

COMMUNITY NEWS

No. 904 Ph: 4374 1039 Mo: 0412 669 649 Email: enquiries@cnews1.com.au Web: cnews1.com.au 5th August 2022

Bucketty crowned “City Centre of Mountain Districts”

“What constitutes a city?” is a question that has stumped many a pub trivia-night enthusiast. Is it that there is a cathedral, is it population size, or is it the presence of a Central Business District? All these criteria may well be fair answers but we all know that what makes a city a city is traffic lights. With this in mind Cessnock Council has recently declared Bucketty the Official City Centre of The Mountain Districts, with the installation of the area’s first (and only) set of traffic lights.

Each weekend now sees exclusive car clubs, countless motorcyclists, and other keen fans of queuing travel from all over the Sydney region to experience first hand the thrill of waiting for the lights to change to green. Some locals have sadly taken a NIMBY stance against this sign of progress and have been heard grumbling about minor delays to their journeys, however they are surely in the minority as the trivial inconvenience is recognised by most as being firmly outweighed by the prestige and pride we Buckettarians now have in being exclusive residents our new Mountain Districts City Centre.

Kulnura, Central Mangrove, Mangrove Mountain, and the other areas of the Mountain Districts (what we Buckettarians now refer disparagingly to as “the outer suburbs”) may have shops, petrol stations, tennis courts, golf clubs, skate parks, sports ovals, gliding clubs, doctors, pharmacies, restaurants, bars, schools, landscaping, hardware, rural plumbing, machinery and other such little amenities but it is to Bucketty, and only to Bucketty that you must travel if you are to enjoy the crown jewel of city living experience; queuing up waiting for the light to change.

(Time delayed traffic lights have been installed on the Great North Road between Bucketty Private Roads 4 and 3 due to lane closure caused by land slippage during the recent flooding).

Simon Perry



Little White Church Rescue
SAVE THE UNION CHURCH
Go-Fund-Me Fundraiser

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 ◆ 12/13 November ◆ ◆ 10/11 December ◆

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“With lies you may get ahead in the world but can never go back”

Russian Proverb

STOP !

Next issue Published
 19th August 2022

**** DEADLINE ****

**** 12th August '22 ****

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Wisemans Ferry Men's Shed Flooded Again

In the events of the March 2022 flooding we had the support and help of the Wisemans Ferry Rural Fire Brigade to help with the clean-up. This time in July 2022 we had the volunteered help of the Glenorie and Glenhaven Rural Fire Brigades (see photos). Without the help of these

glorious men and women we might still be shoveling Hawkesbury River mud out the door. Many other people are involved in the clean-up and we extend our thanks to them.

Thanks to the flood we have a lot of damaged and affected tools and equipment which we are cleaning up

and will be selling this damaged stock at the upcoming Maroota Muster being held at Maroota Public School on 21st August, 2022.

Our planned walking track which has been on our agenda for nearly three years is nearly a reality. Hornsby Shire, Hills and Hawkesbury Councils



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are behind our plan and support our intention to bring a long-awaited exercise venue to fruition. Some final funding needs to be found before it can proceed.

While most of our phone services and computer services have been out of action for the past month our thoughts have been mainly to survive the current floods and devastation.

Now we turn again to recovery, and that means our own well-being. We at the Mens Shed offer an extension to your activities. Come on down any Tuesday or Saturday to meet our crew. Call Adrien (President) on 0448833781 to discuss your thoughts.

If a local person/s is in need of physical assistance for any small essential maintenance jobs and are suffering hardship, we are here to help. We will gauge every job on its merit. We are here to help in any way we can. Give Adrien a call to discuss your problem.

The Mens Shed is located behind Wisemans Ferry Bowling Club.

Warren Lumley

Far Left: A group photo of the men and women of the Glenhaven and Glenorie Rural Fire Brigade after cleaning out the mud in the Mens Shed
Left: Men and women of the Glenhaven and Glenorie Rural Fire Brigade hose out the mud in the Wisemans Ferry Mens Shed



**Australian
Plants Society
Central Coast**

August meeting

Shayne Leslie

will talk about her online photographic exhibition

Behind the Lens – Strickland



When

1.30 for 2.00 pm start
Saturday, 13th August 2022

Where

Phillip House
21 Old Mt Penang Road
Karingong

Cost

\$3 Members & Visitors (with lucky door prizes)

Enquiries

EJ Kydd, 4362 3065
or see our website
austplants.com.au/Central-Coast-Events

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“HOMELESSNESS AMONGST OLDER PEOPLE AGED OVER 55 IN NSW”

At our recent AGM held in Randwick Racecourse a motion from CWA Woy Woy Branch, on Homelessness, passed at CWA State Conference. This was very timely for inclusion in the submission to the NSW Legislative Council. Thanks to our Policy Manager, Andrew, for writing the submission on our behalf, that was then presented by Andrew and our Woy Woy branch President Jane Bowtell.

CWA was privileged to be invited to attend and participate in the Inquiry, which was held in Wyong yesterday. This was the third and final submission to the Legislative Council, with the first two held in Sydney and Parramatta. I was privileged to be able to attend, with some other members, including Johanna who has been working hard on the Peninsula to address homeless issues. We got to hear our representatives speak on some of the work The Country Women’s Association are doing to help try to find a solution to this ever increasing problem.

Our advocacy work has been going for 100 years now. Even though most people see us as a group of ladies, cooking scones and serving yummy food, there are many areas you can help with when you join the Country Women’s Association.

On Sunday the 24th August Mangrove Mountain Country Women will be serving food for the fundraiser A Taste of Europe when we will be entertained by the award winning duo SAIJE. Please come along and introduce yourself and find out a bit more about the Country Women’s

UNION CHURCH UPDATE - 30th July 2022

Still, we have heard nothing back from the Liquidator, or his Solicitors, in response to the request that our group (MMCG Inc.) be appointed as the replacement Trustee for the Mangrove Mountain Union Church property.

Since the Liquidator was appointed over a year ago, he has done little to sustain the intent of the Trust Deed over the property. In fact, most of his actions seem to be obstructing the intent of the Trust. Actions like denying use of the property in accordance with the Trust Deed, a change to building insurance such that public use of the buildings is not covered, changing of locks to prevent use and upkeep of the buildings by community members, and delays in responding to correspondence and meeting requests.

We continue the campaign for the rightful return of the Union Church, that is held in trust for us, and for the purposes of Christian worship and community use.

Our fund-raising efforts continue with the GO FUND ME campaign “Little White Church Rescue”. We also have two upcoming events. The first is the inaugural “Taste of Europe” event with a unique and delightful

Association or just to say hello.

We meet on the second and fourth Tuesday night from five and if you would like to know more ring Judy on 43771728

Mangrove Mountain Evening Branch CWA

afternoon/evening of award-winning live music and food at the historic Mangrove Mountain Hall on Sunday the 21st of August. Doors open at 2.30pm with music and afternoon tea from 3pm. The second event is a “Poet’s Long Table Lunch” again at the Mangrove Mountain Hall on Saturday the 10th of September from 12 noon till 2pm. Tickets to both events are available on the “trybooking” website. Please promote these worthy events 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. Last week, our Guest Preacher was former Lay Pastor and local farmer George Sidiropoulos with a message about “Faith” and a challenge for us all to build an “Ark of Christianity” on our Mountain.

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
Mangrove Mountain Christian Group Inc.
Tel – 0429 443 310*





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the dharug and lower hawkesbury river historical society

Invite you to: "A Reawakening of the Black Duck Songline", An afternoon with Special Guest Speaker Robert Fuller.

Please join us at the Chapel on Saturday 27th August where we are pleased to welcome Robert Fuller who is an anthropologist/archaeologist and did a research Masters degree at Macquarie University in indigenous astronomy, and published an article on the cultural astronomy of the Kamilaroi and Euhlayi peoples in New South Wales. Robert has recently completed his PhD on the cultural astronomy and songlines of the saltwater Aboriginal peoples of the Australian East Coast.

Robert will be presenting an analysis of a significant Aboriginal songline in south-eastern Australia that has not been previously recorded. As part of a larger project examining the astronomy and songline connections of the Saltwater Aboriginal people of the New South Wales coast, the Black Duck Songline was identified that may have links to the Pleiades star cluster.

The Pleiades, known by many Aboriginal peoples as the Seven Sisters, is one of the most important elements of Aboriginal cosmologies across Australia, and features in songlines and oral traditions, as well as being a resource calendar identifier.

Aboriginal songlines are a unique development of Aboriginal culture that celebrate the travels and feats of

A TASTE OF EUROPE AFTERNOON TEA & LIVE MUSIC

The inaugural Taste of Europe event sees two of the Mountain's community event organisers, Ryan Howard (Blues on the Mountain) and the CWA Mangrove Mountain Evening Group (Poet's Breakfast) join forces to create a unique and delightful afternoon/evening of award winning live music and food at the historic Mangrove Mountain Hall on Sunday the 21st of August.

Doors open at 2.30pm with music and afternoon tea from 3pm.

A Taste of Europe afternoon tea.

Featuring expertly crafted cakes, biscuits and savouries with a delicate European flavour to delight the senses from our award winning CWA members, along with a European inspired selection of tea's and coffee, join us for an afternoon tea to warm the soul - Pay for what you purchase.

A Taste of Europe musical experience

Featuring award winning duo, Saije, an award-winning, contemporary folk duo whose soulful harmonies, dynamic guitar-lines and percussive breakdowns breathe life into heartfelt stories. Their songwriting takes you on a journey from the depths of ancient forests to bustling French markets weaving Celtic and French gypsy flavours into their songs along the way.

Tickets to the show cost \$25pp and are on sale now via:

www.trybooking.com/CATDF Or phone 0405416289 to book.

the Creator Ancestors as they created the very landscape. Songlines serve as routes of travel for trade and resources and are renewed through ceremony.

The identification of the Black Duck Songline and its possible connection to the Pleiades, is an example of the potential reawakening of other long-distance songlines in Australia and their connection to the cosmology of their communities.

We will meet at the Chapel at 1.00pm.

Robert will commence his talk at 1.30pm in the Wesleyan Chapel, 6445 Wisemans Ferry Road, Gunderman and afternoon tea will be served afterwards.

Cost:- \$15 per head. Price includes a ticket in the raffle to be drawn on the day. Contactless payment will be available.

Bookings essential to secretary@dlhs.org.au or phone/text on 0405 321 478 by Wednesday, 24th August.

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*Robyn Downham. Publicity Officer
Dharug and Lower Hawkesbury
Historical Society*

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KULNURA & DISTRICT GARDEN CLUB – AUGUST 2022

The warmth of a fireplace, a delicious morning tea, the aroma of soup for lunch, and the promise of learning and laughter enticed twenty members to gather at the Kooree Guide Cabin Mangrove Mountain for our July meeting.

Jacqui gave us an informative lesson on how to plant bare-rooted trees / shrubs and Alex shared his favourite gardening tool, a Stihl portable hedge clipper. We were entertained by our resident stand-up comedian David Abberton whose enthusiasm for gardening is contagious. He revealed the wonders of sweet potatoes and demonstrated that what you see isn't always what you get - the exterior doesn't always tell us what beautiful colours await inside. Kind of like people in a way!

While it's always wonderful to visit and meet in a garden, our meetings indoors are filled with information, plants, tips, learning and laughter. We have made the best of the inclement weather this past few months even though it has prevented us from visiting the gardens we had planned. We still

have our monthly plant competition, raffles, and opportunities to learn and discover new things.

August in the garden:

As vegetable prices increase and lettuce is the new avocado, August is a good month to:

- Plant a vegetable garden. If you have limited space, many vegetables can be grown in pots or containers, so if you have a sunny spot with well-drained soil, now is the time to consider converting it to a productive patch.
- Prepare the ground for sowing lawn in September
- Plant summer and autumn flowering bulbs
- Pinch off early buds to strengthen spring flower seedlings
- Prune bougainvillea
- Prepare dahlia beds
- Check orchid leaves for black mould
- Plant citrus and feed with a good citrus food
- Plant potatoes and sweet potatoes
- Sow beetroot, cabbage, capsicums, carrots, celery, chicory, cress, endive, herbs, kohlrabi, lettuce, mustard, onions, parsnips, peas, potato tubers, radishes, rhubarb crowns, silverbeet, sweetcorn, tomatoes (protect from late frosts)
- Sow ageratum, alyssum, amaranthus, aster, balsam, begonia, English daisy, carnations, celosia,

chrysanthemum, coleus, cosmos, dahlia seeds, delphinium, dianthus, everlasting daisy, gazania, geranium seed, gerbera, gloxinia

- Tidy up garden paths, "wet-and-forget" stone steps and paths to clear up any slime /moss
- Dream about booking a trip to WA to see the wildflowers (Late August to early November)

"Gardening simply does not allow one to be mentally old, because too many hopes and dreams are yet to be realised. – Allan Armitage"

Recipe: Artichoke Dip – (Jocelyn Selwood)

This recipe is a family favourite given to me by my dear friend Jocelyn 20 years ago!

- 440g can artichokes, drained
- 1 cup parmesan cheese, freshly grated
- 1 cup whole egg mayonnaise (I use S&W)

Preheat oven to 180C.
Chop artichoke into small pieces. Mix with parmesan and mayonnaise. Place in a small oven-proof dish which can be used for serving.
Bake for 20 minutes till it bubbles and has a golden crusty top.
Serve immediately with slices of baguette.
I bet you can't just have one slice.

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Book of the month:

Australian Dreamscapes: The art of planting in gardens inspired by nature, Claire Takacs

In Australian Dreamscapes, Claire Takacs showcases the



Dave and Erica

varied gardens found in the Australian landscape, from lush green oases to semi-arid settings. Claire profiles Australian gardens, gardeners and garden designers who are drawing on the international movement towards a more naturalistic approach to planting design. Similar to the New Perennial movement and Prairie-style, these gardens take into consideration how plants grow in the wild and have created highly textural, visually pleasing gardens that appeal not only to our love of beauty, but that sit gently in their surrounding landscapes, giving a strong sense of place.

Across 15 chapters and 22 gardens, Claire’s stunning photography is accompanied by essays written by the garden owners or designers. The chapters detail the journey to establishing the gardens, their motivation, and the struggles and rewards the gardens bring day in, day out. Beautifully presented, Australian Dreamscapes is an inspirational journey through the diversity of gardens in Australia.

<https://wonderground.press/gardens/australian-dreamscapes-art-gardening/>

August 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 8th August. Please contact us for further information and venue details.

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)

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LA NINA STRIKES YET AGAIN!

No sooner had the residents along the Lower Hawkesbury River started clawing back their lives and getting their properties back in order after the floods in March 2022 when La Nina struck again on Monday 4th July! These residents were still in the recovery phase from the March floods.

The Spencer and Gunderman communities have been impacted by floods for a fourth time since February 2020! This time the floods were higher

and more devastating than in March causing further damage to property, motor vehicles, boats, pontoons and jetties, as well as Wisemans Ferry Road.

The SES came straight away to help with the evacuation on Monday and then by boat on Tuesday onwards as Wisemans Ferry Road was cut off at the various creeks all the way up to Wisemans Ferry. The Spencer RFS along with other brigades from the Central Coast helped with welfare checks and later with the clean-up.

River Cares was able to implement the Community Led Emergency Response Plan by keeping in touch with every hamlet (creek community) continually through out every day for

updates, providing weather and tide information, road conditions, taking requests for supplies and additional fuel, checking on the elderly and the sick, whilst simultaneously liaising with the ABC, the SES, Resilience NSW for food hampers and for fuel, Welfac, the Council and other emergency services. The Salvos and the Red Cross kept in touch and along with Foodbank and Southlakes Inc., generously donated food hampers and care packages.

Morale and resilience started strong but upon realising this flood was far worse than in March the majority of the residents in both Gunderman and Spencer already at the end of their tether were now showing signs of



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despair, frustration and exhaustion.

Amongst all the mayhem Trent Atkins and Bianca Hudson (residents of the severely flooded Cohens Creek) the new owners of the Spencer store now renamed 'The Anchor' did a herculean effort throughout this weather event feeding all the SES and RFS daily while establishing themselves in the shop which they took over the weekend before La Nina struck our shores.

Once again the Spencer and Gunderman communities have banded together to face the clean-up and recovery but how much more can these resilient residents endure?

*Robyn Downham
President
River Cares*

the springs

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Poet's Lunch

10/9/22 12 noon to 2pm.

Venue: Mangrove Mountain Hall
Cnr Waratah Rd and Wiseman's Ferry Road, Mangrove Mountain.

Please bring your poems along to have a more than entertaining lunch. The lunch will be prepared by the Mangrove Mountain Country Women's Association ladies.

All profits to be divided between the Save the Church Fund and the CWA.

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Yarn Bombing on Wheels

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Sue Douglas



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“Misty Mountain Farm Retreat & Business Opportunities” - Wyong Creek

Peacefully set in a green valley is "Misty Mountain Farm" a drought-proofed 43 acres of mostly level, cleared & pasture improved farm land. This valley retreat also boasts a wealth of opportunities with its enviable resources, infrastructure and a blue chip resumé easily identified by any discerning entrepreneur. An equipped bore with a 16 Meg commercial water licence lends itself to becoming a business enterprise as a bottling plant for any drink or beverage industry (subject to approval). The property has also been running for many years, and is a keenly sought-after weekend farm retreat known as "Misty Mountain Farm Stay". With its unblemished reputation, it is now a fantastic opportunity for someone to elevate this business to a whole new level. All this, and still less than an hour to Sydney & Newcastle CBD's, and only 4 min to M1 Motorway and Westfield Shopping Centre, Tuggerah.

Offering two newish Federation-style homes that have made use of beautiful timbers through-out makes this property ideal for several families. "The Homestead" home has 10-foot high ceilings and four bedrooms, with an open plan kitchen, and huge dining and lounge room that leads out to the 12-foot wrap-around deck that overlooks the pristine stream meandering through the valley. The second dwelling is "The Bunk House" with three bedrooms, 9-foot high ceilings, a fully-equipped country-style kitchen, lounge, laundry and bathroom.

"Misty Mountain Farm" is renowned for its quality fat steers and cattle production, but could also be developed into a very high-end equine, horticultural, livestock or commercial water enterprise (subject to approval). Not only does this stunning property have two road frontages, it boasts approximately 750 metres of Wyong River frontage - a Bass fisherman's delight! As though strategically placed flow two

quiet streams, one on either side of stream keeps an enormous dam top both streams flow into the river. A licenses protect and drought-proof irrigation quota from the river & dam through the underground mains & has a 3 Meg stock and domestic licence that is plumbed into all gardens, g licence is a 16 Meg fully equipped which lends itself for many applications drink, beverage and food industries

Along with the farms natural aesthetic and all the aromatic trees, vines and "Misty Mountain Farm" is revered and coveted through Wyong & Gosford City are minutes Entrance & Shelly Beach are only 15 boating, fishing & beach enthusiasts

The three rail gates & ranch fencing

You

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8 4 8 43 acres

the housing complex, of which one
pped up for irrigation purposes, then
n impressive three separate water
this estate. The first licence is a huge
m which can irrigate the entire farm
hydrant infrastructure. The second is
e from another fully equipped bore
rassed yards and homes. The third
l bore and a Commercial Licence
ons and further development in the
, (subject to approval).

etic beauty, the mountain breezes
nd many fruit trees, "Misty Mountain
oughout the Central Coast Region.
s away, and Tuggerah Lakes, The
minutes away, indulging the surfer,
s alike.

with tree-lined main road frontage

is impressive, along with 10 horse 6m X 6m day holding yards & an enormous round training yard. The willow tree lined and covered viewing and instruction platform complete this picture. A very large concrete floored shed with mercury vapor high bay lights, four car awning and built-in work benches would be the envy of anyone, and attached is a worker's lunch room and large mezzanine office area. A second huge concrete floor, fully powered warehouse style shed has 125' x 42' x 18' eaves and is equipped with a large cool room.

This property and its opportunities are truly a once in a lifetime chance. The investment in prime real estate and natural resources on the same property assures the shrewd investor a variety of opportunities that are no longer obtainable unless purchased separately, and all still only one hour from Sydney.

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Based on the popular Hasbro boardgame Cluedo and adapted from the cult classic film, Clue is the comedy whodunit that will keep you guessing (and laughing) to the very end.

Book via:

<https://www.wyongdramagroup.com.au> or

<https://eldersleefoundation.org.au/red-tree-theatre/>

Discounts for groups and seniors apply and we've allowed for school students (or grandparents bringing them) to afford the experience (only \$15).

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*Pollyanna Forshaw (Director),
Kath Izzard (Assistant Director).*



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BYO nibbles. Tea and coffee will be provided on the night.



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Reminder: Two Chemical CleanOut events to occur in August

Central Coast Council is pleased to remind residents of the two upcoming Chemical CleanOut events scheduled to take place this month on 6 and 7 August in Kincumber, and 13 and 14 August in Charmhaven. Community members can safely drop off their chemicals for free between 9am to 3.30pm daily, on the following dates:

- Kincumber Landfill, on Cullens Road, Kincumber on Saturday 6 & Sunday 7 August 2022
- Council's Charmhaven Depot, on Chelmsford Rd, Charmhaven on Saturday 13 & Sunday 14 August 2022

Items that can be dropped off include pesticides, gas bottles, fire extinguishers, fluorescent globes and tubes as well as any unknown or unidentified chemicals which are accepted for identification and correct disposal.

Council reminds residents to transport material safely, keep chemicals in the original container and remain in their vehicles when dropping off hazardous waste.

For the full list of chemicals that can be dropped off call 131 555 or visit the NSW EPA website.

The Household Chemical CleanOut program is a NSW Environment Protection Authority Waste Less, Recycle More initiative funded by the waste levy, brought to you by the NSW Environment Protection Authority, Paintback and Central Coast Council.

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52.85 acres, featuring grazing paddocks, and an ideal location for art gallery, country café, bed & breakfast.

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- ◆ The main house is original 4 bedroom full brick construction.
- ◆ There is a Cabin, fully self-contained and could be used as farm stay, B&B, 2nd home for extended family and would make a great office to work from home.
- ◆ American style barn is solidly constructed and features a self-contained studio flat great for guests or B&B.
- ◆ Water is supplied from a spring fed creek, there is a spring water bore which requires some work.
- ◆ There is an old shed and other outbuildings.
- ◆ Paddocks are gently undulating and feature scattered shade trees.
- ◆ The land is zoned RU2 allowing uses such as permitted without consent; Extensive agriculture; Home occupations.
- ◆ The property has commutable access to Upper North Shore Sydney private schools and is situated around half an hour to the M1.

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The Property Market

YOUR THOUGHTS CREATE YOUR REALITY

Have you ever wondered why people who largely think positive thoughts seem to live a life that feels more peaceful or abundant while people who largely think negative thoughts seem to attract more calamity and suffering to themselves (from the perspective of the person living that life)?

I'm going to do my best to explain to you a concept that most people are not aware of (because it is never taught to us via the mainstream institutions!) and hence go through their life without being conscious of this process, which could change their life if they realised what they are doing in their everyday lives, and how to shift the way they think to improve their future experience in this life. This depends on how well I can explain it and whether a person is willing to look inside of themselves to create such change. That is always up to the person, and every person has free will to do as they choose, and we all evolve at our own pace.

What if I told you that every person has the power to affect their immediate surroundings and the world, and the universe, simply by the way they thought and felt and by what they believed? This is because every human being is a walking electromagnetic transmitter and receiver via our electrical system, aka the nervous system, and our energetic field. Nikola Tesla, a significant forefather of our electrical advancements of today, said "when you want to understand the universe, you need to think of it in terms of energy, frequency and vibration". Every thought you think creates an electromagnetic impulse, or vibration, that ripples outwards and affects everything it comes across, and eventually reverberates back to you. So everything you are putting out will attract something back to you with that same vibrational frequency. It's a universal law called the Law of Attraction.

The things that you put your focus on will affect the way you think and feel, and hence affects everything around you. As they say, "where attention goes, energy flows". So, now more than ever it is vitally important to be conscious of what information you are going to allow into your awareness (unless you are sure you can be unaffected by it), and also to think critically about whether the

information you are coming across is worth your attention (and belief) or whether to cast it aside and only retrieve it if it's worth reconsidering. (Please refer to my previous article about the importance of discernment.) The things that you choose to believe, and focus on, will naturally co-create, along with every other person on the planet, the reality we will collectively experience. Can you see how POWERFUL we are, as a collective of human beings, at affecting our future in every NOW moment? And hence, can you see how powerful YOU are? It's quite a responsibility when you think about it, isn't it?

Another thing that many people may not be aware of is that the things we IMAGINE are the beginnings of this process. When we 'daydream' we are tapping into limitless potentialities that can be brought into physical manifestation. Without our imaginations we would not be inspired to create new things. Dolores Cannon used to tell her clients "If you can imagine it, it is possible". After all, they say that every great achievement started off as just a 'pipe dream'.

And if thoughts are powerful enough to affect our reality, this also means that words that we say and the words that we write have just as much power, if not more, because they are the bridge that brings what was previously metaphysical into our physical existence. Every letter of the alphabet has its own vibrational frequency, as do any words that they produce. And numbers are the same. This is why, when people want to focus on manifesting something they will often write it down, eg. 'to-do lists', notes, goals/ideas/desires, project plans or mission statements, because it helps to cement their ideas into a more probable outcome in their reality. And it's also why, when someone wants to rid negative energy from their life, they might write down a passage to vent their frustrations and burn it (as it decomposes it back into a lesser form) to help unmanifest these things they no longer desire. It's also why any written source of information, whether it derives from truth or deception, can have a generalised vibration within it that can induce an emotional reaction within us, especially if the information brings out deep traumas that have not yet been healed within us, which I refer to as a 'trigger'. It is worth being aware of this trigger reaction because it is SHOWING us what we need to work on to find more balance and inner peace within ourselves.

When we build an appreciation of this process, it enables us to be

.:KSR.:.

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more conscious of the way we think, feel and behave. It also helps us to realise our responsibility to work at becoming more aware of how our behaviour affects others (ie. emotional intelligence) and to be brave enough to admit when we have steered off track. Any person who deliberately (or not) assaults, attacks, gaslights, interrogates, shames, controls, manipulates or abuses another person is revealing the parts of themselves that are in need of healing. This trauma work can be incredibly intensive for some, and can take time, but is worth it in the end for the positive changes that can follow to help the person forge a more positively constructive path for themselves. When a person puts the hard yards in and manifests a positive shift in their life ie. focuses on shifting their internal reality, it reflects outwards in their external reality, and helps to affect the collective path of the planet, and beyond. As goes the saying "as within, so without".

We might not be able to directly control what's happening around us, but we can definitely control from within ourselves, and that is where the magic starts...

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 or more) are available for those who are not keen on the hypnosis component, but it can still bring incredible insight as to how one views their spiritual, emotional and physical wellbeing.

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

butterfly magic

by Rhonda Hillyer ©

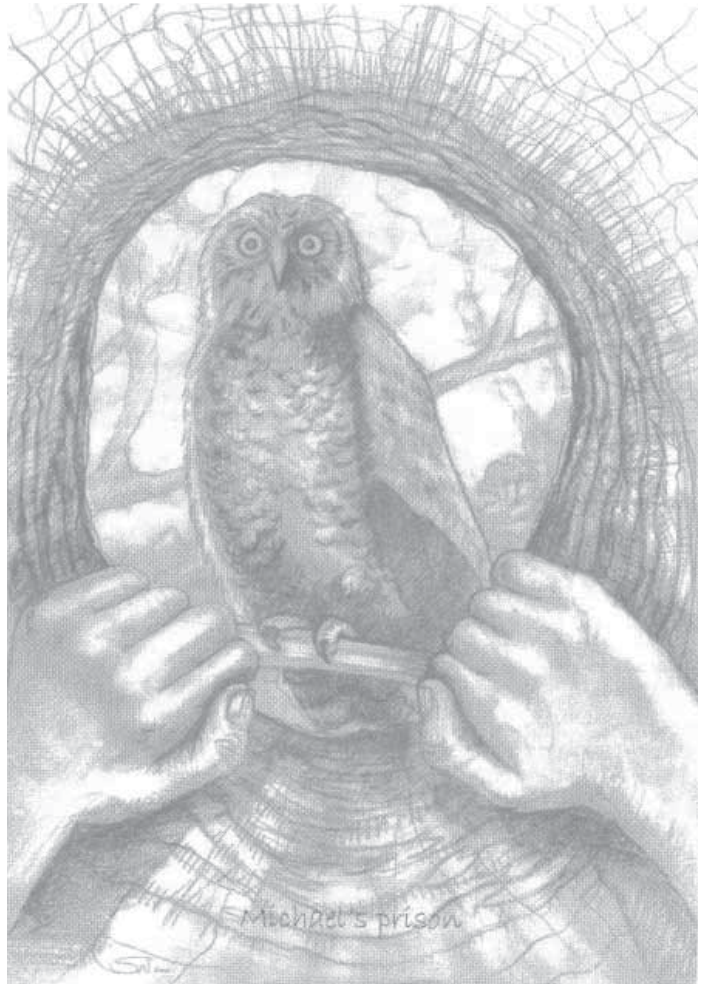
This is the sixth instalment of a serialised publication of the novel "Butterfly Magic"

CHAPTER V MICHAEL'S PRISON

It wasn't too long after he had awakened, when Michael began feeling very cramped. However, he knew it was hopeless to struggle. He could just see through a small hole in the trunk of the tree, that it was now quite dark outside. The bird noises had stopped when he heard a sound something like 'Hoo! Hoo! Hoo!' and as his eyes adjusted to the dark he could see a small black object just outside from his "prison". It was an owl. At least it was something, and it wasn't threatening him. By now, he had become very thirsty as it had been a long time since he had had anything to drink. He was totally trapped, had no idea of where he was and fear seemed to creep right through his body. At last he gave in and began to sob. He had not cried since he could even remember. Without even realising he called out between his sobs, 'Where am I? How has this all happened to me?' To his surprise he heard a deep voice just outside his prison say: 'Do you remember your game in the park? The beautiful butterflies, none of whom would have done anything to hurt you, they were so small and gentle, but you wanted to hurt them. You would have pulled it to pieces if you had caught one, and all you would have done is laugh. You actually crushed one, and it was lying so hurt and unable to move beside you, and you did not care at all. You are only worried about yourself. Well! How does it feel to be trapped and unable to move and not know whether anyone will ever find you?'

'Who are you?' 'Have you done this to me?' sobbed Michael.

'My name is Ozram and I am known as a wise owl. I am very old, and I have tried to gain knowledge throughout my time in this world. I did not do this to you - it was your own evil which turned on you and has placed you in this prison. You will not be released until you conquer your own evil, so that you can return to your own world as a changed person, one who can respect the rights, ideas and beliefs of all others, great or small, strong or weak, whether you can understand and agree with them or not! I have given you the message as I was meant to, and very soon another will come, she has a sincere and honest heart and if she can see that you are changed, then she will be able to tell you the things you must do in order to gain your freedom.' 'Please don't leave me alone!' pleaded Michael. 'I cannot waste all night with you



as I have other things to attend to' ...snapped Ozram and with those words he flew off.

Michael was alone again. He heard what sounded like a large animal scrambling up the outside of the tree, and when it came to the spot where he was imprisoned the claws of the animal actually sliced through the thin bark to cut his skin. It burned him, and he felt a fear such as he had never known before. Ozram's words kept coming back to him. It was his own evil that had placed him in this terrible prison. Who would come next? How long would it take before "she" would arrive? It seemed such a long time since he had been at the birthday party, or even at home. He should never have agreed to spend time with his grandfather on that island. When would this nightmare end? A very short time passed, although it seemed an eternity to Michael, and his next "visitor" arrived. It was as though some creature was slithering all around "his" tree. Cold shivers went through Michael. He was sure that a large snake was responsible. Hopefully, it would only be a python as he knew that these were fairly harmless, even though they could be terrifyingly large. Eventually, it



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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”

came to a stop and, he could hear that it was just outside his own position in the tree. His heart missed a beat and horror filled his mind. Then he heard it! They were words but the sound was different to anything he had ever heard before. The voice using the words was more of a hissing sound and it was his name being called;

‘Miiiiicuuul... Miiiiicuuul...wh wh o ttt....h h h a a v...’

‘Yoo oo oo... duuunnn?’ Michael screamed in sheer terror, and from that point he could remember nothing else until he came too sometime later, and all around him had fallen quiet. The surrounding quietness had a petrifying affect on Michael, as he waited for the one who would be able to help him.

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 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



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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 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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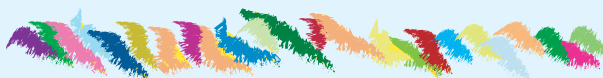
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REGULAR ACTIVITIES & MEETINGS

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 July 43771728
Gosford North Inner Wheel club		2nd Wed each month 7pm at Phillip House in Kariong. Contact: Glenis Ph: 0400 486 760
Gosford World Vision Community Group		4th Tues 11am in Presbyterian Church, West Gosford Contact: Glenis Ph: 0400 586 760.
Permaculture Central Coast		Third Tuesday (except Jan.) at Tuggerah Community Hall, ANZAC Rd, 6.30pm - 9pm
Kulnura & District Garden Club		Second Monday, 9.30 for 10am start. Jacqui Maxwell 0455364262 kulnuradgc@gmail.com
Mangrove Mountain & Districts Community Group Meeting		1st Thurs of the Month, 7pm, Mangrove Mtn Hall.
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 Districts Association (MDA)		www.mountaindistrictsassociation.com.au secretary@mountaindistrictsassociation.com.au
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		
The Mountain Tuesday Social Tennis Group		Tue 9.30am-12.30pm, Kulnura Tennis Courts. Enquiries: Alison Palmer 0427731548.
Somersby Equestrian Club Club & Committee Meeting		Every 2nd month. Check website for further details. www.somersbyequestrianclub.org.au
Wisemans Ferry Community Men's Shed		Tues & Sat, 9am-5pm. Contact: Alan Hunt 4566 4626 or Adrian Acheson 0448 833 781

SPIRITUAL

Anglican Service - Mountain Districts		Every Sun 8am at Peats Ridge Scout Hall, Sunday School during school terms
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



Maitland Liveweight Sale 25th July 2022

400 cattle yarded today with a very mixed yarding. There was some better pens of Euro cattle to go on the feed as well as Angus weaners to go to the restocker. Some buyers were not present today and this had an impact on competition on lighter restocker weaners, which made up the majority of the yarding.

- Angus weaner steers 200-250kgs 510 to 640c/kg, that depended heavily on breed and quality;
- Cross bred weaner steers 200-300kgs 390 to 550c/kg;
- Angus weaner heifers 400 to 500c/kg, depending on quality;
- Cross bred weaner heifers 320 to 410c/kg;
- No yearling or feeder cattle to quote;
- Bullocks 340 to 370c/kg;
- Grown heifers 270 to 350c/kg;
- Cows 140c/kg for the plainer cows, up to 300c/kg for better end;
- Bulls 240 to 300c/kg.

Maitland Liveweight Sale 11th July 2022

Wet weather impacted the yarding today with 220 cattle yarded. Quality and competition was good and overall the market was better than previous weeks.

- Angus weaner steers 200-300kgs 590 to 650c/kg;
- Cross bred weaner steers 400 to 550c/kg;
- No Angus feeder steers to quote
- A pen of 2 tooth Euro steers made 460c/kg;
- Some nice weaner heifers on offer today :
- Angus heifers 200-250kgs 550 to 610c/kg;
- Angus heifers 250-300kgs 540 to 590c/kg;
- Cross bred heifers 350c/kg to up to 550c/kg for a nice pen of Charolais

heifers;

- No yearling heifers to quote;
- Cows 290 to 330c/kg;
- Bulls 280c/kg.

Stud Bulls For Sale

Quality local stud bulls for sale on farm - angus - poll herefords etc.

- Stud Limousin - Black & apricot, quiet, well-muscled, well bred, good growth for age, make excellent vealer type bulls. \$2500 to \$5,000
- Charolais - Stud, 18 months to 3 years, leading Australian bloodlines. \$4000 to \$6000
- Angus - Stud & Commercial, 18 months - 2 years, excellent temperament & quality, of renowned Angus breeders. \$3,000 to \$8,000
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Next Maitland Store Sale Saturday, 20th August - Commencing 12 noon
Next Gloucester Store sale - Thursday 4th August 2022 - Commencing 11am

Clearing Sale - Cant's Automotive Pty Ltd - Saturday 13th August - Commencing 9am

See website for further details and photos

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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REGULAR ACTIVITIES & MEETINGS (cont'd)

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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 of month 7.30pm Pearl Beach. Peggy
0411754577 pbaboriginalhistory@gmail.com

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

www.cclug.org.au - all most welcome

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

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

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

Hall bookings Ryan Howard 0405416289

Hall bookings: 0413 359 655
or AH 4373 1488

David Gillett 0416 097192
enquiries@yarramalonghall.org.au
<https://yarramalonghall.org.au>

REMINDERS FOR YOUR DIARY

Somersby School Trivia Night Sat July 23, at Mangrove Mtn Golf Club, See FB page
Somersby CWA Long Table Lunch

Sun July 24, 11.30 bookings 43721280,
43761247

Gosford Rotary Trivia Night

Sat Sept 3, 6pm, Phillip House Kariong,
bookings ph Jim 0414777748

Mangrove Mountain & Districts
Country Fair

Saturday October 15th, 9am - 3pm, at
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Greens demand a return to democracy

The Central Coast Greens demand that the Minister for Local Government, Wendy Tuckerman, return the right of residents of the Central Coast to democratically elect our councillors.

The June 1 announcement by Tuckerman and parliamentary secretary for the Central Coast Adam Crouch to continue administration of our Council until September 2024 was met with universal surprise and disbelief on the Central Coast.

Initially, residents were led to believe that two years of administration plus a lengthy public inquiry were adequate.

In fact, according to the administrator Rik Hart, the troubled financial affairs of the Central Coast Council have now substantially been addressed.

AT THE SAME MEETING, council CEO David Farmer reported that the "Council is on track to forecast a year-end surplus for the 2021-22 financial year as indicated in the Quarter 3 Business Report."

Surprisingly, In their statement Tuckerman and Crouch, they claim that the administrator and CEO require more time to 'complete the reforms necessary to ensure the ongoing sustainability of the Council'.

The minister knows that a five-year term following a period of administration is an acceptable solution to avoid the cost of holding two elections in two consecutive years. Shellharbour and Wollongong Councils implemented a five-year term solution in 2011. The minister has no reason why this solution is unavailable to the Central Coast. Only one election is needed to restore Councillors to our Council, and that election should be held sooner rather than later.

Jamie Parker, the Greens Local Government spokesperson said:

"If the Minister succeeds in delaying the election until 2024, the Central Coast will have been without Councillors for four years."

"Four years is too long to wait for local people to get a democratically elected voice back on their council."

"We're calling on NSW Labor to commit to bringing this election forward if they win government in March 2023."

Since the announcement by Tuckerman and Crouch, many signatures for a resident's petition to have the minister reconsider her decision have accumulated. The Greens support this grassroots

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initiative by residents and encourage the minister to review her decision urgently.

To suspend an elected government requires exceptional circumstances. The Greens contend that exceptional circumstances no longer exist at Central Coast Council and that Tuckerman must return the normal governance by elected Councillors at the earliest practicable occasion.

Central Coast residents are concerned that controversial new developments without any supporting infrastructure and an attempt to sell off our Central Coast Water entity may go ahead in the additional two years under an appointed administrator.

The Greens strongly affirm that government by elected representatives remains the preferred and expected situation for all forms of government in Australia.

*Chantelle Baistow
Central Coast Greens Media Officer*

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

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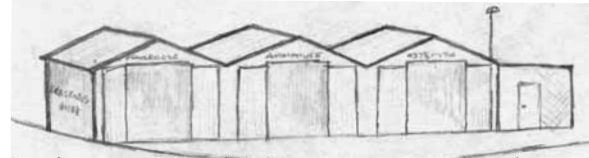
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