

COMMUNITY NEWS

No. 912 Ph: 4374 1039 Mo: 0412 669 649 Email: enquiries@cnews1.com.au Web: cnews1.com.au 2nd December 2022

Somersby CWA

October and November have been two very busy months for our Branch. First was our AGM, very pleasing to have all position full, many thanks to Therese from Morisset for giving her time to chair our meeting.

This was followed by a great Group outing to Palm Beach so nice to see many husbands joining us on the trip.

NEXT was the Country Fair, where our ladies looked after the Handicraft stall working hard all day, a big Thank You to all ladies who helped on the day, (Sorry I was unable to - busy on the drink stall). We are all busy now restocking our handicrafts ready for our next stall.

This was followed by our Group Conference which was an enjoyable day and nice to listen to our State President who opened the conference



and also was our guest speaker. Somersby were very pleased to come home with the best PR Report and best Ang/Env report.

November meeting was also our Branch cooking for Fruit cakes, jam, pickles and our younger cooks, we were all just thrilled with 20 entries from Somersby school WELL DONE to all children. Our ladies catered for Relay for Life cares and survivors

Wisemans Ferry Mens Shed

Notice of upcoming nostalgia trip

VINTAGE MACHINERY * VINTAGE BIKES
VINTAGE CARS * VINTAGE TRACTORS
CLASSIC CAR DISPLAY

When? Sunday 12th March, 2023

Where? At Wisemans Ferry Mens Shed behind Wisemans Ferry Bowling Club

You are invited to bring your prized machine down to display

No entry fee. Please ring Adrian on 0448833781 to reserve a spot. We also need stallholders for the day. Children rides, community stalls, plant sales etc. Ring to discuss.

We also have flood damaged tools for sale.
e-mail: wfcms2775@gmail.com



The Wrong we have Done,
Thought, or Intended Will wreak
its Vengeance on Our SOULS.
C. G. Jung

afternoon tea at Mingara.

This all might seem like a lot of work but it's made easy with all the laughter & friendship.

During this last week we have been having lots of fun making Pompoms after a request from Fairhaven.

Best Wishes to every one for a great Christmas from Somersby CWA.

Sue Ward
Publicity officer.

STOP !

Next issue Published
16th December 2022
**** DEADLINE ****
**** 9th November '22 ****

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Central Coast Council opens \$9 million landfill cell at Buttonderry Waste Management Facility

Central Coast Council has completed one of its most significant projects recently undertaken – a new landfill cell at Buttonderry Waste Management Facility, costing \$9 million.

With Council’s existing landfill cell, which was constructed in 2013, reaching its end of life, Council has designed and constructed a new modern engineered landfill cell - approximately five hectares, or seven football fields, in size.

Central Coast Council’s Director Infrastructure, Boris Bolgoff, said the new cell will meet the community’s waste disposal needs for approximately the next 4.5 years.

“Council’s team, together with our contractors, faced many challenges during the project including Covid-19 impacts to contractor staff, higher than average wet weather and two significant natural disaster events, but have succeeded in delivering the project on time, on budget and meeting expectations.”

Mr Bolgoff said while the new Cell has enormous capacity and is needed as an important facility for the community, Council also wants the community be aware of alternatives in reducing waste.

“Council, through its Resource Management Strategy, wants to educate the community to look at alternative ways of avoiding the generation of waste and to recycle and repurpose wherever possible.

“Actions like sorting your waste and putting the right items in the right bins, recycling where possible, using reusable containers, finding other use for items, donating to charity, selling or gift it – there are many quite practical and simple ways of reducing waste in landfill,” Mr Bolgoff said.

Council’s Waste and Resource





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Email: mangrovetmparmacy@gmail.com

Recovery Unit Manager, Andrew Pearce, said this project was challenging on many levels, with the priority always to ensure the new Cell meets all environmental requirements and community expectations.

The works on the project included:

- The excavation and stockpiling of around 415,000 m3 of soil and rock

- The installation of three engineered leachate barrier liners totalling 153,000 m2 designed to protect the environment. These are a geosynthetic clay liner, high density polyethylene liner, and a cushion geotextile

- Placement of 20,000 tonnes of leachate gravel, 1.8km of leachate collection pipelines, and a leachate pumping station

- Access roads, stormwater management infrastructure, electrical poles / lines, and litter fencing

“The cell has a total airspace of 820,000 m3 which is the equivalent to 430 Olympic sized swimming pools. However as already noted, the best outcome would be that this cell is never filled! Rather, we want to work with the community to reduce waste in landfill.

“Council offers many options for helping the community to deal with waste items.

“You can take your steel, cardboard, E-waste, batteries, motor oil, florescent lights to our Waste Management Facilities for free. Council also facilitates household Chemical CleanOuts, held bi-annually, with the next scheduled event to be confirmed and promoted in early 2023.”

Central Coast Council CEO David Farmer said the construction and delivery of the new Buttonderry Cell, is important as it ticks off a major project by Council, as well as delivering an important essential service for the community.

“This facility has been fully funded by Council from revenue received in prior years from the operation of Councils waste management facilities.

“The community have made it very



Free, fun digital skills sessions for seniors

Tech Savvy Seniors is an initiative of the NSW Ageing Strategy and is funded through a partnership between the NSW Government and Telstra. Classes are FREE for participants aged 60 years and over across NSW and are delivered by the Central Coast Community College. Join our friendly workshops where you can learn how to get online and build your digital skills.

Workshop 1: Introduction to Smartphones

Date: Tuesday January 10th 2023 **Time:** 10:00am to 12:30pm

This workshop will include:

Setting up your device including your Google or Apple account, Managing Data, Navigating your device Security & Privacy, Backup, storage and updates, Finding & downloading great Apps, Email & Contacts

Workshop 2: Introduction to Smartphone Photography

Date: Tuesday January 17th 2023 **Time:** 10:00am to 12:30pm

This workshop will include:

Taking and viewing a photograph, Tips and tricks on taking better photos, Editing your photographs, Sharing your photographs, Storing & backing up your photos.

Workshop 3: Using the Internet on Your Smartphone, Tablet or iPad

Date: Tuesday January 24th 2023 **Time:** 10:00am to 12:30pm

This workshop will include:

How to connect to the internet, Understanding NBN, Wi-Fi, data and costs, Using a browser, Searching the web, Using Government Apps, The basics of shopping and banking, Staying safe online

All workshops will be run at Mangrove Mountain Computer Club:

6 Waratah Rd, Mangrove Mountain 2250

Please bring your own device. Tea, coffee and Wi-Fi provided.

Phone the college on 02 4348 4300 to enrol



clear to Council that they want us to focus on managing waste in the environment, and we are listening and acting by introducing new recycling and waste management initiatives and processes using new technology and partnering with other stakeholders,”

Mr Farmer said.

Visit Central Coast Resource Management Strategy 2020-2030 for more information.

*Central Coast Council
Media Release*

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Have Your Say - Statutory Review Of Native Vegetation Provisions Of The Local Land Services Act

The Minister for Agriculture has commenced a five-year a statutory review of the native vegetation provisions of the Local Land Services Act 2013.

These provisions establish a framework to inform and regulate native vegetation management on rural land in NSW.

Local Land Services is supporting the Minister to carry out the review, with the assistance of an independent expert advisory panel.

The policy objective of the native vegetation provisions in the Local Land Services Act is 'to ensure the proper management of natural resources in the social, economic and environmental interests of the State, consistently with the principles of

UPCOMING CATTLE AUCTIONS

Maitland Regional Saleyards

- Weekly Monday Liveweight Cattle Sales 9am, followed by Calves, Pigs & Sheep from 12 noon.
- Monthly Store Cattle Sale Saturday Dec 17th from 12 noon.

Gloucester Saleyards

- Fortnightly Thursday Store Cattle Sales 11am Dec 8th.

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ecologically sustainable development.

Where do the native vegetation provisions apply?

The native vegetation provisions in Part 5A of the Local Land Services Act apply to rural land (land zoned as: RU1, RU2, RU3, RU4, RU6 but not RU5), with some exceptions.

Land that is not regulated by Part 5A includes:

- non-rural areas in the State, defined by the State Environmental Planning Policy (Biodiversity and Conservation) 2021
- National Parks and other conservation areas
- State Forests
- land in the Sydney or Newcastle metropolitan areas

About 43 million hectares of land in NSW is categorised as rural regulated land, which represents about 53% of the land area of NSW.

A Discussion Paper is now on public exhibition and we are seeking your feedback. The Discussion Paper aims to help us engage with and seek feedback from landholders, community and stakeholders on the statutory review.

The Discussion Paper has been prepared to help community and stakeholders provide feedback on the Statutory Review.

The Discussion Paper aims to:

- provide context for the five-year statutory review
- pose key questions relating to each of the relevant Divisions in the Local Land Services Act
- outline how stakeholders can be involved in the statutory review process and have their say
- set out the timing of the main steps in the statutory review process.

Please go to the Have Your Say platform, read the Discussion Paper, and provide your feedback. Submissions are open for four weeks and will close on Monday, 12 December 2022.

How to make a submission:

Online

- Visit the Have Your Say platform.
<https://www.haveyoursay.nsw.gov.au/native-vegetation-legislation>

Email

- your submission to policy@lls.nsw.gov.au

Mail

Post your submission to:
**Part 5A LLS Act Statutory Review
Policy Division
Local Land Services, 117 Bull
Street, Newcastle West 2302**

Local Land Services
NSW Government



We have started up the singing group again.

It's a fun and relaxed time to sing along to your favourite tunes in a small group just for the joy of it.

There are a huge variety of songs from pretty much every decade and style of music; folk, pop, rock, country and show tunes. If we don't have what you'd like to sing we'll get it for next time.

Players of instruments and all type of music fans welcome.

Masks recommended. Bring a pen, drink and donation for hall hire.

Enthusiasm compulsory with talent entirely optional!

Meeting at Mangrove Mountain Hall 1st & 3rd Tues of the month.

The last one for 2022 is Tuesday the 6th December 7-9pm with a spotlight on humorous and unusual Christmas songs.

Why don't you come along to sing along!

Kim & Leila xx

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WOMEN UP THE CREEKS

Hosted by Heritage Ventures www.heritageventures.com.au

The event

1800s Dress Ups | Irish music | roving storytelling
@ Richard Woodbury Reserve,

Greengrove
date: Sunday 15th January
time: 2.30pm - 5.30pm

A Women of the Creeks Celebration for the New Year. Inspired by the stories of Elizabeth Donovan and other women of Ironbark and Popran Creeks you are invited to a shindig 'a craic' with an Irish theme by the side of Mangrove Creek. Join us for roving storytelling, rebel rousing, Irish fiddle playing and 19 century dress ups.

Prize for the best outfit - think bustle, Victorian hat decorated with feathers and birds, ribbons and flowers or your favourite hatpin or brooch.

Tickets now open www.heritageventures.com.au/women

Subscribe to be the first to know about upcoming events: www.heritageventures.com.au

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SpongeBob's pleasant existence is abruptly interrupted when it is discovered that Mt. Humongous, a nearby volcano, will erupt within the next 48 hours and completely obliterate Bikini Bottom. SpongeBob, trying to prove to himself and the world that he is not "just a simple sponge," resolves to save the day when everybody else has given up all hope.

With an incredible soundtrack from a wide variety of artists such as David Bowie, Cyndi Lauper, Sara Bareilles, John Legend, Steven Tyler, Panic! at the Disco and Plain White T's, along with a witty script, this is a show everyone can enjoy!

Proudly presented by Gosford Musical Society Juniors

Performance Dates January 2023

Tuesday 17 - 10.30am

Wednesday 18 - 10.30am

Thursday 19 - 10.30am & 7.30pm

Friday 20 - 10.30am & 7.30pm

Saturday 21 - 10.30am & 7.30pm

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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 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 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

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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 committee chose to wind the Church up.

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

Robert Meggs, President (4376 1451)
On behalf of the Mangrove Mountain Christian Group Inc.

MANGROVE CREEK DAM REPORT

AS AT: 31-10-2022

Current Vol: 189,983 Megalitres
or 99.998%

Weekly Usage: 596.31 Megalitres

Rainfall: 196.8 mm

Lowest temp: 5.1°C on 3rd

Highest temp: 28.5°C on 31st

Info from CCCouncil & BOM

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Community Christmas Carols

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You are invited to join us as we celebrate

Christmas

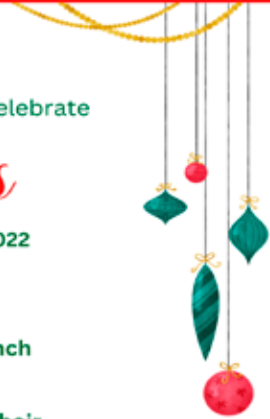
Tuesday 13th December 2022
10:30am - 1:30pm
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- Large home with all of life's modern luxuries

- Picturesque double door main entry, leading into the expansive, light filled and open-plan heart of the home. Thoughtfully accentuated with tall ceilings, feature fireplace, ducted air, bamboo flooring and feature lighting.

- The kitchen features stone waterfall bench tops, a large walk-in pantry, double oven, gas cooktop and a wonderful outlook to the rear garden, pool and entertaining area.

- Oversized master suite with walk-in wardrobe, huge ensuite and sliding door access to the rear garden. Second bedroom suite also offers an ensuite and walk-in wardrobe

- Separate study with both internal and external access, plus self contained one bedroom flat.

- 10m x 5m pool with sandstone pavers, shed, double carport plus garden shed.

- The property is fully fenced, gently sloping, flood free land.



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Paradise Has Arrived! - 41 Amber Lane, Wyong Creek

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This wonderful estate is versatile enough to cater for the needs of any buyer. Use it as your family's escape, equine interests or just put your feet up and relax. This property is on some of the most fertile land in the district and is situated in a quiet country lane with direct creek access.

- * Peaceful country lane
- * Fertile acreage with direct creek access
- * Horse stables and yards
- * Established gardens with mature trees
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LAND TAX WILL HURT FOR YEARS TO COME

The Perrottet Government has passed their plans to tax homes forever, with the taxes calculated based on the value of their property.

Member for Gosford, Liesl Tesch, stated "Perrottet's land tax is incredibly short-sighted, and instead of supposedly helping young people into homes this will impose a forever tax that many simply will not be able to afford.

"You do not need to major in economics to understand the overwhelming issue with the land tax. As it is based off the value of the home, people who buy homes today will find it increasingly difficult to keep a roof over their heads as historically the increase in the value of our homes have far outstripped the value of our wages.

"It will be future retirees who will pay the price. The Liberals have planted the seeds of another housing crisis decades into the future."

The new tax is geared towards first home buyers to opt into an annual fee of \$400 and a tax of 0.3% of the property's value. The scheme will be fully operational from 16 January 2023.

Ms Tesch worries that abolishing stamp-duty and introducing an annual land tax will over the long-run result in more household expenses, placing the Australian Dream even further out of



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reach.

"Mr Perrottet talks about helping people achieve the Australian Dream. Stamp-duty is a one-off upfront cost, while this land tax is a forever cost and the total paid by a household has no clear limit as no one can tell how long someone will stay in their own property.

"It is no secret that as many enter retirement, the value of their homes is a great source of stability and wealth. The forever tax will jeopardise this, forcing those who can no longer afford it to either sell or enter reverse

mortgages."

Economists are also forecasting the initial savings on stamp duty will push up home prices across NSW.

Ms Tesch says, "If the Liberals were serious about improving levels of home ownership without sacrificing future generations, they would invest in social housing, they would not introduce regressive taxes, and they would be able to come up with policies that doesn't simply kick an issue down the road for future leaders to grapple with."

Liesl Tesch MP, Member for Gosford

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Creative Recovery is a specific approach used to support individuals and communities after a disaster by creating physical and mental spaces where people feel safe and connected to one another.

Learn more about the Creative Recovery approach at our free community information sessions.



Presented by Central Coast Council



Australian Government
 Jointly funded by the Commonwealth and NSW State Governments under the Disaster Recovery Funding Arrangements



[Why Creative Recovery?](#)

Following disaster, creative community projects can be a powerful platform for people to express grief, frustration and loss, as well as compassion and connection. Culture and the arts play a deep, real role in supporting communities and individuals to tackle disaster recovery.

Some examples of Creative Recovery in action are the Yarn Hub at The Hub Café in Mangrove Mountain, and the creation of the 'Why Spencer' artwork by the river at Spencer.

[Who can participate?](#)

You don't need to be 'creative'—we're just looking for anyone who is open to learning about the Creative Recovery approach, and who is interested in supporting their community and looking to make connections.

[When and where?](#)

Wednesday 14 December, 6.30–7.30pm

Somersby School of Arts Hall
 830 Wisemans Ferry Road, Somersby

Bookings essential.

Please call Breanna Pollock on 0419 014 446 or email breanna.pollock@centralcoast.nsw.gov.au.

Free entry and nibblies provided.

BUTTERFLY MAGIC

by Rhonda Hillyer ©

This is the 14th instalment of a serialised publication of the novel "Butterfly Magic"

CHAPTER XIII THE HEALING PROCESS

The "surgery" was, to Rebecca, nothing like anything else she had

ever seen. As Sapphire led her through the door, her eyes were wide in amazement. It looked to her as if there were no walls or roof to the room just bright light everywhere, but it was as though there was no source to the light. There were two benches in front of her. On one bench was Michael, now completely cleaned up and covered by a white sheet which exposed his head, shoulders and part of his chest, with his arms uncovered by his sides, and he seemed to be sleeping quite peacefully. On the

other bench lay the Fairy Queen. Very beautiful, in fact Rebecca felt she had never seen another creature as beautiful in her entire life, but so still that she felt anxious for her. She was also covered by a white sheet in the same way that Michael was. Her dark skin stood out in contrast with the white sheet. A shiny, sparkling silver cord seemed to join the two still figures on the benches at around waist level. A white light was travelling back and forward along the silver cord at a slow but constant pace.

'Come Rebecca, you should stand between the two benches just behind the cord so that you will be able to see what will happen along the cord as you speak to them both.' Sapphire spoke softly.

'Before you begin to speak to them, take the hand of each in your two hands and hold on firmly, but gently. You will be able to feel when they begin to revive and grow stronger.'

Rebecca did as she was asked.

'Now I want you to speak to them.' Sapphire said. Rebecca was puzzled, 'What do you want me to say?' 'Whatever comes from your heart!' replied Sapphire. 'Don't worry it will all come out as it should, for the goodness is already inside you, and that is what is needed.'

Rebecca then turned to Sapphire and asked, 'I know she is the Queen of the Fairies, but can you tell me her



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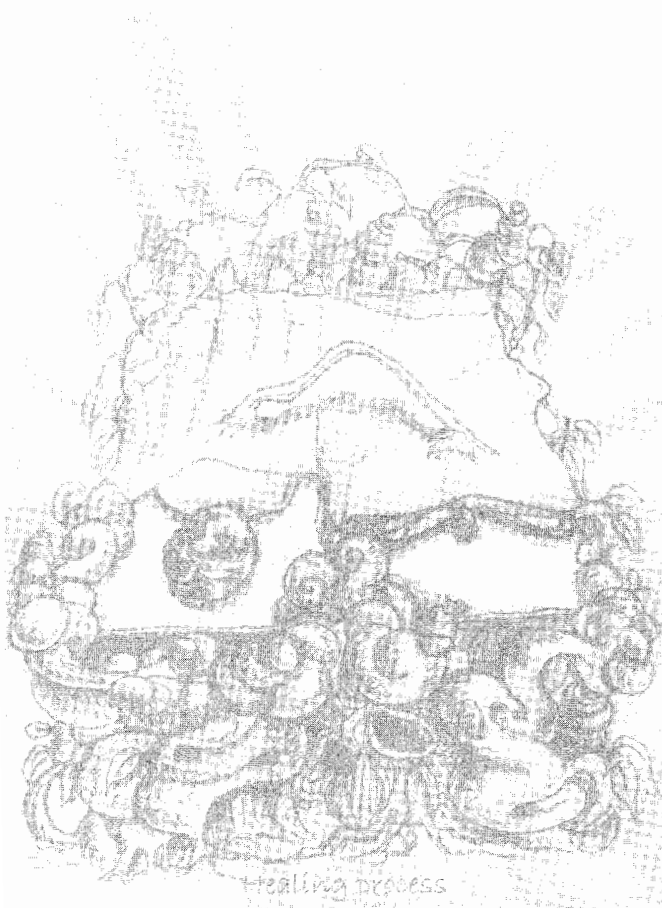
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own name?’ ‘Yes, of course, her name is Samantha and is known to her very close friends affectionately as Sam. No one would call her Sam on an official occasion, however, I think that this would qualify as “informal”.’

‘Dear Sam I know you can hear me and there are so many things I would like to say, and questions to ask of you, but right now I will concentrate on the things I need to tell you and later you might answer my questions. Although I am sad to see you so hurt, I am feeling so much wonder at the world you are responsible for showing me over the last couple of days, the magic of the bush, the fascination with the animals I had thought of as “wild” to say nothing of the fact that you chose to visit me on my birthday. That you are very wise, good and lovely, just does not seem enough. I have known of you for such short time, but I have always believed in you, and what you have done for me by coming to my birthday has given me so much joy that my heart is breaking because of what has happened to you. I should now introduce you to Michael. He comes from a very different way of living than we do and his ideas are just as different, but he has learned a great deal over the last couple of days, and we feel that he has reached that

level where he understands how you feel, the pain and the helplessness that this situation has caused you, and all those who love you.’

At this point Sapphire pointed to the silver cord in front of where Rebecca was standing, and which was binding the two figures on the benches. A faint yellow light had replaced the white light travelling along the silver cord between the pair.

‘Michael, I would like you to meet Samantha. She is the Supreme Fairy Queen of the entire Universe. She and her entourage, which includes her family, friends, the officials of the Court and a number of Protectors, travel the Universe ensuring that there is always a balance prevailing in the Universe. When that balance is disturbed, many catastrophes can occur, and that makes their role a very important one. For example, planets can collide, fireballs can be sent off to damage other galaxies or even whole worlds, such as ours, can be destroyed.’

By now the lights travelling along the silver cord were going even faster, and had begun to take on a distinct yellow colour, which then quickly turned to bright green. It was as if Rebecca was feeling the surge of energy throughout her own body.

Sapphire moved closer to Rebecca and whispered to her ‘It won’t be long now and we will start to see them both begin to heal.’

Rebecca continued on, gently coaching them both back to a life they had previously thought was lost to them and giving, at least Michael, a new understanding of what a truly generous spirit could make of that life. As she spoke, the lights running through the silver cord changed again and this time it was the blue of the sky, and that reminded Rebecca of the sky over her home on Dangar Island, and she felt a yearning inside her for her home and her family.

Then the cord lights changed to red, and with that the whole room took on a red glow, and the room itself seemed to dance. Both figures were beginning to stir and, as though a magical transformation began to take place, they opened their eyes. At first, both were confused but as they realised that they had been “made whole” again they smiled, and soon they were laughing, probably with relief.

As suddenly as the lights had begun, they stopped and this time they turned black. The room darkened, Sapphire disconnected the silver cord and turned around to allow the entourage waiting outside the room to enter, and they did so, all overjoyed to see that their lovely Fairy Queen was well again. She was escorted out by them, and the children would see her again only when she had been ensconced on her throne in her Court, surrounded by all her loyal subjects.

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MOUNTAIN ANGLICAN CHURCH NEWS

Congratulations to all the wonderful people who helped and those who supported the 'Country Fair' in any way. Even the weather managed to stop the rain for the event.

Our festive food collection for the Samaritan Foundation will soon be taken down to them so they can make up Special hampers for Christmas.

We will be holding our usual family Christmas day service at 8am in the Scout Hall at 153 George Downes Drive, Central Mangrove on Sunday the 25th of December. This allows plenty of time for other commitments afterwards, but still keeping Christ in Christmas.

On Christmas Eve, Saturday the 24th of December, we will be holding our usual free family Carols Service (about 1 hour) followed by a free supper. This will take place at the Scout Hall, starting at 6.30pm, which allows people plenty of time to drive home in daylight. If the weather is OK, we hope to hold it outside again. Seating, parking, word sheets, etc all free, just come along and enjoy – dressed for the weather. Any enquiries to Rev Jim on 0407210861

We will be following any current advice from the Government health advisors to be covid safe

We have just commenced an Advent study with our Bible study group and planning our end of term break up party.

Hope to see you soon and may God bless you and your loved ones,

Mountain Anglicans

Holistic perspectives on gut health

Over the past decade there has been an increasing awareness of the connection between the gut and brain function. With conditions such as ADD/ADHD and autism, as well as serious allergies, chronic inflammation and auto-immune diseases becoming more prevalent I believe it is now more than ever that people are experiencing first or second hand the after-effects of a society (especially Western ones) that has been dominated by a culture that does not promote a properly functioning gastrointestinal system, which has been aggravated by Western medical practices such as over-prescribing antibiotics, vaccines and pharmaceutical drugs in general, by food industries with products laden with toxic additives and preservatives, by the agricultural industry with the heavy use of pesticides and herbicides, and by the meat industry use of hormones and antibiotics, not to mention the introduction of genetically-modified varieties of fruit and vegetables.

Add to this the consumption of fluoridated/chlorinated tap water, drugs and alcohol, the use of toxic household cleaners, garden products, mechanical products, make-up products, hair dyes, shampoos, soaps and various other lotions and potions, and we have a train wreck waiting to happen in our gastrointestinal systems. Made even worse if one works in an environment where toxic chemicals are a part of their everyday existence.

And I haven't even mentioned wheat yet...

I just about guarantee that any child with challenging behavioural conditions and any adult with chronic mental health conditions, or anyone with serious allergies is very likely to benefit from a conscious effort to reduce toxic overload (of the items mentioned above) which can allow the body to do what nature intended, which is to heal itself.

Antibiotics, as most people know, deplete healthy colonisation of bacterial flora in our gut, and vaccines result in a toxic overload of heavy metals such as mercury (used as 'adjuncts' to help keep the vaccine within the body) which can have long-lasting effects on brain function if no effort is taken to detoxify from them. And most of the other toxic items listed above would contribute to either of these two main effects on the gut/brain connection.

I will also add in the metaphysical considerations of gastrointestinal issues, which are to do with how one 'takes in' and processes new information coming in, and of 'letting go' of what is not needed. That is, if a person has loose motions, I would ask them "what are you trying to let go of?" (it could be a person/s, or situation, or an actual toxin), and if a person has constipation I would ask them "what are you holding on to?" (a person, place or thing). The gut is often affected by our emotional/mental state, hence why it is common for someone to feel a bit 'wrong in the gut' (eg. churning) when they are feeling emotionally turbulent or worried about something, or to get 'butterflies' in the gut when they are excited.

So, after knowing all this, what can we do to improve our gut health? First



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and foremost it goes without saying that any of the above-mentioned toxic items would be better to be reduced, or eliminated, or replaced with a more gut-friendly option. The amount and pace at which one implements this would depend on the severity of the affected person's condition and how much it is affecting their daily life. Maybe the worst and obvious culprits could be approached first, then the less impacting items approached at a tolerable pace. Examples would be to switch to purchasing from places where you KNOW the products are organic, such as fruit & veg, meat products, and buying raw milk.

One option that may resonate with some is to have colonic hydrotherapy (usually attended in a series of three sessions over 6 weeks) which helps to remove clogged up stool in the large intestine. This procedure is safe for most people but a medical clearance may be needed for some. I can personally recommend "The I AM Wellness Centre" located at Toukley where I have had such a procedure done myself and can vouch for their 5-star service. Such a procedure is closely linked with "letting go" of emotional baggage.

I highly recommend viewing a 3-set video series of Dr. Natasha Campbell-McBride who speaks of the Gut and Psychology Diet (known as the GAPS diet for short), which provides comprehensive information which

actually inspired me to cover this topic. The GAPS diet is a healing diet that helps to restore optimal function of the gut for people who are in need of avoiding toxins and replenishing the gut with healing soups and stews for a prescribed period of time. Search for GAPS 1/3, GAPS 2/3 and GAPS 3/3 to locate each video which can be found in the channel called "The World Foundation for Natural Science". As it happens, the lady who operates The I AM Wellness Centre is an accredited GAPS practitioner who can help to formulate an appropriate nutrition plan for those who need some guidance.

There are various foods/supplements that can be used to assist in detoxing the body of heavy metals. A useful and informative resource is the "Natural Health Library" on facebook where you can search for the page for information on detoxing. (Alternatively please email me and I will happily send the link to a specific article on the topic of heavy metal detoxing.)

The next aim would be to incorporate things that can help to re-establish healthy bacteria in the gut. Fermented products such as sauerkraut, kimchi and kefir (drinking yoghurt), as well as kombucha (drink) are powerful probiotics that can be added into one's diet to replace healthy bacteria strains for optimal gut function and are a source of easily digestible nutrients that provide nourishment that doesn't

require a lot of energy on our part. Probiotic capsules can be helpful in the initial phase whilst dietary adjustments are made. For anyone who would like to have access to specific links regarding the above suggestions please email me and I will assist in the best way possible for your needs.

For the metaphysical/emotional aspects, it can be beneficial to look at what is going on in your life, such as toxic relationships, or toxic environments/jobs/situations and whether addressing these aspects may make a difference in the way a person's gut functions. (This is where QHHT sessions can be helpful, by accessing one's inner guidance on what a person can do to help themselves heal to the best of their ability.)

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 shazzaunnitt@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 Practitioner and QHHT Practitioner Level 1 (intern)

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: www.facebook.com/ YarramalongRuralFireBrigade/ Phone contacts: 0406 360588 or 0418 280764 Email: volunteer@yarramalongrfs.org.au

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 & 4th Tues of the month, 4-8pm at Mangrove Mtn Hall, General meeting 6pm 2nd Tues. 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. https://permaculturecc.org.au/
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. Contact: mepccinc@gmail.com, 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
Mountain Districts Association (MDA)		www.mountaindistrictsassociation.com.au secretary@mountaindistrictsassociation.com.au
Mountain District Football Club Meeting		Second Tuesday of the Month 6.30pm at the Mangrove Memorial Club
River Cares for the Lower Hawkesbury River District		President Robyn Downham 0414248224 Email info@rivercares.com.au
Rotary Club Meeting		Friday 7.15am at Phillip House. 43404529
Spencer Community Progress Group Inc		President Brad Maisey, Community Meetings, 4377 1167, spencercpg2@gmail.com
Spencer Community Ladies Social Club		Last Fri of month. 12.00 noon Spencer Community Centre, Jennifer Dayes 4377 1364 Articles to: spencercpg2@gmail.com
Newsletter		
The Mountain Tuesday Social Tennis Group		Tue 9.30am-12.30pm, Kulnura Tennis Courts. Enquiries: Alison Palmer 0427731548.
Somersby Equestrian Club Club & Committee Meeting		Every 2nd month. Check website for further details. www.somersbyequestrianclub.org.au
Wisemans Ferry Community Men's Shed		Tues & Sat, 9am-5pm. Contact: Alan Hunt 4566 4626 or Adrian Acheson 0448 833 781

SPIRITUAL

Anglican Service - Mountain Districts		Every Sun 8am at Peats Ridge Scout Hall, Sunday School during school terms
Mangrove Mountain 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 revrcr@hotmail.com

(cont'd next page)

LIVESTOCK MARKET REPORT



Liveweight Sale Report 21st November 2022

Quality and condition was fair overall. All regular buyers in attendance for a market that sold from near firm rates to 30c/kg cheaper on restockers. The export market most impacted being about 50c/kg cheaper in places.

- Weaner steers 180-250kgs 500 to 715c/kg;
- Weaner steers 250-300kgs 480 to 650c/kg;
- Steers 300-350kgs 450 to 580c/kg;
- Weaner heifers 180-250kgs 450 to 590c/kg;
- Weaner heifers 250-300kgs 440 to 640c/kg, avg 575c/kg;
- Yearling heifers 300-350kgs 300 to 550c/kg, avg 500c/kg;
- Heavier yearling milk & 2 tooth heifers 380 to 500c/kg, avg 460c/kg;
- Export steers 330c/kg;
- Cows 200 to 320c/kg;
- Bulls 220 to 270c/kg, topping @ \$2,470.

Maitland Store Cattle Sale Report 19th November 2022

Total yarding of 1075 cattle. Some outstanding lots offered along with many plainer conditioned lots. The market trend showed better lines with breed quality -\$100 while others -\$200. Overall the market was softer on recent sales, quality lots less affected.

Steers:

- Weaners: 300 head; Avg \$1,500; Trend -50; Top \$2,075
- Yearlings: 150 head; Avg \$1,850; Trend -100; Top \$2,000

Heifers:

- Weaners: 250 head; Avg \$1,350; Trend -50; Top \$1,975
- Joinable: 150 head; Avg \$1,950; Trend -50; Top \$2,300

Cows:

- Cows & Calves: 150 head; Avg \$2,673; Trend -150; Top \$4,000
- PTIC: 100 head; Avg \$1,950; Trend

-100; Top \$2,550

Highlights include: – A/c Roy & Gillian Harris, East Gresford sold 33 outstanding Angus steers sired by Sugarloaf Angus bulls. The top pen of 20 made \$2,075 and the second pen of 13 made \$1,800. The top pen was purchased by Wirragulla, Dungog. The Harris's also sold 22 Angus heifers of the same breeding for \$1,975 x 14 head and \$1,700 x 8 head.

Liveweight Sale Report 14th November 2022

A reduced yarding this week with agents yarding 350 cattle. The market overall was firm to slightly easier on quality.

- Restocker Angus steer under 250kgs 680 to 810c/kg;
- Restocker Angus steers +250kgs 560 to 720c/kg;
- Other restocker steers up to 320kgs 500 to 715c/kg;
- Restocking Angus heifers under 300kgs 480 to 715c/kg;
- Euro & heifers suitable for feed 550 to 670c/kg;
- Euro & heifers for feed +300kgs 480 to 615c/kg;
- Milk & 2 tooth steers to 500kgs 475 to 560c/kg;
- Best cows 360 to 370c/kg;
- Medium & restocking cows 260 to 350c/kg;
- Bulls topping @ 330c/kg.

A friendly reminder that we are often in the area seeing clients and looking at their livestock and if you would like us to call in be sure to give us a call.

Like and share our Facebook page!

Keep up to date with bowelidbury.com.au

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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
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Venturers meet 7.00pm – 9.00pm Mondays
Contact 0460 696 941

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

25-27 Henry Kendall St., West Gosford, Ph:
4325 2270. www.henrykendallcottage.org.au
Last Sat of month. All welcome, contact Jan
Kofron 0405321478 jankofron@optusnet.com.au

2nd Sat of the month, 10.00am for 10.30,
Point Clare Hall (except Jan & Dec). Contact
Jon 43116254 and Gavin 43404435.

3rd Fri of month 7.30pm Pearl Beach. Peggy
0411754577 pbaboriginalhistory@gmail.com

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

Creative Recovery Community Info Day

Wed 14th Dec, 6.30-7.30pm Somersby Hall
830 Wisemans Ferry Rd. Book: 0419 014 446
or breanna.pollock@centralcoast.nsw.gov.au

Yarramalong Christmas Carols Service
Wisemans Ferry Mens Shed Nostalgia trip

Sun 18th Dec @ 6pm @ St Barnabas Church
Sunday 12th March, 2023, Wisemans Ferry
Mens Shed behind Wisemans Ferry Bowling
Club, Please ring Adrian on 0448833781

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Working together to end domestic abuse

Central Coast Council is once again working with community leaders, to raise awareness and educate the community to help end family and domestic abuse.

The Central Coast has the second-highest number of domestic violence incidences in NSW* and is overrepresented in breaches of apprehended violence orders. Crimes of sexual assault are also on the increase.

Council Director Community and Recreation Services Melanie Smith said all community members can help put an end to domestic abuse.

“The health and safety of others is everyone’s business. Domestic abuse is not just a private matter and its impacts are felt across all levels of the community,” Ms Smith said.

“Domestic and family violence is one of the largest threats to our communities’ safety. Prevention initiatives are proven to help stop the violence before it starts.”

Each year, Central Coast Council supports a local campaign to help address the main challenges faced by our community. Over 30 stakeholders from the local community and services sector were invited to a workshop to share their knowledge, skills, and experience of the issue.

This collaboration informed the messages for this year’s 16 Days of Activism against Gender-based Violence campaign which has a focus on changing the behaviour of perpetrators.

The national campaign runs from 25 November to 10 December and Council has developed a range of education and awareness raising materials to bring the campaign to the community.

POSITIONS AVAILABLE

WESTY’S PLACE has an opportunity for a hard-working all-rounder who would like to work locally. Westy’s focus is pumps and irrigation however we also do metal work and general farm engineering. To start this will be 2 days a week with an opportunity to increase this over time. Previous experience in pumps, general farm maintenance and/or welding would be beneficial.

If you are interested in the position please drop your resume into us at 1650 Wisemans Ferry Rd, Central Mangrove or email it to info@westysplace.com.au

These include town centre banners and activations, installations, information posters, and free resources that encourage people to learn the signs of abuse, to stop the cycle of abuse, and to seek support.

As part of the campaign, the Central Coast Domestic Violence Committee has coordinated a Walk Against Domestic Violence and the community is encouraged to show support by joining.

Commencing at 10.00am on Wednesday 7 December 2022, supporters will meet at Coast Shelter (346 Mann Street, Gosford), before heading into Kibble Park to hear from speakers and visit stalls.

Council Administrator Rik Hart said we must all speak up against domestic abuse and violence and encourage others to break the cycle in order to make the Central Coast a safe place for us all to live.

“We can all play a role in stopping violence by taking action if we see or suspect any form of abuse,” Mr Hart said.

“It can be as simple as providing contact numbers, educational material or when someone’s safety is at risk, report it to the Police.”

Goto Council’s website, centralcoast.nsw.gov.au to read more.

*The Central Coast had the second-highest number in NSW of domestic violence Apprehended Violence Orders in figures (NSW Bureau

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.

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POULTRY SHED WASHERS - We are seeking casual poultry shed washers in the Mangrove Mountain area for Prowash Poultry. Immediate start with training provided. Gumboots and wet weather gear can be provided. Hours vary as do the farms. We generally know the hours and days they will be working approx. 5 days prior.

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of Crime Statistics and Research – BOCSAR) issued for the 12 months prior to June 2022.

Central Coast Council
Media Release



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happy and safe
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