

# COMMUNITY NEWS

No. 909 Ph: 4374 1039 Mo: 0412 669 649 Email: enquiries@cnews1.com.au Web: cnews1.com.au 21st October 2022



## Country Fair Return A Roaring Success

After a two years of cancellations due to COVID the Mangrove Mountain Country Fair made a stunning return.

The Fair Committee had worked very hard during the COVID years, holding on-line raffles and fundraising to keep the Country Fair spirit alive.

2022 was approached with hope and planning began with expectations that this year would finally see the Fair return.

So after many months of meetings, phone calls and preparations, fears about the weather and apprehension over COVID, it was fantastic to see perfect weather and huge crowds enjoying the Fair.

The volunteers at all the stalls



were kept very busy serving the long queues as the enticing smell of BBQ drifted over the grounds and there was the continuous sound of music as performers at three different stages kept the crowds entertained.

There were a variety of outdoor displays, farm machinery, antique machinery and historic cars, the RFS trucks, plate smashing and the interactive circus.

The chicken races were a great attraction, the snake man enthralled the audience and the animal displays drew a crowd with children able to feed and pet the livestock.

The hall was filled with entries for the various competitions and the local school student's displays covered the walls with colourful art and craft.

Local farmers, big and small, put their produce up for display and in friendly competition.

The committee and all the helpers are to be congratulated, all their efforts paid off with a great day on the mountain.

Visitors from far and wide joined coasties and the mountain community to gather and enjoy the event.

See you at next years Country Fair!



### Do You Own a Business?

Join us to hear about the advantages of becoming a member of the Central Coast Plateau Chamber of Commerce on 26 October at 7.00PM in the MM Memorial Club's ANZAC Room.

Paula Martin, Senior Director Business NSW Central Coast will be our Guest Speaker. Hear about the advocacy, workplace, advice options and much more available to members.

A great example was the advice provided, almost on a daily basis, to businesses, and who wasn't, impacted by Covid 19 via the direct communication with government on all levels.

The CCPCC know that we have a large and varied contingent of successful business enterprises west of the M1. You have nothing to lose, and almost certainly something to gain.

The Board and I look forward to seeing YOU on October 26.

*Lorraine Wilson, Chairman*

Consistency can be a trap, especially if it leads to being consistently wrong rather than to stopping, admitting your mistake, and changing course.

*Jane Fonda*

### STOP !

Next issue Published  
4th November 2022

**\*\* DEADLINE \*\***

**\*\* 28th October '22 \*\***

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email, website or post.  
Email, website, FB or  
phone for enquiries

# Sydney Sandstone Soil Pit Workshop

Local Land Services and Young Farmers Connect invite you to join a soil pit workshop to learn more about the soils on your farm.

Soil knowledge is a precursor to regenerative and sustainable land management. Know your soils to know what to do.

This one-day workshop will focus on the issues and solutions for managing the properties of soils formed on Hawkesbury Sandstone. This is a limited opportunity to learn from leading experts from the NSW Soil Knowledge Network, Greg Chapmen, Roy Lawrie and Tony Voller.

The workshop will provide you with skills to understand your property's land and soil characteristics and to identify management options that align with your goals.

From the topsoil to the deeper layers of your soil, this workshop will address:

- Working with your soils to inform farm planning
- Soil sampling and characterisation
- Soil health and fertility management



## The soils on your property?

You will take away knowledge and skills that can be applied to all soil types. The workshop will deep dive into Hawkesbury sandstone-derived soils and you will see that these soils can vary, even across a paddock.

Hawkesbury Sandstone derived soils are found in parts of northern Sydney and on the Central Coast.

Go to [lls.nsw.gov.au/events](https://lls.nsw.gov.au/events) to see if your soils are derived from Hawkesbury Sandstone.

**When:** 11 Nov 2022 8:30 am - 4:30 pm

**Where:** Somersby

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<https://www.lls.nsw.gov.au/regions/>



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# GOSFORD WATERFRONT DECISION RAISES CONCERNS ABOUT TRANSPARENCY, ACCOUNTABILITY AND INTEGRITY

On 27 September 2022, the Council Administrator appointed by the NSW government adopted a preferred concept plan for the development of Gosford Waterfront and Stadium. The lack of transparency in this process has been staggering.

“Although there will be a range of views about the future of the Gosford

[greater-sydney/events/gs-events/soil-pit-workshop-somersby-1](https://www.greater-sydney.gov.au/events/greater-sydney-soil-pit-workshop-somersby-1)

Or call Trish Smith (sydney@youngfarmersconnect.com 0409679433) or Madeleine Florin (madeleine.florin@lls.nsw.gov.au 0427197860).

*Young Farmers Connect  
and Local Land Services*

*This project is supported by Young Farmers Connect, Carbon 8, Greater Sydney Local Land Services, NSW Department of Primary Industries and NSW Soil Knowledge Network, through funding from the Australian Government’s National Landcare Program and NAB Foundation..*

waterfront, we should all be concerned about the lack of information and the haste to change planning rules”, said Jane Smith, spokesperson for Central Coast Friends of Democracy.

“The timing of these significant planning changes is just before a State election and while local Councillors are not in place to represent the interests of residents, ratepayers and the community.”

The report to Council refers to “three distinct concept options”, “extensive analysis” and “stakeholder consultation” - however, none of this information was included in the Council report for public information or scrutiny.

It is also worth noting that there was previously a Gosford CBD and Waterfront Advisory Committee, established to provide advice to Council. The committee played an important role in two-way communication on relevant matters and ensuring transparency.

The committee was effectively disbanded with their last meeting held in March 2021.

It was then in April 2021 that the

Administrator (Persson) decided to proceed with investigations for development of the waterfront.

One of the matters that the Gosford CBD and Waterfront Advisory Committee considered at its meeting on 21 November 2019 was a study from Cardno that modelled traffic movement in Gosford CBD. It showed that there were a number of pinch points that were already at capacity. It was clear that this would be a useful tool for future planning in the Gosford CBD.

The same meeting also referenced the Gosford City Centre Transport Plan that the State government was preparing. Both these documents should be made publicly available.

The Administrator (Hart) is now talking about a community consultation process on his preferred option—however, there are serious concerns that this will be a sham process. The community should have a say on all three concept options.

“To have any faith in this process, all information must be released to the public” said Jane Smith. “This must include concept options, analysis, traffic modelling and details of stakeholder consultation, including with developers. There can be no reason for this information to be confidential and hidden from the public.”

*Central Coast Friends of Democracy  
ccfriendsofdemocracy.com*

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# Community meeting at Spencer re. Mangrove Dam

Overall the community forum/information meeting went well.

Central Coast Council staff, members of Northern Zone & Gosford SES, RFS, Resilience NSW, NSW Dept of Community and Justice, Jane Smith and Liesl Tesch MP attended.

In the first part of the meeting Central Coast Council presented information about the dam, its operation and safety procedures.

Bottom line is that no one thought that the Mangrove Creek Dam would ever reach 100% capacity and spill. This is all new uncharted territory for the Council and the SES. I spoke to a couple of people who felt that they did find the meeting worthwhile and informative.

The Council's presentation on the management of Mangrove Creek Dam though impressive missed the key points that the Community needed to know and they are as follows:-

- the dam management actually does not have the capacity to do any pre-emptive spillage;
- the Council talked about damage/danger mitigation etc but it is only since the dam spilled in July that they have assessed who actually lives or owns property downstream and whose lives/animals/property might be impacted by the spill;
- there are no official reliable procedures as to how the residents will be notified;
- the telephone tree will be ineffective when the landlines are down;
- until the CB radio network is established how are the people along Mangrove Creek be notified, especially those residents without mobile coverage?;

- provide people downstream with adequate warnings something like a klaxon warning system needs to be installed;
- during the July floods the SES floating around in boats at Mangrove Creek had no local knowledge of this area, therefore they had no idea where they were going or how to get to where they were wanting to be;
- the Council need to understand the tides along Mangrove Creek which is totally different to what the residents living in Spencer face with the flooding impact from the Hawkesbury River and Warragamba Dam.
- there was no mention about the regular maintenance checks on the holding tanks and pressure valves ie at Pemberton Hill where water was pouring out of the holding tank in August.

The second part of the meeting was driven by Superintendent Darrell Jobson who explained that the SES are the combat agency for flooding and the RFS are the combat agency for fire. We are committed to doing our best for the Community.

For you to help us, you need to help yourself. Learn from what has happened in the recent floods and don't be complacent. What can you do? If you know you are going to be isolated, decide to get out either self-evacuate by staying with friends or family or leave when the SES arrive with a bus to take you to an evacuation centre. if you are going to stay, make sure you have enough provisions to last for at least two weeks.

Mandy Bramble from the SES reviewed issues that arose from the March and July floods such as when the SES travelled by boat to deliver fuel to households, they need to have adequate signage with their street number clearly displayed and 'V' markers if being airlifted by helicopter. Mandy Bramble stressed the point

that if an evacuation order goes out and people choose to stay, they must have enough water, food, fuel and medications for at least two weeks.

The question was raised about additional and adequate flood markers along Wisemans Ferry Road as there are only a handful each a metre high. Glenn Cannard from the Council said they are aware of it but there is a process involved before installing them and the same applies to rain gauges.

The SES are introducing a new national warning system which comes into play at the end of September.

Mandy Bramble explained the SES control centres in Metford and in Charmhaven and the Incident Management Team. There is a SES Liaison Officer who liaises with the EAC - Emergency which incorporates the Council, Police Liaison Officer, Welfac, SES, Ambulance service, Marine Rescue, SLSC, Health etc - they are all in the room so to speak working out the logistics behind the scenes. Metford and Charmhaven are the hubs for planning, preparing, monitoring - getting in helicopters, barges, boats whatever is needed urgently during the floods.

The SES have two units, one in Gosford and the other in Wyong. Over the past few years, there has been a long fire campaign and then the rain events. All these events are providing additional issues such as riverine flooding, coastal erosion, landslides, flooding in the Tuggerah Lakes area. With each event it draws on a massive number of people not only to assist but there is also the follow-up with damage assessments etc.

Superintendent Darrell Jobson said the main thing is having the conversation, getting perspective about what is happening on the ground, working out a solution. You know the area, you live here. We are all here to help but we need you to work with us. The Emergency Management



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and the National Disaster Resilience Framework are all doing their bit - always looking, planning, preparing to help you and to save lives.

Mandy Bramble reiterated by saying to stay up to date - watch the news on TV, heed all warnings which are put out through the ABC radio and pay attention to the SES notifications on social media such as Facebook. We encourage you to seriously consider these warnings to help you to make decisions as to whether to get out if needed.

On behalf of the Spencer and Gundeman communities, I would like to thank the Central Coast Council for organising the community forum/information meeting and for all the emergency services and government agencies that were part of this assembly for taking the time to see and speak to us. Your presence on the day was very much appreciated. The discussions and information shared was invaluable and will help to guarantee our safety in the future.

A special thank you to the team



from the Kariong-Somersby Rotary Club for coming down to Spencer to provide their tasty sausage sandwiches even during a massive thunderstorm.

*Robyn Downham,  
President, Rivercares*

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

Our goal is to "Work together 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, donations can be made to the Mangrove Mountain Christian Group Inc at Bendigo Bank, BSB 633-000, A/c 185477965.

2. Join the Mangrove Mountain Christian Group. Joining fee is \$1, annual fees are \$2. Please contact our Secretary on [mmcgsecl@gmail.com](mailto:mmcgsecl@gmail.com) for an application form.

3. 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@hlbns.com.au](mailto:btaylor@hlbns.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.

Also explain that there is strong community support and financial backing for the Church and therefore it is hard to understand why the former

# What do you think?

Central Coast Friends of Democracy (CCFoD) has established a community survey on the future of Council and a petition calling on the Premier

committee chose to wind the Church up.

A copy of your correspondence would be appreciated by either email to [mmcgsecl@gmail.com](mailto:mmcgsecl@gmail.com) or post to MMCG c/-6 Waratah Road, Mangrove Mountain NSW 2250.

Robert Meggs, President (4376 1451)

On behalf of the Mangrove Mountain Christian Group Inc.

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to deliver the \$100 million that the government owes the Central Coast.

These can be found at: [www.ccfriendsofdemocracy.com](http://www.ccfriendsofdemocracy.com)

How does a Council demerge?

A demerger happens through a review of Council boundaries and the formation of a new Council area.

A proposal (to demerge) may be made by the Minister for Local Government or by a council affected by the proposal or by at least 10% of enrolled voters.

The process includes a review by the Boundaries Commission and a Public Hearing before the Minister makes a decision.

Who pays for a demerger?

In May 2021, the rules were changed. If a Council submits a proposal and the Minister agrees to demerge, then the NSW government pays for the cost of the demerger. CCFoD believes that this should apply to any decision to demerge.

The Friends of Democracy will focus on returning democracy to our community and reclaiming our Council.

The Friends of Democracy is not politically aligned.

We welcome, and hope that, supporters from all political parties - and no political party - will join this cause.

Central Coast Friends of Democracy  
[ccfriendsofdemocracy.com](http://ccfriendsofdemocracy.com)

## Come On Our Picnic... at Hanging Rock

To Our Beautiful Patrons,  
It is with great sadness, we announce the cancellation of our November production due to unforeseen circumstances.

However, we are supporting the substitute production which will be a great theatrical experience, we're sure!

Picnic at Hanging Rock, directed by Rosie Ross & Joshua Maxwell (Jopuka), will be presented by the Red Tree Theatre from 4th - 12th November.

Wyong Drama Group will be coordinating Front of House for the

production. Thank you for supporting our drama group and we look forward to seeing you there!

Red Tree Theatre in association with Jopuka brings to life one of Australia's most adored gothic tales.

Fiveschool girls recount the enduring Australian mystery Picnic at Hanging Rock in this chilling adaptation of Joan Lindsay's summer classic. Adapted for the stage in 2015 by Tom Wright, it is now more haunting than ever.

Rated 13+. Contains occasional coarse language & horror themes.

Play runs 85 minutes with no interval.

Read more on our website <https://www.wyongdramagroup.com.au/>

or on the Red Tree website <https://eldersleeefoundation.org.au/red-tree-theatre/>

Wyong Drama Group



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# Managing horses on small properties

Greater Sydney Local Land Services is holding a workshop to help horse owners and land managers to develop a sustainable property that benefits owners, horses and the environment.

You'll learn how to maintain and manage suitable pasture for horses

whilst encouraging biodiversity; how to manage manure, water and vegetation and how to design (or re-design) your horse property to get the best outcomes.

Stuart Myers, acclaimed author and expert on horse property management, will deliver this workshop, which will teach you about: • Grazing behaviour of horses. • Grazing management of horses. • Innovative designs for horse properties. • Practical solutions to common problems faced by horse owners. • Help to become a "grass farmer" and save you time and money.



# ARTS NEWS

Wollombi Valley Arts Council Inc.

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

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

- Steps to creating healthy horses, healthy pastures and healthy land. This is an opportunity for horse owners on small to medium properties to review and refine your skills in grazing management for your horses.

### Details

When: Monday 7 November, 2022 - 9am-3pm

Location: Central Mangrove

Registration is essential – book online here: <https://bit.ly/3S2NLRT>

More details: Linda Dedovic, Greater Sydney Local Land Services  
Email: [linda.dedovic@lls.nsw.gov.au](mailto:linda.dedovic@lls.nsw.gov.au)

This event is jointly funded through Greater Sydney Local Land Services and the Australian Government.

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**What's on at The Wollombi Cultural Centre**  
**A Celebration of Australian Birdlife**

Jodie Usher  
 22 October - 6 November  
 Exhibition open 10am - 4pm, Thursday - Sunday

Jodie was born in Narrabri in 1976. At the age of 3 her family moved to the beautiful Wollombi Valley, where as an adult she has now returned to live.



With a strong artistic streak in the family and her father's stories of droving and the outback stations it was a given that she would explore the bush through art. Birds were always a great love from her very early childhood, with enormous tomes of 100-year-old bird books as one of the family's much-loved heirlooms.

Jodie's epiphany in art came after studying archaeology at university, where detailed study of lithic tools retrained how she saw the detail of the natural world. After completing her studies, she shifted her focus back to art and it wasn't long before her Jodie's art was finding homes in collections worldwide.

Jodie continues to explore the natural world through its birds with both brush and pen, and still finds that when not at the easel, one of the best places on earth is sitting on a rock under a tree somewhere.

**WOLLOMBI VALLEY SCULPTURE FESTIVAL**

The 2325 Local Artist Indoor Prize of \$1,000, sponsored by the Wollombi Valley Arts Council, was awarded to local sculptor Paul Selwood for his entry 'Sifnos Church'.



Wollombi Valley Arts Council Inc.  
 Email: [artscouncil@wollombi.org](mailto:artscouncil@wollombi.org)

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# KULNURA AND DISTRICT GARDEN CLUB MEMBER SPOTLIGHT - OCTOBER

This month we finally managed to catch up with our hard-working secretary, Jacqui Maxwell. Jacqui has created a very interesting garden on a small acreage at Kariong, and if we need to know anything about gardening, Jacqui is our first port of call. She is involved in several garden-related organisations and is often seen helping out at various garden shows and events.

They say if you want something done, ask a busy person. This definitely applies to Jacqui and we are fortunate to experience her passion and generosity in KDGC.

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

I have been a member since 2018. I joined because I like being part of a gardening community, talking plants and having a sticky beak at other people's gardens.

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

I loved watching and helping my mum in the garden. I was with her one day when she decided to start a new garden bed, we dug it over and cleared the grass. In the afternoon we went visiting her garden friends obtaining cuttings and divisions and hey presto by evening we had a new garden looking pretty. When she was in her last stages of life at home, she asked me to restore her gardens into flower beds. She said lying awake at night planning what we would do the next day was better for pain than the morphine.

Dad was from a market gardening

background and always had vegetable gardens which he supplied not only our family but many others as well. Sharing from your garden was bred into me.

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

We hold our meetings in a different garden nearly every month and I enjoy talking about the plants or garden design with our friendly members. We all have our likes and dislikes but there is no bad garden, they all need

TLC some just get more than others.

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

I feel close to nature, close to God and satisfied after a day in the garden. Weeding is very therapeutic!

5. Who inspires you?

Alan Titchmarsh. I like his gardening history books, novels and TV program 'Love Your Garden', which I feel shows how beneficial it can be to surround yourself with a garden and get your hands dirty. Temple Grandin. Watch



Jacqui's beautiful garden

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the movie 'Temple Grandin' to learn more about this amazing woman and be inspired. "I am different, not less".

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

Do your own homework on a plant. I have been given plants only to find them very weedy and a problem to get rid of. Other plants, some people call weeds, grow in areas that nothing else will and have been fabulous. Learning the native habitat of a plant can help you give it the right conditions but if you can't, have fun and experiment.

7. What have you learned since joining KDGC?

That the district has a large number of plant lovers that enjoy combining friendship, gardens and exploring beyond our own backyard.

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

Favourite plant is very hard. I like the unusual, so I grow quite a number of carnivorous plants such as nepenthes (monkey pitcher), sarracenia and venus fly traps. Brugmansia (angel trumpets) are a garden favourite.

9. What is one thing about you that not many people know about?

I love fishing!

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

'Mismatch My Life' A collage. Fit as many different things into my life as possible.

You can discover more about Alan Titchmarsh here: [https://en.wikipedia.org/wiki/Alan\\_Titchmarsh](https://en.wikipedia.org/wiki/Alan_Titchmarsh) and you can meet Jacqui at one of our upcoming garden club gatherings.

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

We meet on the second Monday of each month at 9:30am for a 10am start, our next meeting will be on Monday 14th November.

For specific location details please

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Please email kulnuradge@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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# PEATS RIDGE AND DISTRICT CWA

The month of September our group had a Cultural Day where branches have fun and perform. The theme was a High Tea - there were traditional high teas but our branch took another view of this where a member stood on a stool for height and held a handle for the T, therefore making it a "high T".

Our branch won many awards - an



original poem written and performed by a member and monologues and so our branch did it again.

October 10th was our AGM and all positions filled: President Margie, Secretary Kaye and myself as Treasurer. Other positions like Handicraft, Ag & Env, Cultural, Cookery, International and my Publicity were gladly filled.

Thank you all for making our branch a happy and caring one.

We also had a cooking competition with Ginger Fluff Sponge (how strange) and Chocolate cakes - a

good effort from the ladies. We now have a junior member and with her own badge and we welcome beautiful little Grace and we enjoy having her crawling around us.

We hope the Country Fair is a success this year. Three of our members celebrate their birthdays this month so a very Happy Birthday Ladies.

Till next time take care,

*Christine Sanfilippo*  
Publicity Officer

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# BUTTERFLY MAGIC

by Rhonda Hillyer ©

This is the 11th instalment of a serialised publication of the novel "Butterfly Magic"

## CHAPTER X THE WONAMBI – WONAMBEE

The time of year is late August, and we are close to coming into the spring. These days can be quite warm as the sharp cold of winter is gone, and the larger of the reptiles are beginning to stir, aroused, not only by the warmth, but by the pangs of hunger they are feeling as they have not eaten during the cold months of winter.

Wonambee is a snake! He is approximately six (6) metres in length. He is a Wonambi Narcoortensis – a mega serpent which is reputed to have been found in the South East region of South Australia around 100,000 years ago, however, they are now said to be extinct. It is also said, that this particular snake was only found in Australia. It is called a Wonambi after an Aboriginal deity; (pronounced woe-nahm-bee). The name Wonambi is derived from the aboriginal rainbow serpent, which inhabited the water holes, and its duty was to put into effect, tribal law. Wonambee's body is

similar in thickness to a large python's, but his head is comparatively smaller and is not as expandable as in modern pythons. This limits the size of the prey, and it probably has to have many smaller feeds to make up for this. He is still quite huge and monstrously frightening, especially if you happen to be a child. His existence, for the most part, is quite lazy. That is, unless he is hungry. He enjoys sleeping away his time in the sun. Climbing the trees slowly is also no effort to him. However, don't be deceived by his slow movements, as he can move very fast when he is hungry and aware that a tempting morsel is close by.

Now, what does Wonambee eat? Being so large you can imagine he has a big appetite! An animal, such as a bush turkey, a wallaby, a small goat or even a wombat, would be tempting to a wonambi. He might go for a bush turkey's eggs just as an entrée. As you can imagine, these would hardly satisfy his hunger after such a long sleep through the winter months.

Wonambee is waking and begins to move - slowly at first, and then stretches up towards the entrance of his hole and slithers into the warm sunshine. It is time for him to find something to eat and he looks around. Birds are chirping in the trees and flying to and fro amongst the branches,

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but none of them will come anywhere near him. He wriggles in a zig zag motion over the course grasses, round the low bushes, and up the trunk of the nearest tree, where he looks for nests of either eggs or baby birds, he finds nothing. By now the birdlife is in a state of alarm, screeching loudly in warning to all the animals around that there is danger close by. The sounds are deafening. However, Wonambee has been unable to find even a small animal, to break his wintry fast.



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# Anglican Church News

We would like to thank the Peat's Ridge Scout group for letting us use their hall since we left the Union Church buildings. We have read stories about some things, and we are pleased we are not involved, so we can concentrate on worshipping God.

We recently took another load of food down to the Samaritan Foundation to help those in need.

The Country Fair is with us again and our volunteers have been allocated to sell ride tickets.

Our Bible study group resumes our weekly meetings after the school holidays and our prayer group continues as usual. Reverend Jim is available to take any special prayer requests or answer your enquiries about services. His 'phone number is 0407210861.

God's blessings,

*Mountain Anglicans*

# The "Universal Flick"

There is a phenomenon that I have witnessed both in my personal life, in my healing practice, and also globally that more people are becoming more cognizant of, especially over the past couple of years, which I call the Universal Flick (see accompanying image). When I listen to the stories people tell me as they do an overview of their lives from birth til the current day, there is often what I would call the 'catalyst' moment that impacted them heavily from that moment in their everyday life, such as the death of someone very close (especially a child), being diagnosed with a terminal illness, a near-death experience, a painful relationship break up, or a significant traumatic event (physical or emotional) such as a major 'blow up' in a relationship of any type, or an event that ends one's career as they knew it, a tragic car accident, a permanently disabling injury, or an event that forces them to lose their home, such as from a natural disaster or the impact of war activity. The list goes on. Sometimes it nearly seems like these 'catalyst' moments are a combination of several traumatic aspects coming at the person one after the other in a short period of time. Not for everyone, but some. And these are life changing events.

And my instincts tell me that if the person were to look at the period of their lives leading up to that catalyst moment, they might realise that there were more subtle signs, messages or 'red flags' that they may be able to see in hindsight in the lead up to that one period of time, which I am led to believe is the universe attempting to 'nudge' that person in the right direction. Which means, when they look in retrospect, may be telling them they weren't quite on their intended path (as the universe would call it). The person may have thought that

they were on the right path, but the universe knew better.

(Note that when I say the word universe, it is synonymous with the terms God, Source, Spirit, Divine/ Prime Creator, the "All that is", or whatever other term you tend to resonate with. It's the energy that 'gave birth' to all of existence.)

I have tended to conceptualise the way the universe communicates with us by grading it into four differing levels of impact. The most gentle is the universal 'whisper' which I would refer to as intuition itself. That quiet inner voice that suggests there's a different way to do something or a different perspective to take on a certain matter. When one is tuned in to a gentle sense of awareness, life tends to flow easier as they listen to the quiet voice within. It means they are aligned with their destined path.

Then there's the universal 'nudge'. This could be something like hearing certain words in a song on the radio that stand out to you, or a comment made by someone, or a phrase you see written somewhere, or a meme post that you see that 'speaks to you', or a book or movie that you greatly resonate with but you don't know why. Or it could be a physical ailment that it beginning to manifest, or a mild injury, like kicking your toe on something. (There's a meaning behind every 'accident'.) Notice that these things are becoming more visible, heard or felt in the 'physical' world, but can sometimes may not be 'noticed' by the person if they are not paying attention or don't understand their significance when they experience them.

Then comes the universal 'push', which will be more noticeable to the person, such as a moderate to major physical injury or other physical experience that makes you take more notice or makes you change the way you do things, even temporarily. I would rank events such as a heart attack or stroke into this category. Or it could be more emphasis on a slowly emerging toxic relationship dynamic



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that you hadn't picked up on before that becomes more intolerable over time, or a major change in the way something is done in your workplace that does not 'feel right' with you and you feel powerless to say or do anything. These are just a few examples. And they are meant to hopefully bring your attention to something that the universe knows you need to change before it has to call in the 'big guns' to make you listen.

And then we circle back to my opening paragraph of the Universal Flick, the kicker of all kicks. Sometimes, unfortunately these are necessary when the person is so distracted by their 'outside life' that the universe has to 'force' them into a situation where they have no option but to change. And this change is ALWAYS for the better, even when the person cannot grasp the reasons behind it at the time. It forces the person to go into a deep self-reflective stage to reassess what things are important to them, and what is no longer important. This type of event can completely shake things up and shift a person into a higher state of 'being'.

When you look at the image provided, note that the person CANNOT see the big hand coming up behind it. The universal flick always comes completely unexpected and has a tendency to throw the person upside down (metaphorically) but you will also notice that the universe is also there to break the fall and provides

## illustrated guide to a spiritual awakening



the person with what they need (note, that might not be what they WANT) to navigate their way forward. The universe knows what you are 'meant' to be doing here and will do what is required to keep a person on their highest path to greatness, even when the person can't see it at the time that this is happening.

As I often say to my clients, "ain't hindsight a wonderful thing!".

I am still doing 'free' practise QHHT sessions (2-5hr interview and 2hr hypnosis) to complete my

QHHT internship. QHHT = Quantum Healing Hypnosis Technique. For enquiries or bookings, please email me at [shazzaunitt@protonmail.com](mailto:shazzaunitt@protonmail.com) or call 4376 1014. Soul Speak Healing sessions (variable hours) 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.

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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 Mtn Hall 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. <a href="https://permaculturecc.org.au/">https://permaculturecc.org.au/</a>
Permaculture Central Coast Kulnura & District Garden Club		Second Monday, 9.30 for 10am start. Jacqui Maxwell 0455364262 kulnuradge@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, Mangrove Hall. Pres- Shane 0417 436 529
Mountain Districts Association (MDA)		<a href="http://www.mountaindistrictsassociation.com.au">www.mountaindistrictsassociation.com.au</a> 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
	Newsletter	Articles to: spencercpg2@gmail.com
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. <a href="http://www.somersbyequestrianclub.org.au">www.somersbyequestrianclub.org.au</a>
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 Christian Group		General Meeting 3rd Monday, 7.30pm at CTC (next door to Mangrove Hall)
Mangrove Mountain Union Church, Christian Service		9.30am 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 \$20). 1184 Peats Ridge Rd, Peats Ridge
Kariong Community Baptist Church		Sun @9.30am, Church & Kid's Program, Kariong Public School Hall, Chris Clarke email revcr@hotmail.com

(cont'd next page)

## LIVESTOCK MARKET REPORT



### Liveweight Sale

10th October 2022

230 cattle yarded. There was a mixed yarding of quality weaner and grown cattle offered today.

- Weaner steers, all breeds, up to 250kgs 550 to 790c/kg, avg 700c/kg;
- Weaner steers 250-300kgs 520 to 700c/kg, avg 640c/kg;
- No butcher vealers to quote;
- No yearling steers or feeder steers to quote;
- Weaners heifers up to 250kgs 500 to 690c/kg, avg 630c/kg;
- Weaner heifers 250-300kgs 480 to 615c/kg;
- No yearling heifers to quote;
- Grown steers 400 to 450c/kg;
- Cows 280 to 390c/kg;
- No bulls to quote.

### Coming Sales

#### Annual Maitland Feature Spring

#### Female Cattle Sale

Sat 29th Oct 2022 – 12 Noon  
Cows & Calves, Pregnant Cows / Heifers, Un-joined Females, Bulls

#### Weekly Monday liveweight sale at Maitland Saleyards

Commencing at 9 am followed by stores with calves, pigs & sheep from 12 noon.

#### Gloucester Store Sale

October 27th, 11am  
November 17th, 11am

#### Total Horse Sale

November 6th

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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## Council's Access and Inclusion Reference Group

Council is seeking expressions of interest from the community to join the Access and Inclusion Reference Group (AIRG), to support the implementation of the Disability Inclusion Action Plan 2021-2025 (DIAP). The reference group contributes to improving accessibility and inclusion for people with disabilities on the coast.

Council's Director of Community and Recreation Services, Melanie Smith said "If you are someone who lives with a disability, are a family member or carer of someone living with a disability or are working in the disability sector, we encourage you to submit an Expression of Interest to join the AIRG".

Applications for Expressions of Interest close Friday 5pm, 28 October.

To apply and learn more about Council's Access and Inclusion Reference Group, visit [centralcoast.nsw.gov.au/accessandinclusionreferencgroup](http://centralcoast.nsw.gov.au/accessandinclusionreferencgroup)

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Catholic Service -Spencer

- Wollombi

- Somersby

- Yarramalong

### YOUTH

Junior Girl Guides 5-10

Girl Guides 10-15

Scouts, Cubs & Venturers  
Peats Ridge Scout Hall

Mangrove Mountain Playgroup

### HISTORICAL

Brisbane Waters Historical Society

Dharug & Lower Hawkesbury  
Historical Society Inc.

First Fleeters Central Coast Chapter

The Pearl Beach Aboriginal History Group

Wyong District Museum &  
Historical Society

### ACTIVITY/HOBBY

Central Coast GNU/Linux Users Group  
Coastal Communicators Toastmasters

Craft/scrapbooking

### HALL BOOKINGS

Kulnura Hall

Mangrove Mountain Hall  
Somersby Hall and Mountain Districts  
Culture and Heritage Centre  
Yarramalong school of Arts / Hall

Daily Holy Mass 8.00am to 8.30 am  
1st Fri, 5:30pm-8:30pm Divine Mercy Friday  
1st Sat, 5.30pm-9:00pm, Divine Youth  
Ministry, Young Adults (18-35yrs)  
Last Sun, 9am-4pm, One Day Retreat

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

2nd & 5th Sunday of the month, 4.30pm Mass  
at St Michael the Archangel, Wollombi.  
Every Sat. evening vigil - 5.30pm St. Francis  
of Assisi Centre, 30 Lutana Rd, Somersby.  
1st Sunday each month, 11.15am St. Barnabas  
All welcome. Enq 0428 438577

Kooree Guide Cabin, every Monday in school  
term, 5.00pm - 6.30pm  
Kooree Guide Cabin, every Monday in school  
term, 6.00pm-7.30pm

Cubs meet 6.30pm - 8.30pm Wednesdays  
Scouts meet 7.00pm - 9.00pm Tuesdays  
Venturers meet 7.00pm - 9.00pm Mondays  
Contact 0460 696 941

Every Tues (except school holidays) 9am to  
11.30am, Kooree Guide Cabin. Bec G, PH:  
0421 996 029 Anne, PH: 0412 526 557  
Email: [becgilmour@gmail.com](mailto:becgilmour@gmail.com)

25-27 Henry Kendall St., West Gosford, Ph:  
4325 2270. [www.henrykendallcottage.org.au](http://www.henrykendallcottage.org.au)

Last Sat of month. All welcome, contact Jan  
Kofron 0405321478 [jankofron@optusnet.com.au](mailto: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](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](http://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](mailto:enquiries@yarramalonghall.org.au)  
<https://yarramalonghall.org.au>

## REMINDERS FOR YOUR DIARY

Heritage Ventures - Mill Creek Wonders

Saturday 22nd October 2022. Find out  
more & tickets <https://www.heritageventures.com.au/millcreek> or ring 0447545271

Sydney Sandstone Soil Pit Workshop

11 Nov 2022 8:30 am - 4:30 pm, Somersby  
For more information & to register:  
<https://www.lis.nsw.gov.au/regions/>

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# ChromeFest is back live in 2022!

Get ready to once again enjoy American classic cars, vintage glamour and the sound of rock 'n' roll as the Central Coast Council's annual ChromeFest returns in-person to The Entrance, October 21 to 23!

After two years of being online due to the pandemic, excitement is building from car enthusiasts across Australia, local businesses and the community in general as the three-day tribute to hot-rods and everything 1950s and 60s event takes shape.

Council Unit Manager Community and Culture, Glenn Cannard said festival attendees can once again bask in the beauty of hundreds of show cars on display.

"When you combine classic chrome with rock 'n' roll, vintage glamour and the beauty of The Entrance, you have quite a weekend on your hands," Mr Cannard said.

"Whether you're a car enthusiast or not, you won't be able to resist lining the streets to watch the classic cars cruise through The Entrance.

"In the past the ChromeFest weekend has attracted over 50,000 visitors, so planning ahead is important.

"We invite locals and visitors to partake in a fun weekend that offers

something for everyone – Show N' Shine, vintage glamour fashion parade, retro market stalls, three outdoor stages with live entertainment, The Entrance Hotel Hub, roving entertainment, live caricature drawings, a walk down memory lane, paint and chrome workshops, the new speciality car zone plus more!

Central Coast Council Administrator, Rik Hart, said ChromeFest has become one of the Central Coast's most successful events.

"Not only does ChromeFest inject a great deal of money into our local economy – over \$14 million in 2019 – it reintroduces tourists to The Entrance and surrounds, which has so much to offer!

"ChromeFest has always been a huge and very successful event, and given that due to the pandemic, car enthusiasts have had to cool their heels by attending 'on-line' for the last two years – we expect this year's 'in-person' event to be bigger than ever."

ChromeFest 2022 highlights include:

- iconic car displays
- retro market stalls
- three outdoor stages boasting undercover dancefloors and live entertainment
- vintage glamour fashion parade
- NSW Pin Up Pageant Grand final
- Kittens & Chrome one on one hair and make up
- Paint N Chrome
- soaking up the atmosphere of this

## EQUIPMENT HIRE

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MULCH for sale. 10m<sup>3</sup> Minimum - \$400.00. Delivery if applicable. David 0418 233595

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

nostalgic event at outstanding cafes, restaurants and bars throughout The Entrance.

ChromeFest is a free three-day event – Friday 21 October to Sunday 23 October – held at The Entrance and presented by Central Coast Council, with support from a range of sponsors.

Community members and visitors can find out more information to plan their ChromeFest weekend by visiting [chromefest.org](http://chromefest.org).

Central Coast Council  
Media Release



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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.

### POSITIONS AVAILABLE

**SUPREME POULTRY** - 2598 Wisemans Ferry Road, Mangrove Mountain. Casual Poultry Processing - Process Line

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**APPRENTICESHIP** - Heavy plant / Road transport diesel mechanic apprentice required. for local business. Must be keen to learn, prompt, reliable, drivers license would be advantageous, Phone Mitch 0431095365

**CLEANER WANTED** - Located at Peats Ridge, we require a cleaner to clean our office and lunchroom weekly. The clean takes about 4 hrs. If desired, we can offer additional casual hours of work in other areas of our company on various days during the week. Please contact Craig Bryson of Sprint Horticulture on 0407 777 468 to discuss.

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