

COMMUNITY NEWS

No. 902 Ph: 4374 1039 Mo: 0412 669 649 Email: enquiries@cnews1.com.au Web: cnews1.com.au 1st July 2022

MANGROVE'S CWA SUPPORTS THE LITTLE WHITE CHURCH

Stall proceeds and two raffle prizes were donated to the MMCG for 'The Little White Church' fundraising on the weekend of the Harvest Festival.

The raffle winners were 1st Helen Walker from Somersby and 2nd place John Shonk from Narara. We had a very social day at the Mangrove Mountain Hall and it was lovely to see Russel and Margaret Pontifex and everyone that dropped by.

We are also holding a Long Table Poet's lunch on the 10th September 2022 at Mangrove Mountain Hall 11.30am for 12 noon start. Tickets will be \$25.00 and available on the Trybooking website.

Karen Boskos
Mangrove Mountain Evening Branch
of the CWA



COME ONE, COME ALL!
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Saturday July 23rd - Mangrove Mountain Golf Club
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Competition closes July 8th 2022.

**ST BARNABAS
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Catholic Service
Sunday 3rd July, 2022
All Welcome

Romans 12:3 - For I say, through the grace given unto me, to every man that is among you, not to think of himself more highly than he ought to think; but to think soberly, according as God hath dealt to every man the measure of faith.

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READY
WEEKEND**

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Next issue Published
15th July 2022
**** DEADLINE ****
**** 8th July '22 ****

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2:30pm in the Library

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OR
Contact Us : 02 4373 1149
for more information



CEN “#Reconnect” Amateur Photo and Short Film Competition

It is 25 years since hundreds of Central Coast residents held a series of meetings and formed the Community Environment Network (CEN) and so, to start the celebrations, CEN has chosen World Environment Day to announce its #Reconnect amateur photography and short film competition.

“CEN has grown to be the peak environmental organisation on the Central Coast and our vision continues

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to be to stand up for ecological sustainable development (ESD) and oppose threats to it," said CEN Chair, Mr Gary Chestnut.

"To mark our 25th anniversary we want to talk about the importance of nature to all of us. We want to encourage everyone on the Central Coast to #Reconnect with nature. We know that Central Coast residents love nature – that is why we live here but, in the rush and bustle of everyday life, we often don't take enough time to immerse ourselves in nature's beauty, poetry and therapy," Mr Chestnut said.

"That is why we have chosen, in honour of World Environment Day, to call for entries to our #Reconnect amateur photography and short film competition. We want to give everyone who lives on the Central Coast the opportunity to use their smart phone to take a photograph or make a short film about reconnecting with nature," he said.

"Perhaps you have a favourite spot in nature or a favourite activity you want to depict or perhaps you have a message about reconnecting with nature that you would like to portray in a short, five to 10-minute film.

"#Reconnect is your opportunity to share your talent with the rest of the community.

"Entries are open until July 6 and the winners will be announced at CEN's 25th Anniversary Dinner to be held at

Somersby CWA
are supporting Somersby Hall
 with a

Long Table Lunch
Sunday 24th July, 2022
\$25 per head 11.30am
Please ring 43721280 or 43761247
to reserve a seat
Come support these two local groups

Mingara on Saturday, July 23.

"All photographs will be exhibited at the dinner and the winning film and photograph will receive cash prizes," Mr Chestnut said.

The #Reconnect competition is free to enter, simply visit www.cen.org.au/ events, read the conditions of entry and begin to immerse yourself in the creative process.

"CEN's 25th anniversary is an important milestone for our Executive Committee, life members, staff and volunteers.

"We are proud of our achievements

in support of ESD and over the coming months we will be celebrating with the #Reconnect competition, 25th anniversary dinner, forum and COSS Festival."

For more information including full conditions of entry and entry form please visit www.cen.org.au/events

CEN

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THE IMPORTANCE OF DISCERNMENT

By the dictionary, the definition of discernment is the ability to have good judgement or a sharp perception of people, places and things around you. Discernment is an incredibly powerful tool to have in your possession to help navigate the increasing whirlwind of information that we see externally in our world at this time. It is not an overstatement to say that we are being bombarded with an incredible amount

of information from a variety of sources to the point that one can have trouble distinguishing what is based in truth and what is based in deception.

Some might ask "how is discernment acquired?" From my observations I believe that we are all born with discernment as an inherent trait that can stay with us for life – if our upbringing nurtures it. (Think about how a young child or animal instinctively knows when someone has good intentions or bad.) Unfortunately, due to societal influences this skill is often dulled down as the lens through which we view the world becomes more distorted rather than clearer – although a small minority retain their ability of discernment, and these are usually the ones who are typecast by general society as 'misfits' or 'rebels' due to their unwillingness to conform with the larger crowd.

Discernment is based on the ability of being able to see what's 'between the lines' or what is beyond the story/narrative being presented in any written or spoken piece of information. Discernment comes from applying how your heart or gut feels about something rather than what your logical/analytical intelligent mind thinks about something (which is how the ego sees the world). When you judge something from deep within your heart-space, via your intuition,

you can FEEL that the information being presented has an element of truth behind it, or not. This is why I strongly believe that the ability to discern truth from deception does not come from years of academic achievement but from the 'streetwise' sense of having a strong situational awareness and the ability to trust one's own gut feeling about what they see and hear.

Can discernment be re-learned? Absolutely yes, but I have found it is not something that can be forced, and preferably develops organically as a person chooses to take on board that the way they have always seen things is not necessarily the way they actually exist. Our ego minds are professionals at encouraging us to believe that everything we think we know is how it always will be, and that is not always the case. Our ego likes things to be comfortable, reliable, and predictable, and anything that dares to challenge these preferences is often written off as far-fetched, fantastical or as an outright delusion. Our intuition on the hand, will allow us to consider all potentialities that can exist, and allows us to expand our thinking beyond anything we previously thought possible.

So how can one learn to practise discernment? A few things that I can suggest that can help one to practise discernment, is firstly to read the information and ask yourself how you feel after reading it. Does it make you

.:KSR.:.

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feel uplifted, empowered, and truly informed? Does it 'sit right' with your deepest inner knowing? Or does it cause confusion and doubt and try to persuade you to think a certain way that doesn't feel right with your gut?

Is the information presented from a place of neutrality, authenticity, and emotional intelligence? Is it expansive and encourage you to 'think outside the box'? Or is it presented from a place of control, manipulation and coercion to make you think a certain way about something, or to limit your perceptions on a certain topic?

Does the information provided contribute positively to the greater good of society, or to the detriment of it? Does it come from a place of empowering others to learn for themselves how to operate in the world, and to help them find their own voice, and encourage them to stand in their own power? Or does it come from a place of victim-stance with hidden agendas to slander others or attempts to silence them?

These are some of the techniques that have helped me to navigate through the maze of information that comes to us from all directions in these times, and they can be applied to any source of information, be it written or spoken.

At the end of the day, it all comes down to having TRUST IN YOURSELF, and everything else falls into place. As they say, "the truth shall set you free".

I currently have 8 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



Rotary

Gosford Rotary Club

TRIVIA NIGHT

Saturday 3rd September 2022
Phillip House Kariong
Old Mount Penang Rd Kariong
\$20.00 Per Person 6 people per table
Doors open 6pm.
To reserve tickets please call Jim
0414 777 748.
Book early to avoid disappointment.
**Funds raised will go towards Gosford
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BYO nibbles.
Tea and coffee will be provided on the night.

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)*

UPCOMING ON-SITE AUCTION AT OURIMBAH

Coastal Antiques & Auction House, West Gosford are holding an on-site auction at Ourimbah on 16th July 2022.

Some items going under the hammer include: 18.6' Easy Rider ½ Cabin Trailer Boat fitted with Mercruiser V6 Stern Drive (1986) on Dual Axle Ocean Trailer with electric winch (2004), 1954 M/F TEA20 4 cylinder petrol with a 4' slasher fitted, 2 ride on Lawn Mowers, 6 Horse Drawn Vehicles/Sulkies, plenty of farm equipment, Horse Tack, Tools, Vintage & Antique Memorabilia items and lots, lots more.

To view a full list and photos of all items going to auction and for more information including time and address of the auction, please refer to the website: www.coastalantiques.com.au in the week prior to the auction.

**If you have any questions please contact us on
4322 9333 or 0407 354 871 or
email: coastalantiques@outlook.com**

Somersby CWA

Over the long weekend the Somersby Hall Committee had the Hall open serving Devonshire tea and selling plants.

The Hall Committee also had a very interesting displays of photos of early Somersby. CWA joined in selling handicrafts and a Bobbin Lace display and Demonstration. It was a very financially weekend for both groups as well as a lot of fun and friendship.

CWA has a couple of members that can't make the meetings but like to help on these weekends, specifically with the Bobbin Lace, so this was a great opportunity for President Judy to present Rita with her membership badge.

Somersby CWA 's next meeting is a big one! as the Branch turns Ninety

so we will meet at 10am then the members will enjoy a lovely lunch at the local Mangrove Memorial club.

Every year CWA study a different country which is always very interesting, this year the Country is LATIVA, we are wondering if anyone has been to Lativa or maybe moved from Latvia, and would like to help the Branch with their studies. We also study a foe, this is Black willow this year, anyone know anything about it?...

Please remember our LONG TABLE LUNCH on 24th July at the Somersby hall 11.30am \$25 per head.

Our Wednesday craft morning's are still giving friendship & laughter so feel free to join us from 10am.

*Sue Ward
Publicity Officer*

UNION CHURCH UPDATE - 26TH JUNE 2022

The Christian Congregations of Mangrove Mountain and our local Community Groups continue to be denied the full and open use of the Mangrove Mountain Union Church by the actions of the Liquidator of the former Trustee Group. To clarify, the Liquidator has been appointed (voluntarily) to wind up only the Trustee, which is the former Association known as the Mangrove Mountain Union Church Incorporated (MMUC Inc.). He has not been appointed to liquidate the Union



Bobbin Lace display



President Judy presenting Rita with her membership badge.

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Church property itself.

Under the terms of the 1914 Trust Deed which covers the land, the property is held in trust for local Christian groups and members of the Mangrove Mountain Community. The Trust Deed provides for the appointment of new Trustees to replace any Trustees (e.g. the MMUC Inc) that are no longer capable, or that no longer wish to perform the obligations required by the Trust. This is something the former MMUC Inc Committee neglected to do before placing itself in voluntary liquidation.

Our Specialist Trust Lawyer and our Barrister believe they can facilitate a more direct and less costly route for our Group to secure the Trusteeship, rather than the estimated cost of \$150,000+ proposed by the Liquidator. Yet we anticipate the cost will still be significant.

Our Harvest Festival Weekend fundraising was successful, raising in excess of \$4,000 – this is a great achievement despite reduced visitor numbers in the Mangrove Mountain area. We were blessed with fine weather on both days and generous plant donations from “Andreasens Green”, “Colourwise Nursery” and “New Leaves” for which we are very grateful. Several individuals also contributed plants from their own gardens, fruit and vegetable produce, home cooking, raffle prizes and cash donations to our cause.

Our GOFUNDME campaign “Little

White Church Rescue” continues to amount, but at a crawling pace. Still a long 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 (MMGC) congregation continues its worship services on the 2nd and 4th Sundays of each month at the MM Public Hall. Today our guest Preacher was Dr Gavin Williams. Gavin and his wife Glenda have pastored both here in Australia and overseas. The theme of Gavin’s message was “The Kindness and Love of God.” – truly a message that we all need to take to heart and let others know about. Our next service is on Sunday 10th July and we warmly welcome all to come worship with us and listen to our guest preacher.

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)

VOLUNTARY ASSISTED DYING BILL PASSED

Four local Members of Parliament joined Dying with Dignity members and supporters at a meeting on Monday 27 June celebrating the successful passing of the Voluntary Assisted Dying (VAD) Bill by the NSW Parliament on 19 May 2022.

Three State MPs – Liesl Tesch (Gosford), David Mehan (The Entrance) and Adam Crouch (Terrigal), and the newly-elected Federal Member for Robertson, Dr Gordon Reid, attended the celebratory event, held in the Central Coast Leagues Club.

The VAD Bill, moved by Alex Greenwich, Independent MP for Sydney, originally passed the Lower House by 52 votes to 32 in November 2021. The final vote in the Upper House on May 19 2022 was 23 to 15, and the Bill was then ratified by the Lower House.

The Bill had 28 co-sponsors, including Liesl Tesch and David Mehan - more than any other legislation in Australia.

The historic win on May 19 meant that NSW became the final state to legalise voluntary assisted dying laws.

Enquiries: Dr Beverley Symons, Dying with Dignity, Central Coast Group, ph 4322 4053 or 0413 376 343.



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ANGLICAN NEWS

It has been really great to see some sunshine and the autumn trees changing colour, even if they are a bit late.

We also had lots of colour for our Pentecost celebrations, with people wearing something red to represent the 'flames' of the Holy Spirit descending upon Jesus' apostles. Also, we had a roaring fire to keep us warm, Phil brought in a special red rug and later, lots of red food. (unfortunately the 'red food' did not seem to give us that extra energy).

Our Bible study group has just finished a study discussing miracles and is now getting ready for our end of term party, while our prayer group continues, with an invitation for any special prayers for you.

Our ongoing collection of tin type food for the Samaritan Foundation (to help those needy families/people on the Central Coast) has produced another load to be delivered.

Our Sunday worship service at 8am at the Scout Hall 153 George Downes Drive Central Mangrove is available to all those seeking Jesus and his salvation.

For enquiries – Rev Jim can be contacted on 0407210861.

God bless,

Mountain Anglicans

Varroa Mite ★ALERT★

Our early warning system has detected varroa mite, which was confirmed as Varroa destructor, in biosecurity surveillance hives at the Port of Newcastle.

NSW DPI is working to protect the NSW honey industry by ensuring we eradicate the parasite.

Varroa mite biosecurity zone and what to do

The eradication plan is supported by a varroa mite biosecurity zone covering an area within a 50 km radius of the Port of Newcastle infestation.

Within this biosecurity zone, no hive or bees can be moved, no honey or comb can be removed from hives, and beekeepers must let NSW DPI know the location of all hives by:

- completing the "Report a biosecurity concern" form: <https://forms.bfs.dpi.nsw.gov.au/forms/9247>
- emailing hive.location@emergency.dpi.nsw.gov.au, or
- calling the Exotic Plant Pest Hotline, 1800 084 881 (9 am to 5 pm, 7 days a week).

What is it?

Varroa mites (Varroa jacobsoni and V. destructor) are the most serious

pest of honey bees worldwide. The mites are tiny reddish brown external parasites of honey bees.

On its own individual mites are easily identifiable to the naked eye. They look like small brown sesame seeds with eight legs. They are flat and about 1.1 mm long and 1.7 mm across.

Life cycle

Varroa can only reproduce on bee brood. No brood equals no mite breeding. Mites find drone honey bee brood significantly more attractive to breed in than worker brood. Approximately 4 out of 5 mites will enter drone brood if given a choice.

How is it characterised?

On their own, individual mites are easily identifiable to the naked eye. Left untreated varroa mite will kill any bee hive it infects. All feral and untreated bee colonies will eventually die.

How is it spread?

Drone bees are able to move varroa mites from hive to hive and even between apiaries. Mites are agile, move into hives quickly and transfer through contact between bees. There are strict quarantine requirements in place to protect the Australian honey bee industry.

Where is it found?

Varroa infects honey bees in every major beekeeping area of the world, except Australia

Although there is a combined

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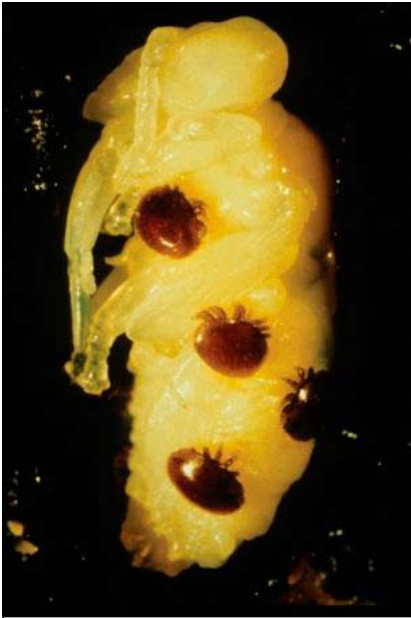
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Varroa mites on a bee pupa



Varroa mites attached to a sticky mat

government and industry effort to keep them out of the country, it is generally accepted that it is inevitable that varroa mites will eventually establish in Australia.

What is the potential cost to Australia?

It is estimated that varroa mite could result in losses of \$70 million a year should it become established in Australia.

How is it treated?

Beekeepers are encouraged to inspect their hives regularly for signs of varroa mites.

How do I report it?

If you see anything suspicious use the online form at www.dpi.nsw.gov.au/hives, send an email to hive.location@emergency.dpi.nsw.gov.au or call the Exotic Plant Pest Hotline 1800 084 881.

Are you an unregistered beekeeper?

You can register now here: <https://www.dpi.nsw.gov.au/biosecurity/seasonal-pests-and-diseases/spring/?a=444178>

Do you want to report your hive locations to help protect the NSW honey industry?

You can use this form www.dpi.nsw.gov.au/hives before you register

and let us know where hive locations. There are no repercussions for not being registered.

Do I have to report my native beehives?

No, people and organisations with native beehives do not need to report them.

Do varroa mites affect native bees?

No, varroa mites affect honey bees, they do not affect native bees.

For more information, visit the varroa mite primefact https://www.dpi.nsw.gov.au/_data/assets/pdf_file/0006/268026/Varroa-mites.pdf NSW Department of Primary Industries.

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Peats Ridge CWA

Our branch on the 25th May had a lovely outing at the Galleria where Carol gave us a talk with photos on "In Her Own Voice"- an exhibition highlighting stitches as identity, creativity and skill of rural women from Kutch, Northwestern India an arid land that stretches from Arabian Sea to the Pakistan border. Carol spoke on how over the centuries of settlement pastoral communities evolved

embroidery styles on combinations of stitch, motifs and colour - theirs is a fascinating story of hardship, courage and adaptation. We were welcomed with morning tea before this amazing story.

Our meeting 6th June at the Peats Ridge Community Hall and with doors closed to keep out the cold winds we spoke on upcoming events. At the State Conference it was voted that the medical research will be Ovarian Cancer and the PBS is helping

sufferers of Endometriosis with ultra sounds and medications with their costs. Country of Study is LATVIA and this should be very interesting.

Our meeting did commence with our President welcoming us to the Darkinjung Country and with a minutes silence for two members of the CWA - Barbara Chapman and Pam Simcoe.

Till next time take care,

Christine Sanfilippo
Publicity Officer



Raffle raises funds for Union Church

On the June long weekend, as well as a very successful plant and oranges sale, a raffle was also drawn.

Helen Walker won the hamper that had been donated by the CWA.

Second prize of a crystal cake stand was won by John Shonk from Narara, pictured receiving the prize from Georgia Sidiropoulos.



Laycock St. Theatre The Australian Blues Brothers Show Wednesday 10 August - 11:00 am

The Show features a Tribute to one of the Music industry's most loved and iconic acts The Blues Brothers. You will be amazed as the show is fully scripted and choreographed, which will have the audience fully engaged.

Songs including Shake your Tailfeather, Gimme Some Lovin, Soul Man and more will feature...

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Somersby Public School Environment Club Wins Grant

The environment group at Somersby Public School were thrilled to learn that they were successful in their application for a 'Harvest for Health' grant. The dedicated team of young



gardeners plan to spend their \$1000 on a wheelchair accessible vegetable garden bed, some fruit trees and improving the equipment used to prepare their fruits and vegetables for use.

This is a massive boost that will reinvigorate the group after the weather of the last few months really hindered



their efforts to get outside. The grant money will support the school's ability to create a supportive environment for healthy eating, physical activity and environmental sustainability.



The Somersby Public School environment group can not wait to get growing again and look forward to being able to share their produce with the rest of the kids at the school and donating any extras to families.

Kirsten Blake
Principal | Somersby Public School

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Shaun Coffey - 0417 400 556

'BEST IN SHOW' BISCUITS

The first of two biscuit making workshops by Catherine Sottaz was held at Mangrove Mountain Hall on the 14th June. Catherine, our branch Treasurer came second place in the Land Cookery Contest at state level for her assorted biscuit selection and 'Best in Show' at Group.

We were taken through, step by step, the making of two biscuits. The Pecan leaf biscuit' was a thin rolled dough, cut-out in the shape of a leaf and scored on the top and the 'Checkerboard biscuit' a thick rolled dough cut into lengths and glued together with egg whites. We all had a hand at making and baking these lovely biscuits. In attendance were members from Mangrove Mt Evening, Umina and Woy Woy branch members and afterwards we enjoyed a cup of tea and freshly baked biscuits straight from the oven. What a wonderful night it was and thanks to Catherine for sharing her recipes, knowledge and hands on learning.

Mangrove Mountain Evening branch enjoy having a visit from other branches. Amy, Brooke and Fiona are State Cookery Officers and came out to watch Catherine make her biscuits.

Pecan leaf biscuits



125 g unsalted butter
125 g caster sugar
1 60 g egg
½ tsp vanilla essence
150 g plain flour
150 g self-raising flour
50 g ground pecan nuts

Method

Cream butter and caster sugar until light and fluffy. Mix egg and vanilla essence and add to butter and sugar. Add sifted plain and self-raising flour as well as ground pecan nuts.

Roll dough to 3 mm thickness

between baking paper. Using a leaf shaped cutter cut out leaves and make some indents as veins on each leaf. Place leaves on tray lined with baking paper and bake for 10-15 minutes at 160 to 180 C.

The second biscuit making workshops by Catherine Sottaz will be held at Mangrove Mountain Hall on the 28th June 5-7pm.

Judy Betteridge
President

Mangrove Mountain Evening Branch
of the CWA



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KOOREE GIRL GUIDES

The Guides enjoyed learning how to use a sewing machine, making themselves a bag so now no reason not to bring their handbook each week.

The Junior Guides used their knitting skills and made a “NO” sew pillow. All Guides learnt new life long skills and went home with their new made items and the new skills learnt, all proud of their work.

Girl Guides meet at the Kooree Guide Cabin, every Monday (school term) 5pm - 6.30pm.

Enquires: Lorraine: 43761218, Sue: 43721280, Kirrilly: 046772347

*Below: Making No sewing pillow
Right: Enjoying using the sewing machines*

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Reverie and Reflections

Local waterways from the kayak, bushland near to home. This is an exhibition of recent paintings contemplating the landscape by Central Coast artist Jennifer Newland, and Watagan-Wollombi based artist Amanda Davies.

Friday 29 July - Wednesday 3 August 2022

Open daily 9:30am – 4:00pm

Opening Celebration: Saturday 30 July, from 1:30pm

The Community Gallery, Gosford Regional Gallery
 36 Webb St, East Gosford

Enquiries: Jennifer 0408 262 756
 anigozan@gmail.com



The Community Gallery

Image: Jennifer Newland *Mooney Mooney (with Light and Reflections)* 2021 (oil on canvas)

KULNURA & DISTRICT GARDEN CLUB

More than thirty members braved the cold wind to attend our meeting at The Bath House Gardens at Oakhampton Heights and what a worthwhile trip it was! There was much to see and discover and we took home plenty of inspiration. This garden is a result of 20 years of hard work and the vision of two people who have devoted their life to creating a noteworthy garden. You can learn more here:

Photos by Ross Morrison of the KDGC members at Bath House Gardens



thebathhousegarden.com.au, or even visit on their next open day which is Sunday 17th July.

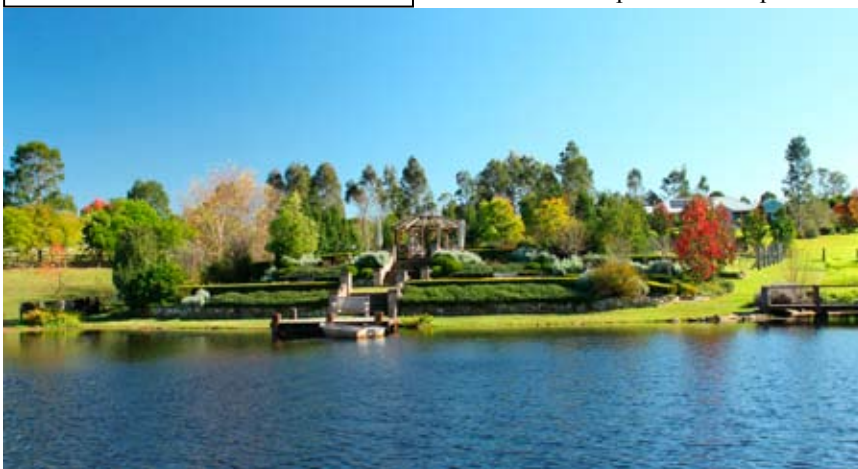
The KDGC stand at Jilliby School for the Harvest Festival was a wonderful success and a perfect example of the

generosity, teamwork, and friendship that abounds in the club. It's dangerous to name specific people, as there's the risk of inadvertently leaving someone out, but special mention must go to Dave Abberton for his tireless energy and enthusiasm in coordinating the stall, organising a band of willing workers who devoted their weekend to promoting the garden club and generating much interest and excitement. Many generous people worked hard behind the scenes on both days to make it such a success, and it's what makes our club extra-special.

July in the garden:

Gardeners are a resilient bunch and just because it's cold, it doesn't mean we don't venture out. The following gardening jobs are bound to warm you up:

- Prune roses
- Dress lawns with lime to restore





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soil balance

- Turn compost heaps regularly
- Sow artichokes, beetroot, broad beans, cabbages, carrots, cress, herbs, kohlrabi, lettuce (even more important to grow now they are so expensive) onions, parsnips, peas, rhubarb crowns, silverbeet

- Sow lunaria, impatiens, Irish green bellflower, kangaroo paw, marigolds, Mexican sunflowers, nasturtium, ornamental chilli, petunia, phlox, portulaca, rudbeckia, salvia, snapdragon, statice, strawflowers, Sturts desert pea, sunflower, swan river daisy, verbena, waratah, zinnia

- Carve out a spot in the sun. Sheltered from the wind, the sun is glorious during the day and there's nothing like soaking up some Vitamin D to boost the immune system.

"Everything that slows us down and forces patience, everything that sets us back into the slow circles of nature, is a help. Gardening is an instrument of grace. – May Sarton"

For those of you who are growing ginger (and also those of you who buy it) Dot Kite has shared her ginger slice recipe:

1 ½ cups wholemeal plain flour
¾ cup sugar, 185 gm butter, 1 egg
125 chopped naked ginger (uncrystallised) – straight out of the garden

30gm chopped blanched almonds
Mix flour, sugar, and ginger, add melted butter and beaten egg. Press into lined slice tin. Brush top with milk, sprinkle over almonds. Bake in mod. over for approx. 45 minutes. Cool in tin.

Book of the month:

The Edible Garden Cookbook & Growing Guide, Paul West

In this very practical book, Paul shares a lot of useful gardening advice, with guides on building a no-dig garden, composting and keeping chooks, and an A-Z guide of the veggies that are easiest to grow. There are also more than 50 of Paul's favourite family recipes - simple, produce-driven dishes bursting with

SONGLINES

NAIDOC Week, 3-10 July, marks a significant event for Indigenous Australians, celebrating their history, culture and achievements.

Central Coast Council will kick off NAIDOC celebrations on the Coast with its annual Flag Raising Ceremony and morning tea on Monday 4 July from 10am at the Wyong office.

This year's theme is 'Songlines: The living narrative of our nation'.

Council's Indigenous Community Development Worker, Mr Matt Sonter, said this year's theme will be reflected at Council's celebrations with dances from local students.

"Songlines are recorded in traditional songs, stories, dance and are a celebration of our connection to land and art passed down from

freshness and flavour. It also includes ideas for fun food activities to share with your community, whether it's hosting a pickle party or passata day, brewing beer with some mates or whipping up a batch of homemade sausages. The book is a celebration of real food and vibrant community. It will inspire you to grow, cook and eat with those you love.

<https://www.goodreads.com/book/show/51180685-the-edible-garden-cookbook-growing-guide>

July Meeting:

We meet on the second Monday of each month at 9:30am for a 10am start, and our next meeting will be on Monday July 11th, at the Kooree Guide Cabin, Central Mangrove. There's a lovely bushwalk, a cosy open fire, and there will be soup for lunch. We'd love to see you there and we welcome guests.

Please email kulnuradgc@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)

generation to generation," Matt said.

"This year we introduced an Aboriginal Dance Residency Group into local high schools – Wyong and Tuggerah Lakes Secondary College – where students were introduced to modern Indigenous dancing with professional dancers who have graduated from NAISDA Dance College.

"They not only learnt more about their culture, but also created a dance routine – which you will get a sneak preview of at our NAIDOC celebrations.

"Through learning more about Songlines and how they connect people to Country and the Country to people, NAIDOC Week gives us an opportunity to celebrate, understand and appreciate the Aboriginal and Torres Strait Islander people and their culture."

Celebrations will continue across the Central Coast with a number of activities:

▪ 2-10 July - Alongside the annual Reconciliation exhibition and Imagining Victory video art exhibition by Contemporary Indigenous activist Richard Bell, there will be a range of free Indigenous inspired activities in Gosford Regional Gallery foyer.

▪ Monday 4 July - Indigenous Storytime during regular storytime at Gosford Library, 10.30-11.30am.

▪ Tuesday 5 July – Central Coast NAIDOC Community Day and Central Coast Indigenous Jobs Market at Gosford Racecourse, 10am-3pm.

▪ Wednesday 6 July – NAIDOC Family Fun Day at Baker Park, Wyong, 9am-3pm.

▪ Thursday 7 July - Indigenous Stories with the Aunties from Mingaletta at Umina Library, 10.30-11.30am.

▪ Thursday 7 July - Indigenous artist, Dub Leffler, will introduce children to illustration, drawing techniques and play games at Woy Woy Library 10-11am and Erina Library 2-3pm.

▪ Friday 8 July – Indigenous Arts and Craft Market at the Erina Centre, Erina Fair 9.30am-2.30pm.

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BUTTERFLY MAGIC

by Rhonda Hillyer ©

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

CHAPTER III

REBECCA, FRED AND ZEB ARRIVE AT THE FALLS

At the moment Rebecca was reaching out to Michael, she actually had to put her hand past Fred, and as they all fell she caught Fred, and they fell together with her arm still around her. They landed on soft grass on the other side of the same waterfalls as Michael had, however he had landed some distance downstream from where Rebecca and Fred had landed. (At that time Zeb was nowhere to be seen and the two girls were quite alone.) They looked around and could not understand what had happened or where they were – just that they were somewhere in the bush and they could hear the dull roar of a waterfall in the distance.

Suddenly they heard what sounded like a fluttering above them. When they looked up they saw the same butterflies they had seen in the park, hovering far above them. Several of them flew down towards them but as they came closer to the two girls they could see something quite amazing happen. The butterflies appeared to transform into small but quite lovely fairies, and they were same colours as the butterflies, orange, gold and black/white. When they reached the ground, their size also increased and they took on the human proportions of young women. They were wearing long, translucent black gowns over slim bodies, their skin was ebony, and an abundance of black curls surrounded their heads, and beautiful large, dark almond shaped eyes stared at the two girls. Their wings were bright orange and gold bordered with black/white spots. As they settled on the ground close to the girls, their hair and gowns seemed to just float around them.

Fred blinked, unable to believe her eyes. Only Rebecca, who had a natural faith in fairies, could accept what was happening; but she was still anxious about the butterfly which, the last she remembered, was being crushed by Michael. She could also see that the lovely fairies around them looked very worried. It was obvious to her, that this situation had come about because of the boys' behaviour in the park. The fairies came closer and the one leading them said to Rebecca: 'Rebecca! My name is Sapphire, and I am Adviser to the Queen of the Fairies, and these two are Faria and Nadi, both of whom are handmaidens to the Queen, and we are all part of the Queen's entourage. We are here because



Rebecca & Fred meet the fairies

you wished on a shooting star, that we fairies could be invited to your birthday party. It wasn't really a shooting star, it was our Queen's comet which was travelling through the Universe, and when she heard you, she wanted to grant your wish. Now she really needs your help, as she is lying not far away from here and will die if the one who crushed her, does not regret his action and beg forgiveness. You must find him and persuade him to help her. There are many bush animals eager to help you find him, but only you can get him to save our Queen.'

The fairies were all anxiously talking together and some were even crying as they were so distressed. It was quite a noisy situation, and it was a wonder that Zeb did not hear the disturbance and come running to find them. Rebecca spoke gently to Sapphire, 'Of course, we will do anything we can to help. How will the bush animals be able to help us to find Michael? Did he just appear here as we did?' Sapphire replied to her, 'Yes, he did and so did the other one – I think his name is Zeb and he is just over beyond that hill, just before you get to the water falls. He seems to have a good nature and will want to help you. We will



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be able to work a little magic, and you will be able to understand the bush animals when they tell you which way to go. Please hurry!

With that the fairies disappeared leaving the two girls to find Zeb, and then to reach Michael and convince him of what he had to do. Fred was still looking with amazement at Rebecca, but was very excited by the adventure in which she had found herself. Rebecca's mind was in a whirl, trying to think about what they might have to do in order to help the Queen. Firstly, to find Zeb, and that shouldn't be too hard as the fairies had told her the direction in which to go.

Both Rebecca and Fred were familiar with the Australian bush and, although they did not know where they were, it was similar to the bush on their island and the animals would also be much the same as those on the island. When they reached the top of the hill, they could see Zeb sitting dazed on the flat ground leading to the water falls. They quickly informed him of what had happened. He was not impressed, and asked them both if they had hit their heads. He told them that he knew all about the butterflies. They were Monarchs, commonly called "Wanderers", and they actually evolved from larvae which had been laid in the milkweed plant, quite common in the Australian bush. They then evolved into the butterflies they had been chasing, so to say they were fairies, was just unbelievable. Rebecca was indignant and scolded him crossly but emphasized that it was urgent to find Michael. Zeb agreed that was something they should do if Michael had come to this place – even if he himself could not work out how that had happened.

Although they did not realise it at the time, they were on the opposite side of the falls from where Michael had landed. However, they were unsure as to which way to go. Rebecca noticed a "Willy Wagtail" sitting on one of the branches of a banksia tree. He was watching her intently, and did not move as she approached him. The branch was low enough for her to be able to look straight at him with only a space, which was the same as the length of her hand, between them. Suddenly he whispered to her. She knew what was happening – the fairies had worked their magic, as they said they would. She drew closer to him in order to hear his message. She went back to the other two and told them they would have to follow the river down to the next level of falls. Zeb asked her how she had known, but she had decided not to tell him about the bird, and instead,







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told him she had seen footprints on the ground leading that way. When he looked at the ground, he could also see the footprints. As they made their way down to the next level of the falls, the bush foliage became thicker with the trees closer together, almost forming an overhead canopy above them. They were in the same area as Michael had been where the rocks along the edge of the stream were quite rounded and covered in a deep green moss, and where the sun shone down through breaks in the canopy emphasizing the greens of their "emerald" world. The same happy little finches flew in abundance around them, as they had before with Michael. It made Rebecca very happy each time one of them flew close enough to her, to let her know she was headed in the right direction. The three children were as fascinated by their surroundings as Michael had been before them.



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Calga-Mt. White RFS	General meeting	3rd Monday of the month, 7.30pm at Pacific Hwy Fire Station Mt. White
Kulnura VBFB at Greta Rd Station	General meeting Training	1st Wednesday of the month, 7.30pm 3rd Wednesday of the month 7.00pm
Mangrove Mountain RFS Bloodtree Rd	General Meeting Training / Maintenance	Last Wednesday of the month, 7 pm, All Wednesday's except last of month, 7 pm
Spencer RFS	General Meeting Training Junior Training	2nd Monday of the month Meeting 6.30pm 3rd Monday Maintenance 6:30pm 4th Monday Training 6:30pm E: captain.spencer@ccrfs.org.au Alison Wade 0415 668953. 4778 Wisemans Ferry Rd
Somersby RFS	General Meeting Training/Maintenance	First Wed of the month 7.30pm at the Station Every Wed night 7.30 at the Station (except before Wed general meeting)
Yarramalong RFS	Training: Nights: Morning: Maintenance/Training : General Meeting (GM): Contact:	First Wednesday of month 7pm start Last Saturday of month 8.30am start 3rd Sunday of month 8.30am start 2nd Wed of even months 7.30pm start Ph: 0409 915060 or 0418 280 764 Email: yarramalongrfs@bigpond.com

COMMUNITY & SOCIAL

Coastlink Friendship Group	Wed 9.30am-2pm at the Health Centre, Nurses Rd, Central Mangrove
Country Women's Association (Somersby)	Second Wed of each month, at Somersby Hall Wiseman's Ferry Road, Somersby, contact Sue, 43721280 or 0407768000.
Country Women's Association (Peats Ridge & District)	First Monday of the month at Community Hall, Peats Ridge School. Any enquiries please contact Christine 0419 400163.
Country Women's Association (Mangrove Mountain Evening Branch)	2nd Tues of the month at Mangrove Mountain Hall 2-4 Waratah Rd Mangrove Mtn. Start 5pm, meeting 7pm. Ph Judy 43771728
Gosford North Inner Wheel club	2nd Wed each month 7pm at Phillip House in Kariong. Contact: Glenis Ph: 0400 486 760
Gosford World Vision Community Group	4th Tues 11am in Presbyterian Church, West Gosford Contact: Glenis Ph: 0400 586 760.
Permaculture Central Coast	Third Tuesday (except Jan.) at Tuggerah 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
The Mountain Tuesday Social Tennis Group	Tue 9.30am-12.30pm, Kulnura Tennis Courts. Enquiries: Alison Palmer 0427731548. 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 Yarramalong	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 revrcr@hotmail.com

(cont'd next page)

LIVESTOCK MARKET REPORT



Liveweight Sale Report 20th June 2022

600 cattle yarded at today's sale. 520 trade/vealers and 80 export cattle. It was a mixed yarding mostly made up of Angus & Angus x weaners. Overall today we saw the market for the trade/vealer cattle firm the 80c/kg easier in places. Export market firm to 30c/kg easier.

- Butcher vealers 520 to 600c/kg, the best returning \$2,880;
- Light Angus & Angus x steers up to 250kgs 620 to 700c/kg;
- Angus & Angus x steers 250-300kgs 610 to 700c/kg;
- Angus & Angus x steers 300-350kgs 580 to 655c/kg;
- Light Angus & Angus x heifers up to 250kgs 530 to 610c/kg;
- Angus & Angus x heifers 250-350kgs 480 to 580c/kg;
- Other breeds of restocker steers 400 to 650c/kg, that market up to 80c/kg easier in places;
- Charolais & Limousin heifers 500 to 580c/kg;
- Mixed breed restocker heifers 400 to 525c/kg;
- Angus steers 380-450kgs 550 to 605c/kg;
- Cows 180 to 340c/kg;
- Bulls 250 to 310c/kg.

Maitland Store Cattle Sale Report 18th June 2022

Total of 950 cattle yarded. The quality and condition was mixed with cattle showing the effects of the wet and cold. The market trend was all firm to easier with good well bred lines remaining firm and selling well. Buyer coming from Upper Hunter, Bathurst, Coonamble, Tamworth and good strong local support.

Steers:

- Weaners: 300 head; 3mths – 12mths; \$900; Avg \$1,500; Trend -\$50/80
- Yearlings: 90 head; 12mths – 18mths; \$1,700 to \$2,600; Avg \$1,800; Trend -\$75; Top \$2,600

Heifers:

- Weaners: 260 head; 3mths; \$1,000 to \$2,450; Avg \$1,400; Trend Firm; Top \$2,450
- PTIC: 40 head; 2yrs – 2.5yrs; \$2,500 to \$3,350; Avg \$3,075; Trend Firm; Top \$3,350

Cows:

- Cows & Calves: 100 head; 3yrs – 10yrs; \$2,500 to \$4,900; Avg \$3,200; Trend -\$50; Top \$4,900
- PTIC: 80 head; 3yrs – 10yrs; \$1,700 to \$2,350; Avg \$1,900; Trend -\$20; Top \$2,350
- Unjoined: 60 head; 3yrs – 10yrs; \$1,500 to \$2,200; Avg \$1,700; Trend -\$30; Top \$2,200

Highlights include: – A/c Hunter Valley Grammar School, Maitland sold Angus heifers & calves for \$4,900 to Philip Martin of Martins Creek; A/c Redgrove Family, Wallbrook Charolais sold Charolais heifers 12 mths for \$2,450 to A Hardes, Scone; A/c Mernott Station, Gloucester sold a run of black baldy heifers PTIC to Angus bull for \$3,350 to Ross Robinson.

Next Gloucester Store Sale – Thursday 7th July 2022

Maitland Store sale – Saturday 16th July 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.

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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 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

Gosford Rotary Club Trivia Night

Saturday 3rd September, 6pm, Phillip House
Kariong \$20.00 ea. Call Jim 0414 777 748.

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. If you would like to 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. Contribute to, and promote our GO FUND ME campaign at “Little White Church Rescue”.

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

4. You can also write/email a personal letter to the Liquidator Mr Barry Taylor, Restructuring & Risk Advisory, HLB Mann Judd, Level 19/207 Kent Street, SYDNEY NSW

POSITIONS AVAILABLE

LOCAL CARPENTRY

I’m looking to hire an apprentice carpenter. Requirements are basic:

- eagerness to learn, - prompt and on time
- drivers license and own vehicle would be advantageous, - interest in working with timber and design would also be ideal.

Phone Jordon 0432 635 638

THE SPRINGS is seeking the following positions for our busy Restaurant & Function Centre:

- Kitchenhand; Junior position
- Cook/Chef; experience in a commercial kitchen
- Apprentice Chef; with an eagerness to learn & grow in the hospitality Industry

Available to work a mix of shifts, mainly Friday, Saturday & Sunday.

Email your resume/expression of interest to: melinda@the-springs.com.au

2000 or by email to: btaylor@hlbnsw.com.au Please be civil and courteous to the Liquidator. Please highlight any personal links you have with the Union 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 say that there is strong community support and financial backing for the Church to continue operating and therefore you do not understand why the former committee chose to wind the Church up. A copy of your correspondence would be appreciated by either email

POSITIONS AVAILABLE

SATURDAY MORNING gardening job for high school student \$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

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

FOR SALE

PINK PINEAPPLE LILIES (Eucomis), Large Bulbs to Plant, \$10 each, ph Sue 0423217432

TRADIES TOOL BOX, aluminium, suit ute. Approx 1500 long x 460 wide x 350 to 430 high, Good Condition, \$200, ph Phil 0400249630

to mmcgsecl@gmail.com or post to MMCG c/-6 Waratah Road, Mangrove Mountain NSW 2250.

Robert Meggs, President
(tel – 0429 443 310)

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.

FOR SALE

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.

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FOR SALE - Ring 0418 221 495

- 1) Poly Pipe Tee's, Joiners, elbows, etc 1" up To 2" 35 pieces New. \$200 lot
- 2) Power Pole-8mtr Treated H/Wood + cross member + Fittings \$450
- 3) Tiles-non slip Barth/Laundry 16 Mtr \$200 + 12mtr V-Joint Veneer Flooring-\$250
- 4) Steel stocks- New I Beams, Gal pipes, RHS, heavy Gauge angle + more.
- 5) Ridge Capping Roll-Top, 6 X New gal 2.8mtr \$50ea
- 6) Electric 3ph 4 core power leads some with fittings.
- 7) Weld Mesh 50x50mm Gal Sheets 1.8 x 1.2 - \$50ea
- 8) 1 X 200lt Drum sump oil for fence painting \$150.
- 9) Fruit or Veg's green liners 20xBoxes - \$35ea
- 10) Fruit or Veg's Clear Liners for Half Bulka Bins 50xBoxes \$45ea
- 11) Cattle scales - 12 volts - Dig' Monitor-Legs-Stand \$700
- 12) Sprayer 200Lt Gal trailer, hose & Gun-\$1,600

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