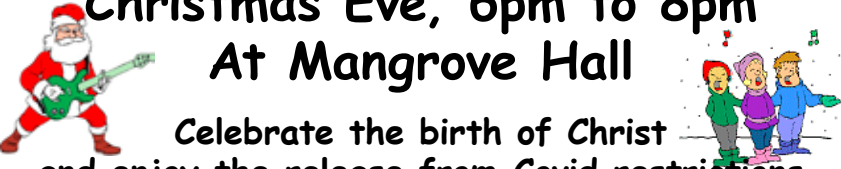


# COMMUNITY NEWS

No. 911 Ph: 4374 1039 Mo: 0412 669 649 Email: enquiries@cnews1.com.au Web: cnews1.com.au 18th November 2022

**Community Christmas Carols**  
**Christmas Eve, 6pm to 8pm**  
**At Mangrove Hall**



Celebrate the birth of Christ and enjoy the release from Covid restrictions by joining in with your community. Catch up with friends & acquaintances & put your vocal chords to good use!

**All Welcome**

*Sing along to words on the screen*

**Jingle Bells** Experience the hall's superb sound system

## YOUR WORLD YOUR WAY YOUTH PHOTOGRAPHY COMPETITION

Central Coast Council Youth Services have launched the biannual photography competition aimed at young people, aged 12-24, who live, work or study on the Central Coast. The competition closes 27 January 2023.

Young people are being encouraged to take their favourite artistic snaps over the summer period and enter the Your World Your Way Youth Photography Competition.

Participants in the competition do not need to be a photographer or field expert. The photos submitted simply should be a representation of their daily lives on the Central Coast.

The competition has been inspired by the Youth Strategy survey which found, 78% of the 1,600 responses received, indicated Central Coast young people wanted to see themselves reflected in advertising material.

Council Director of Community and Recreation Services, Melanie Smith said "Your World Your Way, ensures images for young people are taken by young people. Photos submitted will also be used by the Youth Services team to advertise future youth-related programs and projects".

"The top 20 images will also be printed, framed, and exhibited at Erina Centre Foyer during Youth Week next year." and will be in the running to win a range of Apple prizes.

Central Coast Council  
 Media Release

*the historic*  
**Mangrove Mountain Hall**  
*circa 1927*



**Hall open day and mini fate**  
**9am till 3pm**  
**Saturday 10th of December**

**CWA Tea, Coffee & Cake, Jams & Preserves**  
**Books, Gifts and Plants. Bric a Brac stall & More**  
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"Beware of false prophets, which come to you in sheep's clothing, but inwardly they are ravenous wolves."  
 Matthew 7:15

**STOP !**  
 Next issue Published  
 2nd December 2022  
**\*\* DEADLINE \*\***  
**\*\* 25th November '22 \*\***  
 Send adverts & copy by  
 email, website or post.  
 Email, website, FB or  
 phone for enquiries

# CONSTRUCTION TO COMMENCE TO REBUILD THE MANGROVE CREEK VISITOR SPACE

Central Coast Council will commence the construction of a new Visitor Centre as well as upgrade the picnic area at Mangrove Dam on Monday 14 November 2022.

This work follows the destruction of the amenities building in the 2019 Three Mile Fire. The upgraded Visitor Space will feature a new amenities building, an improved picnic area and educational elements.

Council Director Water and Sewer, Jamie Loader said the design of the new Visitor Space takes into consideration extensive community feedback on how this space can support locals and visitors alike.

“In March this year we invited community members to share their aspirations for the space on interactive concept plans, which have influenced the final design of an exciting new Visitor Space at this significant site,” Mr Loader said.

“We received a positive response from our community on the Mangrove Creek Dam Visitor Space concept plan, with strong support surrounding key features including a new interactive



visitor education centre and new accessible family friendly amenities and new picnic facilities.”

Council Administrator, Rik Hart said that Council is looking forward to providing the community with a new and modern interactive Visitor Centre and picnic area for all to enjoy.

“Mangrove Creek Dam is a highlight destination for the region, and we wanted to create a Visitor Space that encourages both locals and tourists to spend more time enjoying this beautiful area and support local businesses within the Coast’s mountain and hinterland regions.

The new Mangrove Creek Dam Visitor Space will feature:

- new interactive visitor education centre
- new accessible family friendly amenities block
- new children’s play space

- new picnic table shelters, pergola shelters, bins and bench seating
- new soft native landscaping to picnic areas
- wayfinding and interpretive signage
- improved pedestrian and vehicle access including new parallel bus parking
- integrated public art (facade of building, to be installed post construction)

Construction is expected to be completed in June 2023. For safety reasons, the community are asked to stay clear from this area until construction is complete.

Central Coast Council received \$2.567million from the Australian and NSW Governments’ Bushfire Local Economic Recovery (BLER) Fund to complete this important project and the design and construction contract has



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## MANGROVE MOUNTAIN PHARMACY



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**YARRAMALONG  
CHRISTMAS CAROLS  
SERVICE  
@ ST BARNABAS  
CHURCH  
SUNDAY 18TH  
DECEMBER @ 6PM**

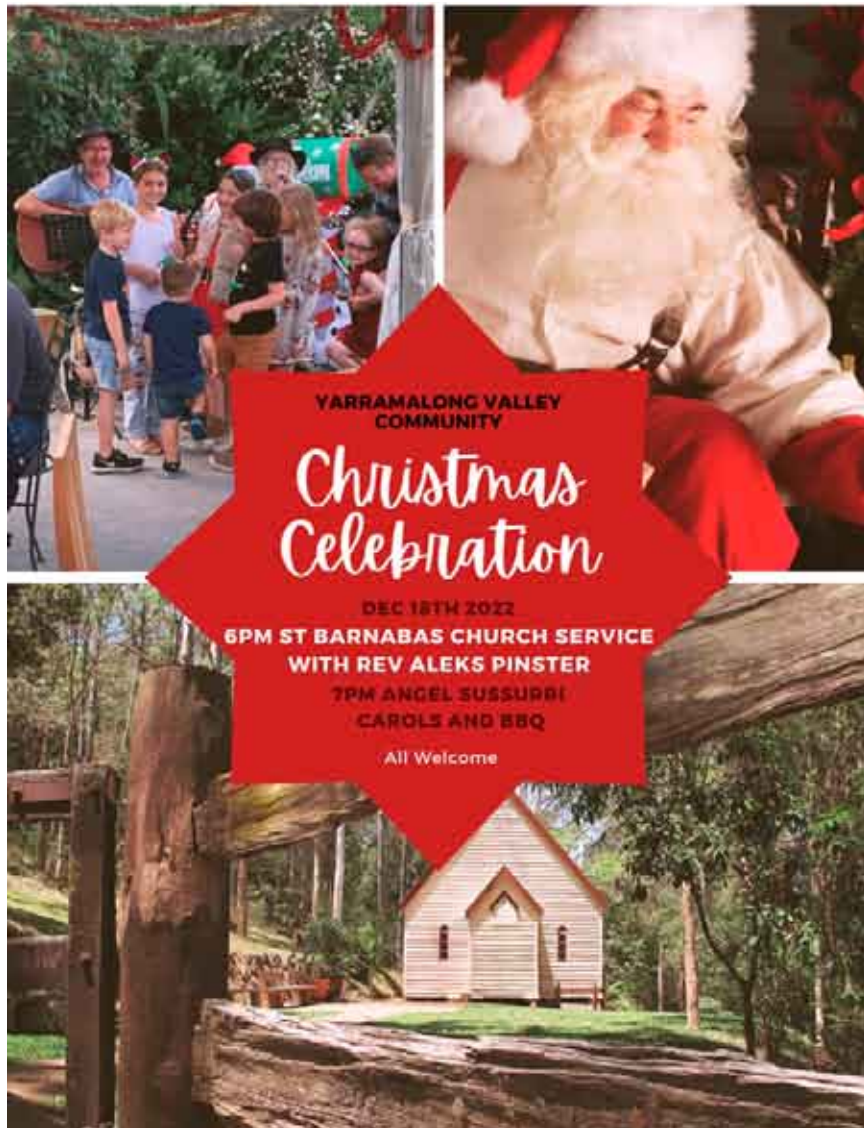
Prior to that Covid thing, the community of Yarramalong met each year for a Christmas Carols Service. A combined churches celebration supported by all the community no matter what flavour or beliefs.

On Sunday 18th December at 6pm we meet once again to sing and hear the story of God with us.

ALL are invited to this short service conducted by the Anglican Dean of the Central Coast, Rev Aleks Pinter, followed by a BBQ at Angel Sussurri from 7pm onwards, where more carols will be sung presented by our local entertainers.

Free sausages and bread, drinks extra.

*Peter Fish*



YARRAMALONG VALLEY  
COMMUNITY  
**Christmas  
Celebration**  
DEC 18TH 2022  
**6PM ST BARNABAS CHURCH SERVICE  
WITH REV ALEKS PINTER**  
7PM ANGEL SUSSURRI  
CAROLS AND BBQ  
All Welcome

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*Central Coast Council  
Media Release*

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Did you know that the Community Environment Network (CEN) helps to set up and works with many smaller groups who share our vision for Ecologically Sustainable Development or ESD.

One such group is the Central Coast

Community Better Planning Group, which meets monthly to discuss everything from the illegal clearing of native flora through to the latest planning proposals, development applications and planning proposals.

The CCC Better Planning Group is looking for new members.

If you have an interest in and/or knowledge of local planning issues you might like to consider sending an expression of interest. The group meets monthly, usually via zoom for a couple of hours in the late afternoon.

Members are expected to keep an eye on developments and planning issues in their own area. They are drawn from all five of the 'wards' that make up the Central Coast Local Government Area.

In addition to the monthly meeting, you may be called upon to contribute to writing correspondence on the issues we are working on, write submissions and assist with campaigns about planning issues.

If you think you would be interested please send an expression of interest to [admin@cen.org.au](mailto:admin@cen.org.au) and mark it to the Chair, Central Coast Community Better Planning Group. Be sure to

## Scams Awareness Week

Scams Awareness Week is an annual campaign hosted by the ACCC and the Scams Awareness Network, which raises awareness about common scams and offers tips on how people can protect themselves from scammers.


This year, Scams Awareness Week is about empowering people to learn how to spot a scam and encouraging them to take the time to check whether a communication or offer is real.

There are some simple ways to detect a scam. These are some things to look out for:

- A person or a message urging you to act quickly, whether it's a threat to make an urgent payment, a request for upfront payment or a limited opportunity too good to miss.
- A person or a message asking you to update or provide your personal details, such as identifying information, banking details or passwords, or asking to remotely access your device.

tell us about your interest in and/or knowledge of local planning issues. Include your address and a contact number.

Gary Chestnut  
Chairperson, CEN



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- Any payment request via unsecure or unusual methods such as cryptocurrency, gift cards or bank transfer.
- A person or suspicious message claiming they have new contact details or asking for payment to a new bank account.
- Anyone offering unsolicited financial or investment advice or claiming you can make fast or guaranteed money with little to no risk.

Scams can cause serious harm, so take the time to check whether an offer or contact is genuine before you act on it.

For phone scams, here are some simple tips to protect yourself:

- Don't answer if you don't know who's calling
- Don't reply or click on any links in text messages
- Don't ever tell anyone your personal details, passwords or other sensitive information
- Don't ever let someone take control of your computer
- Don't ever send money.

Top 5 scam calls

- Amazon impersonation: Scam calls about an issue with your Amazon account. They claim funds will be taken from your account if you do not act immediately by providing personal information.

- Banking/finance impersonation: Scam calls, emails and SMS claiming suspicious activity, unauthorised debits, or that your account has been suspended. They request personal details to verify your identity.

- NBN impersonation: Scam callers posing as someone from technical support. They claim there is a fault with your internet to get access to your computer and personal information.

- Telstra impersonation: Similar to the NBN scam. Callers pose as Telstra technical support and claim you have issues with your service or internet to access your computer and personal information.

- eBay impersonation: Scammers use a recorded message to claim you have made a purchase that requires a charge to your account. This is to get you to provide to personal information.

Keep an eye on the ACMA's Facebook, Twitter and LinkedIn channels as we share tips on how to protect yourself from phone scams.

You can also visit the Scams Awareness Week website for more information: <https://www.scamwatch.gov.au/news-alerts/scams-awareness-week-2022>

Australian Communications and Media Authority (ACMA)



## What's On

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# KULNURA AND DISTRICT GARDEN CLUB MEMBER SPOTLIGHT - NOVEMBER

Many years ago, I met Natalie when we were working in the corporate world, and we immediately became friends. Life took us in different directions, then who could have predicted that more than fifteen years on we would both find our dream homes in (almost) neighbouring valleys? Natalie paused to take a breath from her very full and busy life as a young mum, wife, businesswoman, flower farmer, florist, and friend to share her love of gardening with us.

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

I have been a member for one year. My friends Karynne and Tony inspired me to join and share my passion for plants with other plant lovers.

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

A chance encounter with a bromeliad! My husband asked me if I could focus on the landscaping during a house renovation 15 years ago. We had a limited budget, so I searched

for plants on Gumtree hoping to find cheap and free plants. I stumbled across a lady selling some affordable bromeliads and I thought the picture of them in flower looked nice – a bunch of those would fill a decent space. This sparked a bromeliad passion (perhaps obsession?) that filled the entire backyard, deck, and more. Along with bromeliads, I progressively fell in love with other plant varieties like succulents, herbs, and flowers. I now own a bromeliad collector nursery, a micro cut flower farm and florist “Tannorwood Flower Farm” organically growing and selling seasonal boutique flowers on the Central Coast NSW.

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

Meeting other people who enjoy gardening and plant / cutting swaps.

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

I am most at peace when tending plants. Being connected to the earth and nurturing and growing plants from seed using organic and natural methods is a very rewarding experience for me.

5. Who inspires you?

I have several inspirations in the areas of plant breeding, flower farming, permaculture, and organic growing methods. Plant breeders feature strongly, as this is a particular passion of mine. I have been blessed to collect some bromeliads where I am

the only person in Australia other than the breeder who has that plant. I am also inspired by Erin Benzakien from Floret Flowers who has given me the confidence and foundation to start a successful micro flower farm.

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

People often say to me they cannot grow plants. Anybody can grow plants. It just takes practice like anything in life. Part of the gardening experience is losing plants, and this is how you learn.

7. What have you learned since joining KDGC?

That I do like orchids after all. Thanks Tony!

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

Impossible question for a plant addict! Each new plant grown is a new love. Bromeliads will always have a special place in my heart. I very much enjoyed recently growing some beautiful tulips with gorgeous long stems right here on the Central Coast (a “non-preferred” tulip environment). The double tulips had a particular “wow” factor.

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

I have an Australian title in Martial Arts.

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

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You can discover more about Natalie and the Tannorwood Flower Farm here: <https://tannorwoodflowerfarm.com.au/>

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 our Christmas

## Cane toad Alert

A Cane Toad has been captured in an industrial area at Seven Hills. The cane toad was confirmed as an immature female and has not yet reproduced. Cane toads are considered a serious non-native invasive pest in NSW and can cause devastating impacts on our communities, native wildlife and ecosystems. Visit [HERE](#) for more details about this pest.

If you think you have seen a cane toad, wear gloves whilst handling it and keep it in a well-ventilated container with a little water in a cool location and report it at: your local council or local NPWS office on 1300 361 967 or on line at <https://forms.bfs.dpi.nsw.gov.au/forms/9247>

Greater Sydney Local Land Services



celebration meeting on Monday 12th December. For specific location details please contact us.

Please email [kulnuradgc@gmail.com](mailto: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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**Sandbagging information/  
workshop evening.**  
**6:00 pm Monday 21st  
November 2022**

NSWSES Wyong Unit Headquarters,  
Levitt St Wyong (beside the tennis  
courts).

**Prepare for future floods by  
learning how to fill and lay  
sandbags to:**

- minimise floodwater entering your house, doors, garages etc.
- divert floodwater flowing down driveways or across properties.

Come prepared to get your hands dirty.

Ensure that you wear appropriate clothes and footwear.

You may choose to watch the following 6-minute video in preparation for the workshop or if you are unable to attend it.

We will repeat the workshop in the near future.

Sandbagging demonstration:

[https://youtu.be/\\_T--I3b-34](https://youtu.be/_T--I3b-34)

*Matthew Le Clercq*  
Inspector, Unit Commander, Wyong  
NSW SES

# Mountain community children's centre inc.

## Mountain Community Children's Centre News

A huge thank you for donations for Country Fair

Thank you to the Mountain Community for their generous support of our Produce and Face Painting stalls at the recent Country Fair. We had the most successful year so far with both our stalls.

We would like to sincerely thank the following families for their kind donations for the Produce Stall. We genuinely appreciate your donations

**Tix from \$15**

# Blues on the Mountain

Est 2013

**All Ages**

**The music lovers Christmas Party event of the year!**



## Blues & Roots Revival

Central Coast Hinterland NSW

### Saturday 3rd December 2022

### 19-Twenty

### Genevieve Chadwick & the Stones Throw

### Toby Wells

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considering the hard year the famers have had with all the rain.

Thank you to our helpers on the stall who volunteered their time including our staff who painted 100's of faces for the whole day (the line never ended). Thank you for giving up your precious weekend to support this community event.

A huge shout out to our supporters:

- Amodeo Family
- Bruce Family
- Chetcuti Family
- Colagiuri Family
- Critchley Family
- Delicious Continental Bread
- Eden Fanelli from Eden's Edibles
- Erbeni Family
- Farm Fresh @Peats Ridge
- Galea Family
- Lin Family
- Margins Mushrooms
- Meliora Farm
- Moncrieff Family
- Sciberras Fresh @ Kulnura
- Slade Family
- Scotts Tubes
- Sultana Family
- Tylissanakis Family



**Enrolments for 2023**

We have limited vacancies for 2023. Please feel free to give us a call on 43741239 if you would like more information for enrolment in January 2023 or in the future. Hannah our very friendly administration officer would be more than happy to post out an enrolment pack or organise a tour of the centre. We look forward to welcoming you to our centre.

Until next time with news from the Children's Centre.

*Louisa Foxford, Director  
Mountain Community Children's Centre  
2829 Wisemans Ferry Road  
Mangrove Mountain, NSW 2250  
Ph: 43741239  
www.mountainchildren.com.au*



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# YARRAMALONG GREENTEAM

Upcoming working bee

Tuesday 29th November, 9-11am  
Wyong Creek  
Contact Nicole Heta to join in and  
for more details



Nicole Heta, Project Officer  
Community Environment Network  
P 0404135597  
E [nicole.heta@cen.org.au](mailto:nicole.heta@cen.org.au)

## Mangrove/ Kooree Guides

Thanks to the lovely weather at the Country Fair meant the Girl Guides were very busy all day, selling drinks and learning & using their maths skills all day.

Well done to all our girls!

The fair is always a great day of catch up, I had a past Guide say hello, when I ask do you remember selling drinks? Her answer was NO we did hoop lar, so that is many years ago. Being a Guide Leader for many years it is so nice to see past Guides coming back to help on our drink stall each year the fair is on. This year I was able to watch one of my past Guides make coffee all day (very different from selling drinks) and very proud of our Junior Leader who saw the need and went and helped on the coffee stall by taking orders Well done Mia.

Since the Fair we have tested our skills at clip and climb with all having a great time, with the younger showing how it is done, we also cooked pizzas in a frying pan over a camp cooking fire and all enjoying eating the lovely pizzas.

Girl Guides meet every Monday from 5pm to 6.30pm at the the Kooree Guide Cabin on Wiseman Ferry road Mangrove Mountain...

Please Contact a leader if interested in your daughter have the fun with us. Lorraine 0417451764, Sue 0407768000, Kirrilly 0467723475.

Happy Guiding.

Kyeema (Sue Ward)

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**Open Studio Day**  
**December Ceramic Christmas Sale**

Sat 3th-10th-17th (9-3pm)  
Sun 4th-11th-18th (9-3pm)  
Mon 5th-12th-19th (9-3pm)







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- ◆ Back in the early 1980's there was an area of around Half a Hectare that was once cleared and fenced and currently consists of grasses.
- ◆ There was a small home that was demolished many years ago, with potential building sites (always check with authorities) is the ideal getaway block or a place to call home. There is a dam and power is available.
- ◆ The land is zoned RU1 – Primary production.
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- ◆ Around 45 mins to Gosford railway, local services close by (5 to 115 mins) include fuel/General Store and takeaway, Medical Centres, Pharmacy, Rural Produce, local Golf Clubs, Restaurants and Cafés.

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



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**KULNURA** **\$1,875,000**  
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Rarely on offer is this 4.53-acre (1.836 ha) property which comprises well drained fertile soils.

- ◆ The home is in excellent condition having fresh paint, polished timber floors in kitchen/dining area and large separate lounge room. The main bedroom is a good size with ensuit, and the remaining 2 bedrooms are sun filled. The main bathroom has been partly updated and there are 2 toilets, and mudroom/laundry.
- ◆ Other improvements double garage and open machine shed, shade house, spring water bore for drinking/irrigation. Under ground power runs 50 to 60 metres into the paddock with 3 power boxes.
- ◆ As a rough estimate of the 1.86 ha, 1.2 ha is useable, and over the years the property has been used for small scale market garden, also would suit small animal grazing or horses and due to the RU1 zoning can be used for a wide variety of purposes.

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



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# FROG ID WEEK

FrogID Week is Australia's Biggest Frog Count, held annually for Australians to help record frog calls through the free FrogID app, as a measurement of frog health and distribution around the nation. It aims to monitor frog distributions over time, helping us to understand how frogs and their ecosystems are responding to a changing planet.

When: Saturday 19th November

2022

Time: 7 pm- 9pm

Where: COSS reserve- Exact address will be given on registration

Cost: FREE Includes refreshments  
What frog is it? -Learn about different types of frogs found on the Central Coast

How to establish or modify a garden pond for local frog species

Visit a frog habitat after dark to find frogs and learn how to identify different frogs from their calls

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This event is part of the Friends of COSS project, with funding from Central Coast Council Protection of the Environment Trust

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# New to Market

## Large Scale Poultry Farm With Additional Rural Land – Kulnura, 22-26 Greta Road

This large-scale family run poultry farm and additional rural land is located at Kulnura on the Central Coast of NSW. We are offering this property as one property with 2 titles. This property offers many opportunities for additional income. Expression of Interest period closes 6th December 2022 at 5pm.



# New to Market

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# ARTS NEWS

Wollombi Valley Arts Council Inc.  
**Our current exhibition...**

**'WOLLOMBI CERAMIC GROUP'**

An exhibition by ceramicists Michelle Loadsman, Amanda Broberg, Sandy Hudson, Dorothee Heibel, Jennifer Little

12 - 27 November, Open 10am - 4pm, Friday - Sunday

"The Wollombi Ceramics Group meet weekly at the Wollombi School Ceramic Studio under the guidance of Amanda Davies. We have explored hand built, functional and sculptural forms as well as wheel thrown works, both kiln and wood fired. We also have some Raku fired pieces this year. Our second exhibition is an inspiring and unique display of ceramics reflecting the diversity of the artists.

"Come and have a look, a laugh, a smile, a touch. Discover some of the infinite ways that clay can be fashioned. Come and see handmade craftings of beauty, wonder, whimsy and grace, plus the occasional oddity."

**Our next exhibition...**

**'EARTH SACRED ARTS'**

An exhibition by Jodie Taylor and



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Shane Shepherd. 3 - 18 December,  
Open weekends 10am - 4pm

Jodie and Shane warmly invite you to the opening of their exhibition on Saturday 3rd December from 5pm - 7pm. Refreshments will be provided.

Jodie is a proud Wiradjuri artist whose art is inspired by all elements of Mother Earth, her family, community and all things wild that surround her. From an early age Jodie displayed a keen interest in the world of visual arts and went on to study Certificate 3 in Aboriginal Arts & Cultural Practises at Gosford and Ourimbah



*"Uluru Journey" by Jodie Taylor*

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# Coastability Seeks Members to Help Charity Continue to Thrive

CoastAbility has for many years served the Central Coast community in supporting local young people with physical disabilities – from birth to 25 years old – to thrive in all aspects of life.

This year, the charity run solely by volunteers has delivered 90 years of improving young lives through sport and academic scholarships, accessible school bus programs, and financial assistance for unmet disability related needs.

Director Chris Garratt says that she is thinking to the future and is calling for more members of the community to get involved.

“We are eager to ensure the work of CoastAbility continues. Succession planning is a concern. We are keen to find people with an interest in making a difference to the lives of our clients.”

“We are actively seeking interest from the community to grow our committee membership, and ultimately attract potential board members.”

Member for Gosford, Liesl Tesch, has been an Ambassador for CoastAbility since 2012, and continues to advocate to improve the lives of people who live with a disability.

“CoastAbility is an incredible non-profit organisation for the Central

## BUTTERFLY MAGIC

by Rhonda Hillyer ©

This is the 13th instalment of a serialised publication of the novel “Butterfly Magic”

### CHAPTER XII REBECCA SEES MICHAEL AGAIN

Rebecca awakened to gentle shaking by Sapphire. ‘Hush, don’t frighten the other two who are sleeping soundly. Come with me, I have news for you and there is no need to waken Fred and Zeb.’ Sapphire took Brooke by the hand, and led her out of the comfortable room where she had been sleeping, and up through a corridor to the next level where the Queen’s whole entourage were gathered around a large table. On the table was a large, flat screen, and they were all looking down into it. The screen quite clearly showed the, now limp, body of

Coast. I am eager to see the great work that CoastAbility is doing continues.”

“Last year, our very own star athlete Dylan Littlehales was able to compete in the Tokyo Paralympics because of the support provided by CoastAbility. This is only one example of the commitment the charity in serving our community and its young people.

Ms Tesch encourages anyone with an interest to reach out to CoastAbility for more information.

“Over the years I have had the pleasure of supporting and encouraging the work of the Board and Committee Members. To those interested, do not hesitate to enquire today!”

Membership enquiries is available at [www.coastability.org.au](http://www.coastability.org.au)

*Liesl Tesch MP  
Member for Gosford*

Michael lying in a bushy outcrop on the riverbank. His face was quite bloody, and the sight of him in that condition frightened Rebecca. All of the fairies were concerned. However, Sapphire reassured Rebecca, ‘He will be alright now, as he has realised what he has done. All that he will need to do is to join his strength to the Queen’s, and together they will be able to help each other back to a healing state. Once we can begin that process, we have the means to progress that state very quickly. We will need you to communicate the situation to both of them, as it is through you that this situation has all come about. It is your belief in goodness that will see the outcome we are all hoping for. We are going to have Michael brought in here, and he will be placed in a room set up as a kind of surgery, as you understand it. He and the Queen will be side by side and, a cord will attach them, which will transfuse energy between them. As you communicate to them, they will become conscious of what they need to do in order to come back to us.’

‘When will we be able to start?’ asked Rebecca anxiously.

‘Very soon now’ replied Sapphire. ‘Actually they are bringing him up as we speak, just look at the screen and you will see that he is no longer there.’

She peered into the screen and, just as Sapphire had said, Michael was no longer to be seen.

‘Come Rebecca we can now go to the “surgery” as they are both waiting for you there.’

The entire entourage followed them as Sapphire and Rebecca made out into the corridor, and left in a type of elevator to another level.

When the elevator door opened, Sapphire motioned to the others to wait outside the “surgery” door, whilst she took Rebecca into the room alone.

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# Soul Speak Focus

## – Bodily systems overview

This week I will dabble into the world of how to interpret physical symptoms that reflect where emotions have become stored. The true process of healing is achieved when the person can make the connection between the symptoms they are experiencing and what the deeper meaning is behind them. When the person understands what the message is, and implements what is needed to rectify it, the body will heal. (Or sometimes something will heal and then you might wonder what you did that made it heal.)

This will only be a very brief overview to help raise awareness of how this system works. I will focus on the main bodily systems, and will add some common dis-eases (of the soul) to demonstrate how they can be interpreted.

Lung and breathing issues can be related to a fear of living life to the fullest, a fear of making major changes, or lacking joy in your life. Lung cancer can mean holding onto anger about your life in general, or something you wish you could have done differently. (As cancer is usually suppressed anger.)

Heart and circulation issues can represent not “being in flow” with life. It can be a resistance to “go with the flow” and trust where life is taking you. Or heart problems can often indicate troubles with one’s relationships, eg. “my heart is troubled”.

Neurological issues will be to do with the way you think, or can be related to an overload of energy in the system (ie. epilepsy/seizures). Eye issues will be to do with the way one sees what’s ahead of them. Ear issues will be to do with one’s ability to hear or receive information. Paralysis can be interpreted as feeling as if it is impossible to move forward in life. Numbness could mean that you have “forgotten how to feel” your emotions.

Throat, mouth, jaw and thyroid issues will represent having trouble “speaking your truth”. A sore throat reflects being irritated at not being able to say what you want. Laryngitis, or losing your voice could mean you are feeling disempowered as if no one is listening. Thyroid issues will ensue when a person has not felt able speak their mind over a longer time period.

Tooth infections and decay will usually represent speaking untruths, not speaking nicely of others/things, or being angry about a decision that needs to be made or discussed. Sinusitis is to do with putting a lot of pressure on yourself. (Hence the need to rest and do self-care.)

Liver and kidney issues reflect the need to remove something toxic (eg. toxic environment, situation or relationship) out of your life, as it is “making you sick”. Or it can literally be a physical toxin that needs to be removed, eg. food poisoning.

Gastrointestinal issues will be to do with how you “take in” or “let go” of things. It relates to how you are processing information, or a situation in your life that you are “having trouble digesting”. Ulcers in this system can be interpreted as “what’s eating at you?”. Hernias represent the feeling of being “trapped” or stuck in a situation that you feel is not serving you. Diarrhoea will occur when you are trying to let go of something (including poisons). Constipation will occur when you when you are trying to hold onto something, eg. a person, place or thing.

Urinary/bladder issues will occur when you are either wishing to eliminate something from your life (eg. urgency, frequency symptoms). Retention will occur when you are having trouble letting go of something. Urinary tract infections will usually be anger at something.

Endocrine issues will indicate an imbalance in your life. Having diabetes means “not having enough sweetness/love/joy in my life” (often to do with relationship dynamics). Pancreas issues will indicate a lack of joy or wishing to have more control.

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Sexual organ dysfunctions for men will be to do with their masculinity and personal power. For women will be to do with their ability to create what they desire, or can be related to grief issues regarding their children. Breast issues (incl cancer) will reflect emotions regarding their ability to nurture or be nurtured.

The integumentary system will reflect how protected you feel with regards to the world or others. It also relates to the way you present yourself to the world (especially your hairstyle). Issues with the nails can be to do with the way you are handling things (as they are tools you use to do things).

The immune system is our protection from the outside world, so infections or weaknesses in this system will reflect feeling threatened or powerless about something. An infection will represent irritation or anger about a

situation that you do not like, or are feeling like you are being attacked. The flu will often be nature's way of forcing you to take a rest (and often to release toxins from the system) and to employ some self-care. Auto-immune disease will occur due to "attacking oneself", due to self-resentment over something.

These interpretations are very TYPICAL and a thorough assessment of the person's unique life history and personal situation is required to be able to discern what's happening at an individual level, but these can be a start in helping to show people that illnesses and injuries don't just "happen randomly" to us, but ALWAYS have an emotional (or metaphysical) root cause behind their manifestation, which, when understood, can usually be healed. Occasionally they cannot until karma has played out or they

have learned the lesson they are meant to bring. Note that the outcome is always dependent on the (often self-limiting) belief systems of the person and whether they are willing to make the changes necessary to maintain the healing. (It's all up to the client, not the practitioner.)

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 or call 4376 1014. Soul Speak Healing sessions 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)

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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)
Yarramalong RFS		Information: <a href="http://www.facebook.com/YarramalongRuralFireBrigade/">www.facebook.com/ YarramalongRuralFireBrigade/</a> Phone contacts: 0406 360588 or 0418 280764 Email: <a href="mailto:volunteer@yarramalongrfs.org.au">volunteer@yarramalongrfs.org.au</a>

### 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 kulnuradgc@gmail.com
Mangrove Mountain & Districts Community Group Meeting		1st Thurs of the Month, 7pm, Mangrove Mtn Hall. Contact: <a href="mailto:mepccinc@gmail.com">mepccinc@gmail.com</a> , 0412669649
Mangrove Emergency Planning & Communications Committee		
Mangrove Mountain Country Fair Committee Meeting		2nd Thur of month except Jan, 7:30pm, Mangrove Hall. Pres- Shane 0417 436 529 <a href="http://www.mountaindistrictsassociation.com.au">www.mountaindistrictsassociation.com.au</a> secretary@mountaindistrictsassociation.com.au
Mountain Districts Association (MDA)		Second Tuesday of the Month 6.30pm at the Mangrove Memorial Club President Robyn Downham 0414248224 Email <a href="mailto:info@rivercares.com.au">info@rivercares.com.au</a>
Mountain District Football Club Meeting		Friday 7.15am at Phillip House. 43404529
River Cares for the Lower Hawkesbury River District		President Brad Maisey, Community Meetings, 4377 1167, <a href="mailto:spencercpg2@gmail.com">spencercpg2@gmail.com</a>
Rotary Club Meeting		Last Fri of month. 12.00 noon Spencer Community Centre, Jennifer Dayes 4377 1364
Spencer Community Progress Group Inc		Articles to: <a href="mailto:spencercpg2@gmail.com">spencercpg2@gmail.com</a>
Spencer Community Ladies Social Club		Tue 9.30am-12.30pm, Kulnura Tennis Courts. Enquiries: Alison Palmer 0427731548.
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The Mountain Tuesday Social Tennis Group		Every 2nd month. Check website for further details. <a href="http://www.somersbyequestrianclub.org.au">www.somersbyequestrianclub.org.au</a>
Somersby Equestrian Club Club & Committee Meeting		Tues & Sat, 9am-5pm. Contact: Alan Hunt 4566 4626 or Adrian Acheson 0448 833 781
Wisemans Ferry Community Men's Shed		

### 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 Yarramalong		3rd Sunday each month, 11.00am. (Easter & (Christmas Carols dates to be advised)
Serbian Orthodox		2nd & 4th Sun. of the month. 10 am, followed by luncheon, tea, coffee, cakes (cost \$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 <a href="mailto:revrcr@hotmail.com">revrcr@hotmail.com</a>

(cont'd next page)

## Central Coast celebrates second year in global Green Destinations Top 100 List

The Central Coast once again represents New South Wales on the international stage in the 2022 Green Destinations Top 100 Stories list.

We're extremely proud to announce the 2022 Top 100 List spotlights the Central Coast as one of Australia's two Finalist destinations in the international competition, unveiled by Green Destinations in Athens on 27 September.

The Central Coast is the only Australian destination to achieve Finalist status in both 2021 and 2022, showcasing its commitment to sustainability.

As a newly certified ECO Destination, Central Coast Council's winning story submitted by its Marketing & Tourism team focuses on the two-year 'ECO journey' supported by Ecotourism Australia as both a rewarding business tool and sustainability tool.

Top 100 judges praised the Central Coast region's winning Good Practice Story under the 'Business & Marketing' category, titled 'People Power: Rebuilding a Region with ECO at Heart'.

"This Good Practice Story is an excellent source of information for any destination out there considering to pursue sustainability certification. It really shows that the ECO criteria should be used as a business tool and guide to develop sustainable management of the destination, encourage and nurture collaboration between several stakeholders in the destination." explain the Top 100 evaluators,

"Results are shown in terms of marketing and visitors number, but the most important results are in the unity of the destination, from different council teams, to local businesses and communities and learning to work together towards the same goals, creating resilient destinations."

The Top 100 List is a respected annual sustainable tourism competition hosted by Green Destinations. Now in its eighth year, the Top 100 Destination Sustainability Stories competition collects outstanding, innovative Good Practice Stories from locations across the world to inspire tomorrow's travellers and today's

tourism professionals.

This opportunity to enter the Top 100 was only made possible through a partnership between Central Coast Council and Ecotourism Australia, as part of the ECO Destination Certification program, fully funded by WWF-Australia.

**Meet our Central Coast ECO champions**

An incredible element of the Central Coast's ECO Destination story has been supporting more nature-based experiences to emerge and engage with their sustainable values. Inspired to pursue their own ecotourism accreditation, 15 Central Coast businesses joined our ECO journey in June 2021.

This includes unique natural and cultural experiences such as breakfast with alpacas in the Central Coast hinterland, immersive marine education tours, climbing high in eucalyptus canopies, and taking a moment to rest in luxury bush retreats.

To make your Central Coast adventure a conscious one, explore each sustainably-minded business:

- Aquafun Avoca Lake (ECO Certified)
- Central Coast Marine Discovery Centre (ECO Certified)
- TreeTops Adventure Park (ECO Certified)
- Iris Lodge Alpacas (ECO Certified)
- Terrigal Ocean Tours (ECO Certified)
- Noonaweena (ECO Certified)
- Sydney Oyster Farm Tours
- Australia Walkabout Wildlife Sanctuary
- Glenworth Valley Outdoor Adventures
- Canton Beach Paddleshack
- Bombora Ettalong Beach SUP
- Rocky Trail Entertainment
- Elixir Journeys
- Grace Springs Farm
- Jake Cassar Bushcraft Tours

*Central Coast Council'  
Media Release*

**REGULAR ACTIVITIES & MEETINGS (cont'd)**

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

Catholic Service -Spencer

- Wollombi
- Somersby
- Yarramalong

**YOUTH**

Junior Girl Guides 5-10

Girl Guides 10-15

Scouts, Cubs & Venturers  
Peats Ridge Scout Hall

Mangrove Mountain Playgroup

**HISTORICAL**

Brisbane Waters Historical Society

Dharug & Lower Hawkesbury  
Historical Society Inc.

First Fleeters Central Coast Chapter

The Pearl Beach Aboriginal History Group

Wyong District Museum &  
Historical Society

**ACTIVITY/HOBBY**

Central Coast GNU/Linux Users Group  
Coastal Communicators Toastmasters

Craft/scrapbooking

**HALL BOOKINGS**

Kulnura Hall

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

Daily Holy Mass 8.00am to 8.30 am  
1st Fri, 5:30pm-8:30pm Divine Mercy Friday  
1st Sat, 5.30pm-9:00pm, Divine Youth  
Ministry, Young Adults (18-35yrs)  
Last Sun, 9am-4pm, One Day Retreat  
Holy Trinity Church, 2nd Sat of the month  
4pm, Contact 43771374 or 43771168 as times  
may change each month.  
2nd & 5th Sunday of the month, 4.30pm Mass  
at St Michael the Archangel, Wollombi.  
Every Sat. evening vigil – 5.30pm St. Francis  
of Assisi Centre, 30 Lutana Rd, Somersby.  
1st Sunday each month, 11.15am St. Barnabas  
All welcome. Enq 0428 438577

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

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

Every Tues (except school holidays) 9am to  
11.30am, Kooree Guide Cabin. Bec G, PH:  
0421 996 029 Anne, PH: 0412 526 557  
Email: bec.gilmour@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**

SES Sandbagging information/workshop

6:00 pm Monday 21st November 2022 NSW  
SES Wyong Unit Headquarters, Levitt St  
Wyong (beside the tennis courts).

Yarramalong Greenteam  
Upcoming working bee

Tuesday 29th November, 9-11am, Wyong  
Creek. ph 0404135597

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# Grass fires of most concern as Bush Fire Danger Period begins

With the start of the bush fire danger period, the NSW Rural Fire Service (NSW RFS) is encouraging residents to know and understand their fire risk, with the increased potential for grass fires.

NSW RFS Commissioner Rob Rogers said "Recent rain has led to good grass and crop growth across the state especially in western areas of NSW, and with more rain predicted over spring, this vegetation will continue to flourish.

"As warm weather sets in, this

will dry out, increasing the risk of dangerous and fast moving grass fires.

"Despite the wet weather, we have already seen more than 1000 grass fires across the state since July, and the risk will increase in the months ahead."

Commissioner Rogers said the introduction of the new Australian Fire Danger Rating System will help people make informed decisions this bush fire season.

"Know your risk, and check the daily fire danger ratings. The new Fire Danger Rating System has four levels – Moderate, High, Extreme and Catastrophic – with clear actions for each level," Commissioner Rogers said.

"Each rating gives an indication of the consequences of a fire if one was to start."

## POSITIONS AVAILABLE

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

Positions Include: Packing, Evisceration (Gutting), Live Bird Hanging. Day Shift: Monday - Friday Approx. 7am start.

No exp. necessary, on the job training provided. Call our office on (02)43741700 or email resume to: [supremepoultry@hotmail.com](mailto:supremepoultry@hotmail.com)

**MOUNTAIN COMMUNITY CHILDREN'S CENTRE**  
Children's Services Employee Traineeship for 2023. Full time Contract for 18 months (to start 11th January 2023)

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Must have computer knowledge  
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Close date: 5pm Wednesday 14/12/2022  
Children's Services Award 2010 conditions apply. Tafe Fees may apply

Apply in writing with a detailed COVER LETTER expressing your interest by email with 2 current referees to Louisa Foxford Mountain Community Children's Centre Inc. [mountainchildren@bigpond.com](mailto:mountainchildren@bigpond.com)  
Enquiries to Louisa Foxford on 4374 1239

Permits are required in areas where the Bush Fire Danger Period is in place, and landholders using fire must notify the RFS, such as online at [www.rfs.nsw.gov.au/notify](http://www.rfs.nsw.gov.au/notify).

All areas in NSW are now in their Bush Fire Danger Period.

For details on making a bush fire survival plan visit [www.myfireplan.com.au](http://www.myfireplan.com.au).

NSW RFS Media Release



**NSW GOVERNMENT** | **NSW RURAL FIRE SERVICE**

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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

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

Our requirements are as follows:

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

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

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FARM GATE NEW AWP 'N' Brace 4180mm/14' \$160 Phone 0410 681 327

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

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