A plaque commemorates that landing and was of great interest to the visitors.

The Central Coast Chapter of First Fleeters meet on the second Saturday of the month at the Point Clare Community Hall at 10am for 10.30am. An invitation is extended to interested parties, whether you are a first fleeter, suspect you are a first fleeter or are interested in early Australian history. All are welcome. Details from the Chapter Secretary, Jon, on 4311 6254.

Since the fellowship was formed in 1968 over 9000 individuals have established their descent from nearly 200 of those original arrivals in 1788.

*Margaret Morelli,
Publicity Officer
Fellowship of First Fleeters
Central Coast Chapter*



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- ◆ Situated at the end of a council road this private setting offers a tranquil place to live.
- ◆ The East/West facing 3-bedroom home is nicely finished and solidly constructed and features an abundance of natural timber panelling, exposed textured bricks, panelled ceilings, Cyprus timber floors and ceramic tiles to the open plan living area.
- ◆ The living area with exposed brick, ceramic tiled floors and featured panelled ceilings is filled with light. A large glass sliding door provides access to the outside living/BBQ area that flows onto the large levelled expansive lawn area.
- ◆ A modern kitchen featuring Caesarstone bench tops, shaker style timber cabinetry. Stainless steel electric oven/cooktop, dishwasher and refrigerator are all included.
- ◆ Three good sized bedrooms one with a built-in wardrobe and the main with walk in robe. The bathroom has a full-sized bathtub and separate toilet.
- ◆ The large shed has a concrete floor, electricity, and there's front and rear access with locking doors, there is also a lock up garage under the home. The property has connection to both Foxtel and Satellite NBN.
- ◆ Seasonal creek, and large dam, which supplies water to the gardens two concrete storage tanks for the large-scale irrigation system. Drinking water is supplied from two concrete rainwater tanks.
- ◆ The land is zoned RU2.

Please contact Michael Kidd on 0439 761 440 for more information or **NO COST** Market Appraisal, and details on our **NO SALE - NO CHARGE** marketing campaign.

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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 KOOREE GIRL GUIDES

The Girls Guides have been busy and having fun working on their “Kickstart Adventure”. This has seen the Guides having fun trying different ways of cooking, like eggs cooked in clip lock bags, making ice cream in clip lock bags.

The Leaders have been very impressed with the older Guides who have been organising and running different nights, Tully did a great science night, making slime, even a eatable slime, hot air balloon.

Isabella did a great camp fire with some great songs for all ages. Both Guides showed good leadership skills, with the younger girls.

Sue Ward

Right: Shake, shake shake and we have ice cream “it’s COLD”
Below: making their Hot Air Balloon





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KULNURA & DISTRICT GARDEN CLUB – MEMBER SPOTLIGHT

Our current KDGC president Louise Salter was coaxed into being our interviewee for this issue. Louise has an extensive knowledge not only of plants, but of birds, art, music, all things mechanical, and is always the first to offer her support for many causes and requests for help. Louise is a true example of someone who lives by the saying, "Actions speak louder than words!" and is a good friend to many in the community.

It was a pleasure to interview her for our member spotlight.

Louise Salter

1. How long have you been a member of KDGC and why did you join?

I joined in 2015, not long after moving to the area. My friend Lyn and I were interested in meeting like-minded people. I am so pleased we made the decision to join.

2. Who or what first sparked your love of gardens / gardening?

I have always been an outdoor, hands on person. My father was always tending his lawn.

3. What do you most like about being part of KDGC?

The friendship that belonging to KDGC has brought and the variety of gardens we visit.

4. What do you enjoy most about gardening / gardens?

At the moment the ticks and leeches are driving me mad! I love watching the birds while I work.

5. Who inspires you?



Louise Salter

I am inspired by so many people and things this is hard to answer. I love the dedication of gardeners to make beautiful settings.

6. What's a key piece of wisdom you'd share with a new gardener?

Protect anything you plant from the wildlife!

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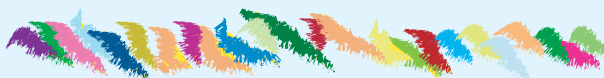
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Leading experts share experience in engaging communities

More than 400 emergency management and community engagement practitioners from across Australia gathered in Newcastle in May to discuss best practice and share their experiences in engaging with communities to improve community safety and build resilience.

The 21st Australian Community Engagement and Fire Awareness (ACEFA) conference, hosted by the NSW Rural Fire Service (NSW RFS), included presentations from leaders in emergency services, case studies and research from around Australia, and

masterclasses in the foundation skills required to undertake community engagement.

NSW RFS Commissioner Rob Rogers said the theme for this year's conference was "Compassion. Grit. Innovation – Engaging with our communities when times are tough" with speakers and presentations highlighting the importance of community preparation in light of the recent fires, pandemic and floods.

"The conference considered and discussed the latest research and best practice in engaging communities on preparation, response and recovery to natural disasters," Commissioner Rogers said.

The conference heard directly from communities affected by the Black Summer fires and the recent flooding, to discuss public information and warnings, management and engagement during operations.

"This conference will help leaders in fire and emergency services, government and the private sector better understand how to engage with communities ultimately helping residents better prepare for and protect themselves during disasters."

our next meeting will be on Monday 11th July. We will advise location closer to the date.

Please email kulnurdgc@gmail.com for information about meetings, membership, or any other questions, or feel free to call Jacqui on 0455 364 262

Happy gardening!

*Karynne Courts
(KDGC Committee member, 2022)*

Along with workshops, eight keynote speakers included:

- Jacqueline Maxted and Michael Hilliard who were behind the documentary feature film, A Fire Inside, which explores the inspiring community response to the 2019/2020 fire season.

- Todd Sampson, host of award-winning Discovery Science TV series Redesign My Brain, who will show delegates how to boost creativity and brain power.

- NSW RFS members who shared their experience of the 2019/20 fire season and flood response in NSW.

Minister for Emergency Services and Resilience and Minister for Flood Recovery Steph Cooke also addressed the conference to discuss her recent experiences travelling through flood affected areas and the importance of engaging with communities.

NSW RFS

7. What have you learned since joining KDGC?

That there is so much I don't know and there is always someone keen to share their wisdom.

8. What's your favourite plant / flower / veggie / herb?

Species Orchids have been a love for a long time, I love to find them growing in the bush. Any flower I can cut and put in a vase.

9. What is one thing that you can do / have done that not many people know about?

I have been a Girl Guide/Leader/District Leader and without this wonderful organisation's training I would not be able to fulfil my role as President of KDGC.

10. If you could write a book, or a song, or make an artwork that represents your life, what would the title be?

Listen, Love, Learn.

We are a friendly and happy bunch, and new members and guests are always welcome.

We meet on the second Monday of each month at 9:30am for a 10am start,

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BUTTERFLY MAGIC

by Rhonda Hillyer ©

This is the third instalment of a serialised publication of the novel "Butterfly Magic"

CHAPTER II MICHAEL'S LANDING

Michael began to stir. He found himself face down in long grass on the ground and he could hear what sounded like a waterfall in the distance. He sat up thinking he would see all the others nearby, but they were nowhere to be seen. His surroundings were very unfamiliar and he had no idea of where he was. He could hear, mingled in with the low drone of the waterfall, the tinkling sound of the bell birds and even the sounds of a kookaburra or two. All around him were tall gum trees which reached up so very high above him, but even these could neither block out the brightness of the sun, nor the vivid blue of the sky.

On the ground, and also laying still in the long grass alongside of him, he caught sight of the crushed remains of the small, once beautiful butterfly that he had taken with him when he had fallen into this strange area of bushland. He had no idea of how this had happened, but he gave no further thought to the fate of the sad little creature beside him, and felt concerned only for how he could get himself back to familiar surroundings.

He began walking towards the sounds of the waterfall. If he found the running water, then he should find it going somewhere to people who could help him get back; or so he thought.

Not far into his walk, he came to a small lookout from which he could see a waterfall. The waterfall was about twenty metres wide with water falling about five metres down onto the rocks below it. There was a rocky outreach over which the water poured, and Michael could see that he would be able to walk behind the water to get to the other side. This, he decided, he would do. He carefully climbed down from the lookout, made his way to the embankment, and then by stepping over the rocks to the entrance of the outreach, he found it easy to walk behind the waterfall. By the time he came out at the other side of the waterfall and had made his way over the rocks to the other side of the embankment, he was still dry. As he made his way down alongside the river, he noticed that the bush foliage was becoming increasingly dense until it actually formed a canopy overhead. The rocks along the edge of the stream were smooth, rounded and covered in a deep green moss. As he progressed further, lichens covered the rocks and



Michael behind the waterfall

had even grown a few centimetres long, giving the impression that the rocks had grown green "hair". The sun shone in golden shafts down through any breaks in the overhead canopy, and this emphasized the vivid green colours of the surroundings, which lent an eerie but magical appearance to the world in which he now found himself.

He came to another level of falls, smaller than the previous falls, and he found that tiny finches flew in abundance around him, and although the falls were noisy, the happy little bird calls could be heard all around him. Just past the second falls, he could see that it was becoming more difficult to get through the bush, and he decided to cross back. He used the rocks again to get there. They were all moss covered now and he had to be careful to avoid slipping, however, by now Michael was in a state of wonder at the world around him.

As he climbed up on the other bank, he was astounded to see a magnificent stringy bark tree reaching from just above water level to beyond the canopy roof. He could not see the top of the tree. No vines wrapped around its trunk. It stood free and proud - glorious, in the centre of the bush. At the base of the



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The Empath/ Narcissistic Dynamic

Simply put, I would define a true empath as a person who is overly attentive to the needs of others at the expense of themselves and a true narcissist as being overly attentive to their own needs at the expense of others. (A mirror of each other.) You could conceptualise this by thinking of a bell curve, where each one is at opposing ends and the mid-area between the two extremes represents a majority of the population who have a healthy balance of both.

People with strong empathic traits are people who give very easily of themselves and often take on take on the burdens of others, both physically and mentally, hence why they are often referred to as 'sensitive'. They usually find it hard to say "no" to others and find it harder to delegate to reduce the load on themselves. They often find themselves with little time due to their tendency to be 'over-givers' (and because other people benefit from their presence) and can often become exhausted and stressed from not spending enough time and energy tending to their own needs. They are usually people-pleasers as they would often prefer to "go along to get along". Empaths usually prefer to be in their own company, in order to conserve and protect their energy. Their main challenge

tree was an opening through which a child could easily crawl. Michael, by now, was feeling very tired and seeing a soft bed of dry grasses just inside the opening at the base of the tree, he decided to get inside and have a short rest. As soon as his head touched the ground he fell into a deep sleep.

It was dark when he awoke, and this time he was frightened. He could barely move, as the inside of the tree trunk was as small as he was, and the opening was there no longer. There was nothing he could do. He was as trapped as the small, sad butterfly that he had crushed earlier that day. However, he wasn't crushed. Outside the tree trunk, he could still hear the bush noises and they gave him some comfort. He would have to wait until some help arrived, and he hoped that would not take too long.

throughout their lives is learning to set healthy boundaries by saying "no" when necessary and learning how to delegate to others without feelings of guilt. Another challenge is that due to their easy-going nature they are more likely to attract those who take them for granted and abuse their kindness, which they spend their lives trying to overcome. Once an empath learns to stand in their own power they are a powerful force to be reckoned with.

In contrast, people with strong narcissistic traits are more likely to follow a tendency for self-service (acting out of their egos) and self-interest by abusing their own powers and having little concern for the way their behaviour affects those around them. They like to know that they are in control of their surroundings. Narcissists sometimes have a parasitic energy about them, taking off others and rarely giving anything back. For them, it's all take, take, take whilst leaving a trail of destruction behind them. Like a parasite, they often move from one host to the next as they thrive off the energy of those around them. The narcissist's challenge in life is to learn how to assert their needs without disregard for the needs of others. Another challenge is to learn to release their need for power and control over others and seeing the value in those around them. Narcissists often find themselves alone (by choice or not) due to repelling others from wanting to be in their mostly negative energy. They can harbour feelings of shame and guilt, especially if they have a small amount of conscience that the way they treat others is unhealthy.

Considering the polar opposite traits of both types, it is quite natural that people who are more empathic will attract those who are more narcissistic due to the empath's ability to constantly give and the narcissist's ability to constantly take. This dynamic is usually based in roots of generational trauma where each depends on the traits of the other to feel validated. One is keen to please the other due to their willingness to be 'liked' and 'needed' and the other is keen to have the other do things for them to fulfill their desire to be nurtured. On both sides they are searching for something they don't have themselves. We call this a co-dependent relationship, which can often feel comfortable until one of them evolves and realises they need to detach from the toxic nature of the relationship. In most, if not all, cases it is the empath who ends up finding the strength to leave the relationship in order to regain their power and independence much to the dismay

of the narcissist who would prefer to hold on to their domain of control. The empath in this case finds that they have to let go of everything they knew to be comfortable and familiar, often including their financial security, to start over again (but the freedom that comes from it makes it worth it in the end).

What I find interesting is that at the deepest levels, both the empath and the narcissist at each end of the spectrum share something in common, in that the one thing they both need to work on is the ability to love themselves and feel complete without external validation of others. It's my clinical presumption that both would often have been exposed to an upbringing where they lacked love or attention from either or both parents or grew up in abusive environments where family dynamics were unstable.

They could also be teachers to each other, if they want to be. The empath can learn that it is okay to spend time, money and energy on themselves and the narcissist can learn how to give of themselves to others in a way that uplifts others and not putting them down. The empath can learn that sometimes saying "no" is necessary and it's okay not to do things simply out of obligation to 'keep the peace', and the narcissist can learn that it's okay to surrender their control and learn to cooperate with others for mutual benefits instead of abusing their own power.

But in the most extreme cases, the narcissist refuses to let go of their desire for control and the empath finds a way to escape their clutches and chooses to have a situation of no-contact or low-contact, depending on the circumstances eg. children, in order to find their own sanctuary away from external control. Note: these dynamics can exist not just in partner relationships but also parent-child, boss-employee, work colleagues and friendships in general.

I currently have 9 approx. 'free' practise QHHT sessions (2-4hr interview and 2hr hypnosis) available to complete my QHHT internship. QHHT = Quantum Healing Hypnosis Technique.

For enquiries or bookings, please email me at shazzaunitt@protonmail.com or call 4376 1014.

Soul Speak Healing sessions (2hrs average) are available for those who are not keen on the hypnosis component, but it can still bring incredible insight to how one views their health and wellbeing.

Sharyn Unitt, Soul Speak Healer and QHHT Practitioner Level 1 (intern)

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 buckettyrfs@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)
Yarralong 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: yarralongrfs@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 CommunityHall, 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	1st Thurs of the Month, 7pm, Mangrove Mtn Hall. Danny Willmott 0407275653
Mangrove Emergency Planning & Communications Committee	Contact: mepccinc@gmail.com, 0412669649
Mangrove Mountain Country Fair Committee Meeting	2nd Thur of month except Jan, 7:30pm, Union Church Hall. Pres- Shane 0417 436 529
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 info@rivercares.com.au
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
Newsletter	Tue 9.30am-12.30pm, Kulnura Tennis Courts. Enquiries: Alison Palmer 0427731548.
The Mountain Tuesday Social Tennis Group	Every 2nd month. Check website for further details. www.somersbyequestrianclub.org.au
Somersby Equestrian Club Club & Committee Meeting	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
Mangrove Mountain Union Church, Christian Service	9.00am second and fourth Sundays. cnr Bloodtree Rd & Wisemans Ferry Rd
St Barnabas Non-denominational Service Yarralong	3rd Sunday each month, 11.00am. (Easter & (Christmas Carols dates to be advised)
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 revcre@hotmail.com

(cont'd next page)

LIVESTOCK MARKET REPORT



Liveweight Sale Report 6th June 2022

Numbers on par this week with last week with 803 cattle yarded. Most of the yarding was made up of Angus & Charolais restocking weaners. The market for trade/restocking cattle firm to slightly easier. Export market remained firm.

- Light weight Angus steers up to 250kgs 670 to 780c/kg;
- Angus steers 250-300 kgs 635 to 755c/kg;
- Angus steers +300kgs 550 to 730c/kg;
- Charolais & Euro x steers 250-300kgs 575 to 695c/kg;
- Light weight Angus heifers up to 250kgs 615 to 705c/kg;
- Angus heifers 250-350kgs 550 to 615c/kg;
- Charolais & Euro x heifers 540 to 635c/kg;
- No butcher vealers to quote;
- Feeder steers milk & 2 tooth 430-500kgs 555 to 625c/kg;
- Angus & Angus x steers 4 to 8 teeth 380 to 485c/kg.

Highlights – A/c Sabille sold Angus steers straight off the cow for 655c/kg @ 366kgs to average \$2,399; A/c Brentwood Properties sold Angus steers milk tooth for 625c/kg @ 433kgs to return \$2,708.

Liveweight Sale Report 30th May 2022

We had a total of 800 cattle yarded today at Maitland Saleyards. Most of the yarding was made up of Angus and Angus x restockers.

- Angus restocker steers up to 250kgs 650 to 775c/kg;
- Angus restocker steers +250kgs 600 to 712c/kg;
- Other breed restocker steers 540 to 700c/kg;
- Angus restocker heifers 540 to

725c/kg;

- Euro x restocker heifers 550 to 695c/kg;
- Butcher vealers 540 to 612c/kg;
- Heavy trade cattle 480 to 560c/kg;
- Limited cow yarding 280 to 355c/kg.

No Maitland Liveweight sale on Monday 13th June due to public holiday

Maitland Store Sale – Saturday 18th June 2022 – Commencing 12 noon

For a more detailed report, please contact one of our Auctioneers

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](http://www.bowelidbury.com.au)

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

2nd & 5th Sunday of the month, 4.30pm Mass
at St Michael the Archangel, Wollombi.
Every Sat. evening vigil – 5.30pm St. Francis
of Assisi Centre, 30 Lutana Rd, Somersby.
1st Sunday each month, 11.15am St. Barnabas
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 0460 696 941

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](mailto:pbaboriginalhistory@gmail.com)

Open Sun to Thurs, 10am-2pm, other times
by appt. Contact 43521886 email [info@
alisonhomestead.com.au](mailto:info@alisonhomestead.com.au). website: [www.
alisonhomestead.com.au](http://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

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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 mmcgsecl@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

Highlight any personal links you have with the Church and how

Rates & Councillors

Comment from Kevin Brooks, Spokesperson for Protest Against Extreme Rates.

"State Government is deliberately denying local people an early vote on the recent rate hikes pushed through by the Administrator they appointed.

Whatever happened to the principle of "No taxation without representation?"

Our community should consider carefully the way State Government is treating us when we decide how to vote at the State Government elections scheduled for early next year."

Kevin Brooks

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 mmcgsecl@gmail.com or post to

POSITIONS AVAILABLE

CARER / HOUSEKEEPER required, 4-5 hours per week, \$35/hr, references required. Also FARM WORK available for juniors 3-4hrs per week \$20/hr. Phone 43721352

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

COMMERCIAL HERB & flower farm in the local area seeking a Farm Hand to assist with planting, weeding, picking, reticulation set up & maintenance, poly tunnel repair and general farm hand duties.

Must be reliable & punctual, fit & strong, own transport to & from the farm and available to work full time hours.

Please send resumes to info@foragegourmetedibles.com.au or for any questions call Jamie on 0415 501 112

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

MMCG c/-6 Waratah Road, Mangrove Mountain NSW 2250.

Robert Meggs, President (4376 1451)

On behalf of the Mangrove Mountain Christian Group Inc.

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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.

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

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

"SAVE UNION CHURCH" fundraiser - 3kg Oranges \$5, free delivery for 4 or more bags on the Mountain, text to 0429 443 310.

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I have my own tools, transport and I am good at fixing/repairing most things and looking after places. But not gardening.

I am flexible as to the days available as I work varying days of the week. Will need access to services etc. Sunny location for caravan needed. Long term only. Phone David 0414 912 423

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