

# COMMUNITY NEWS

No. 913 Ph: 4374 1039 Mo: 0412 669 649 Email: enquiries@cnews1.com.au Web: cnews1.com.au 16th December 2022

## Council Identifies Key Future Projects

Central Coast Council have identified twelve regional projects of significance that could benefit from funding over the next three to five years.

The 2022 Key Enabling Projects Prospectus tabled at Tuesday's Ordinary Council Meeting outlines the overall vision and details of projects ranging from infrastructure upgrades through to community sport facilities that will benefit the Coast's residents for generations to come.

With a State Election due in March 2023, this document will be a driving force to help Council advocate for projects that need to secure additional funds.

It will also allow the community to learn more about these projects and how much funding is required to make them a reality.

To find out more or to view the Prospectus visit <https://www.centralcoast.nsw.gov.au/business/opportunities-and-investment>

Wisemans Ferry Road upgrade is one of the projects included.

- This project will provide improved

access and safety for road users in delivering an enhanced road link between Sydney and the Central Coast.

- The reinstatement of this road is vital to enable this transportation to continue and fully realise the full potential of this essential road corridor.

Project Timeline includes a year for consultation and design of these road works and construction over a two-year timeframe.

The construction of these road works which include bank stabilisation, drainage improvements, pavement widening and carriage construction, would commence following execution of a funding agreement.

What is sought from Government?

Contribution of \$10,000,000 to allow for the full restoration of two travel lanes on Wisemans Ferry Road at both embankment failure sites.

The NSW Government support Council's submission under the Regional Road Transfer and Road Classification Review for Wisemans Ferry Road, from Peats Ridge Road to Wisemans Ferry seeking transfer from a Regional Road to a State Road

Central Coast Council  
Media Release



**Community Christmas Carols**



**Christmas Eve, 6pm  
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!

## CHRISTMAS SERVICE

The MMCG will be holding a Christmas morning service at the Mangrove Mountain Public Hall, 9.30 am, lots of Christmas hymns.

Non-denominational, all welcome.

With prayers, next years services will be held in the Mangrove Mountain Union Church

"He who does not hope to win has already lost."  
*Unknown*

## MERRY CHRISTMAS & A HAPPY NEW YEAR

Best wishes & many thanks to all contributors, advertisers, readers & helpers, from all of us at the Community News.

We hope you have a safe and peaceful Christmas and a happy and prosperous New Year.



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Next issue Published 3rd February 2023  
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**\*\* 27th January '23 \*\***  
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**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 10<sup>th</sup> 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 17<sup>th</sup> 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 24<sup>th</sup> 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**



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 (but the last one for 2022 is Tuesday the 6th December).

Why don't you come along to sing along!

*Kim & Leila xx*



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# CEN Submission - fix Gosford city mess before making another one on the waterfront

Central Coast Council says “the time is right” to start working on the revitalisation and development of Gosford Waterfront.

CEN has produced an extensive submission in response to the

exhibition of the latest concept plan for the waterfront. It includes 12 recommendations and many arguments as to why the Council, Greater Cities Commission and the State Government need to fix the

Gosford city centre mess before they start making a new mess on the waterfront.

Did you know that the Council planned to exhibit three options for the waterfront and let the public decide. They changed their mind and exhibited only one option.

You can read our full submission here. The concept plan has been on exhibition for a while now but levels of engagement from the community have been low. This is a very busy time of the year. December 1 was your last chance to comment on the current proposal.

Of course, there will be other opportunities. To go ahead with their plans Council will need to rezone the site and they are asking for \$8.5 million state funding to build their business plan.

We’ve asked Council to extend the exhibition period until the end of the silly season (February 2023) so as many people as possible have a chance to comment.

It’s important that you have a look at the concept plan and let the Council know what you think.

You can read the full CEN submission is available on the CEN website <https://cen.org.au>.

*Community Environment Network*



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# YARRAMALONG CHRISTMAS CAROLS SERVICE

@ ST BARNABAS CHURCH  
SUNDAY 18TH DEC. @ 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

# MANGROVE MOUNTAIN UNION CHURCH UPDATE

11/12/2022

We are now well into the season of Advent, a time of hope, a time of waiting, and a time to be ready for the coming of Christ into our daily lives. Not long now until Christmas. Bet you can all guess what our Christmas Wish is this year. Unfortunately, there is a "Grinch" in the works!

The Liquidator and his legal reps now accept that it is unnecessary to go to the NSW Supreme Court for the appointment of a new Trustee to the Mangrove Mountain Union Church Trust. The Liquidator has also indicated that based on our "financials" (an Independent Auditor's Report, a financial plan for the next two years, and our bank account balance), he considers our Group suitable to be appointed as the new Trustee. It now comes down to the money! We are advised that the Liquidator's costs to date are close to \$62,000. The Liquidator requires to be paid this

amount before he will appoint a new Trustee to the Union Church.

For over 18 months now, regular local Christian services and community use of the Union Church have been prevented by the Liquidator Trustee. Our Group has decided to take a pragmatic approach by offering to meet the Liquidator halfway on his costs and expenses ~\$31,000. It seems fair that the Liquidator should seek the other 50% from those persons whose misrepresentations led him to accept his appointment (this suggestion has been put to the Liquidator).

And still no word from the Liquidator on our request to use the Union Church for a Christmas Day Service. We have offered to meet any extra insurance payment that is required (the Liquidator has denied prior requests claiming that this is the obstacle to allowing public use). A Christmas service will be held at Mangrove Mountain this year – now looking to be at MM Public Hall 9.30am on Christmas Day. Community Carols are at MM Public Hall on Christmas Eve from 6pm till 8pm.

Our worship services continue in the Mangrove Mountain Public Hall on the 2nd and 4th Sundays of the



## DEC 2022-JAN 2023 Vacation Care



 <p><b>Monday 19th Dec</b> BOWLING &amp; SUN VALLEY PARK PAPER PLANES LAUNCH OFF</p>	 <p><b>Tuesday 20th Dec</b> COSMIC SLIME RUN &amp; SCOOTERS</p>	 <p><b>Wednesday 21st Dec</b> ETTALONG MOVIES &amp; UMINA PARK</p>	 <p><b>Thursday 22th Dec</b> OOSH'S BUILD A BEAR WORKSHOP CHRISTMAS MOVIE MADNESS</p>	 <p><b>Friday 23th Dec</b> XMAS FEAST &amp; COOKIE DECORATION</p>
 <p><b>Monday 9th Jan</b> INFLATABLE BOUNCE HOUSE</p>	 <p><b>Tuesday 10th Jan</b> OOSH MINI FETE &amp; TALENT SHOW</p>	 <p><b>Wednesday 11th Jan</b> WELCOME TO THE JUNGLE &amp; INSECTARIUM</p>	 <p><b>Thursday 12th Jan</b> KOALA PARK COOKIE DECORATING</p>	 <p><b>Friday 13th Jan</b> A TASTE OF ITALY PIZZA MASTERCLASS</p>
 <p><b>Monday 16th Jan</b> FIRE MUSEUM ICE-CREAM CONES</p>	 <p><b>Tuesday 17th Jan</b> WATER WARS SLIME MASTER'S WORKSHOP</p>	 <p><b>Wednesday 18th Jan</b> SLOT CAR RACING &amp; FACE PAINTING</p>	 <p><b>Thursday 19th Jan</b> NINJA WARRIOR COURSE &amp; NERF WAR</p>	 <p><b>Friday 20th Jan</b> A BUNCH OF HOCUS POCUS &amp; HARRY POTTER TRIVIA</p>
 <p><b>Monday 23th Jan</b> ETTALONG MOVIE &amp; UMINA PARK</p>	 <p><b>Tuesday 24th Jan</b> GAMING BUS HANDBALL WORLD CUP</p>	 <p><b>Wednesday 25th Jan</b> ICE SKATING MILOS &amp; MOVIE MARATHON</p>	 <p><b>Thursday 26th Jan</b> CLOSED</p>	 <p><b>Friday 27th Jan</b> KIDCHELLA &amp; SWEET TREAT TABLE</p>
 <p><b>Monday 30th Jan</b> KARIONG PARK &amp; HOT CHIP SANDWICHES RAW ART</p>	<p>Please book via Book Me, which is accessed via your Hubworks account. Please phone 4340 4561 for more information Or email <a href="mailto:info@kariongoosh.org.au">info@kariongoosh.org.au</a></p>			

month. Our first service in 2023 will be Sunday, 8th January with guest Pastors, Jim & Sally Longley from Sydney's Northern Beaches. Bible Study is now in recess until February 2023 when we return on the 1st, 3rd and 5th Mondays. Singing Group will also return in 2023 with Leila and Kim.

Finally, thank you to all those from within our community, and also those from further afield, who have supported our campaign this year to have the Mangrove Mountain Union Church reopened for Christian worship services and use by our community groups.

*Robert Meggs for the Mangrove Mountain Christian Group Inc. (mob) 0429 443 310*

## Emergency Communications CB Radio project update

The submission of the first project progress report has been completed and was accepted by the BSBR Grants Team.

Subsequently, the second stage tranche of funding has been made available allowing the project team to continue the rollout of the CB radios and to implement a training program.

For information or to become involved email [mepccinc@gmail.com](mailto:mepccinc@gmail.com)

*Keith Aranjo,  
Secretary, MEPC*



### BECOME A MENTAL HEALTH FIRST AIDER

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About 1 in 5 Australian adults experience a common mental illness each year. Mental Health First Aid (MHFA) training will teach you practical skills to support someone with a mental health problem. Make a real difference to people in your community.

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Improves knowledge of mental illnesses, treatments and first aid actions.	Increases confidence in providing first aid.	Decreases stigmatising attitudes.	Increases the support provided to others.

The Blended Community course is offered in a blended format with an eLearning and a separate instructor-led component (delivered face-to-face or via videoconferencing). See below for details.



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- Respond in a crisis situation

This is an educational course, not a therapy or support group.



#### HOW DO I SIGN UP?

For more information, visit [mhfa.com.au/courses](http://mhfa.com.au/courses)

**DATES** Saturday 11th February 2023

**TIMES** 9-1.30pm

**COST** Free to local community

**VENUE** Anzac Room, Mangrove Grove Memorial Club, 18 Hallards Road, Central Mangrove

**FACILITATOR/S** Jackie Robinson

**CONTACT TO REGISTER**  
[mentalhealthandwellbeing66@gmail.com](mailto:mentalhealthandwellbeing66@gmail.com)



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This training has been made possible by funding from the Hunter New England and Central Coast Primary Health Network (the PHN).



## Dr. S. ANANDASIVAM

(ANAND)

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# Kulnura and District Garden Club

## Member Spotlight – Martin Thompson - December

This month we were lucky to catch up with Martin Thompson, who is always quick to lend a hand whenever we have a garden club event. He's a keen gardener, a devoted husband, father, grandfather, a supportive friend, and has a wicked sense of humour. He is a man of few words, but we managed to get him to share some about his love of gardening.



1. How long have you been a member of KDGC and why did you join?  
I have been a member for four years. I joined to learn about gardening and to meet people.

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

My father and grandfather were keen gardeners.

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

The friendly and supportive atmosphere in the group.

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

Gardening for me is a cathartic release and a challenge at the same time.

5. Who inspires you?

Every successful gardener is an inspiration to me.

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

Get to know a knowledgeable and experienced gardener who is willing to share his or her knowledge with you.

7. What have you learned since joining KDGC?

I have learned that I still have lots to learn and that to be a successful gardener you must keep at it.

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

It's a dad hat between a NSW waratah (*Telopea speciosissima*) and a NSW Christmas bush (*ceratopetalum gummiferum*).

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

I once cycled from Sydney to Melbourne in a charity ride with friends. It was the journey not the destination that was most enjoyable.

10. If you could write a book, or a song, or make an artwork that

# BUSH NURSING IN JINDABYNE THE FIRST 25 YEARS

“They are so isolated, the old people, the women expecting a baby, the mothers, the children, all need some nursing support. What can we do to help them?” Wrote Lady Dudley.

At a meeting Jindabyne members spoke about the early days of Bush Nursing in the Snowy Mountains.

In 1908 Lady Dudley, wife of the new Governor-General, toured rural Australia and was horrified by the remoteness, discomfort and lack of modern conveniences she observed and set out a vision for a Commonwealth wide nursing service for people living in the bush. Jindabyne was the first region in NSW to form a Bush Nursing Association. Sir Joseph Carruthers a local grazier and former Premier of NSW was an enthusiastic

represents your life, what would the title be?

“We are the Champions” by Queen.

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

We meet on the second Monday of each month at 9:30am for a 10am start, our next meeting will be on Monday 9th January 2023.

Karynne Courts

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supporter of Lady Dudleys vision and in January 1911 hosted a meeting with local residents to discuss the possibility of establishing a bush nursing society in Jindabyne. The idea was taken up by 78 families who committed to provide financial support for a bush nursing service. The branch raised money by subscription , small fees for individual services and fund-raising activities. In late July the first bush nurse in NSW arrived in Jindabyne. During the first 25years Jindabyne had 18 nurses. They had to be single, fully trained nurses, proficient horsewomen, physically strong, emotionally resilient and self reliant. A few nurses found living in a remote alpine community too difficult and left after a few months. One nurse mentioned that having calls far out and drive in the cold. In a single winter one nurse saw 227patients at her rooms,travelled 1330kilometers to visit 447 in their homes and nursed 15 more all night.

So does this remind us of one special person ? Yes Sister Boxsell.

Sister Boxsells memories date back to 1970 when she commenced work at the Mangrove Mountain Bush Nursing Centre. She described her arrival like this -"having driven from Hornsby -sustained a flat tyre on the Expressway, locked myself out of the Centre,and smoked myself out when I attempted to light the fire-I began 23 years of not knowing what to expect from one minute to the next". Her work consisted of clinics for babies, first aid, spider bites, shooting accidents and all minor complaints. Eleanor was involved in the Community-she was a member of CWA, taught Sunday School with Mr Peter FitzSimons and Mrs Helen Medlicott and began the Playgroup at Mangrove Mountain withMrsHouston. She was one tne NRMA Nurses on Wheels-the standard requirements for which were a Drivers Licence and Nursing Training Certificate. In 1977 Eleanor Boxsell was awarded the MBE for "services to nursing and community in an isolated area on the Central Coast.

And so this Centenary year of the CWA i am pleased to mention that Eleanor has received her 50 year Life Membership from her branch at Wagga Wagga and our



members are so happy for her as she left our branch to go to Wagga Wagga and is still a very active member.

I am sure all the Community congratulate her for this great achievement and wish her well.

Our branch meeting is on the 5th December and on behalf of our members I would like to wish everyone a very Safe and Happy Festive Season.

Till next time,

Christine Sanfilippo  
Publicity Office



*Central Coast Tractors would like to take the opportunity to thank our customers, suppliers and partners for your continued support. We wish you all a*

***Very Merry Christmas***  
*and hope to see you all in the new year*

Please note that this year we will be closed from Sunday 25th December and back open on Tuesday 3rd January 2023 5:30am with normal trading hours.

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# Kulnura & District Garden Club — December 2022

Our November meeting at “Marley Park”, the beautiful home and garden of Mark and Lesley in Somersby, gave us serious shed envy (not to mention the beautiful trees and gardens of course). Linda Rainsford, of Linda Rainsford Property, kindly donated a special raffle prize, and there were stunning entries for the monthly competition. We held our AGM as well as our monthly meeting and President Louise Salter, Secretary Jacqui Maxwell, and Treasurer Tony Meehan were all re-elected for 2023, with a new Vice President David Abberton. They are supported by a committee of Paul Urquart, Sue Ward, Helen Morrison, and Karynne Courts. Many of our KDGC members have suggested creative and interesting ideas for activities for 2023, so we are anticipating an exciting year of gardening adventures and interesting discoveries. This would be the year to join if you have been thinking about becoming a KDGC member!

*“In a forest of a hundred thousand trees, no two leaves are alike. And no two journeys along the same path are alike.” - Paulo Coelho*

## December in the garden:

As the days heat up and summer arrives, it's time to get the broad-brimmed hat and sunscreen out! It's a good month to ensure your plants can withstand the upcoming hot days, so mulching, deep watering, cutting lawns a bit higher, and checking for sap-sucking bugs will help your garden thrive through the summer. Remember to take a cool drink into the garden at the end of the day as it starts to cool down and enjoy the fragrance of your summer flowers.

Check your zucchinis and cucumbers every day unless you want giant-sized vegetables. They seem to grow by the hour!

In December you can plant beans, beetroot, broccoli, brussels sprouts, cabbage, capsicum, carrots, celery, chicory, cucumber, eggplant, endive, herbs, leeks, lettuce, melons, mustard, spring onions, parsnips, pumpkin, radish, rhubarb, silverbeet, squash, sweetcorn, tomatoes, zucchini.

Flowers to plant include ageratum, alyssum, amaranthus, aster, boronia, Californian poppy, celosia, coleus, cosmos, cyclamen, dahlia, gazania, gerbera, marigold, nasturtium, ornamental basil and chilli, petunia, phlox, portulaca, rudbeckia, salpiglossis, salvia, snapdragon, sunflower, verbena, waratah, zinnia.

## Our family favourite for the Christmas BBQ

Squid tubes with haloumi and chorizo

- 4 calamari tubes calamari cleaned medium
- 3/4 cup couscous
- 200 g chorizo sausage finely chopped
- 180 g haloumi grated
- 50 g baby spinach shredded
- 1 lemon finely grated juiced zested

• 1 lemon cut into wedges to serve  
 • 1/2 cup light sour cream  
 • 1/2 cup roasted capsicum dip  
 Add couscous to 1/2 cup of boiling water in a heatproof bowl.

Allow to stand 15 minutes until liquid is absorbed, use a fork to fluff couscous.

Fry chorizo for 3-4 minutes in a fry-pan until browned.

Add couscous, Haloumi, chorizo, spinach, lemon juice and zest and stir to combine.

Fill each calamari tube with couscous mixture. (I secure the ends of the tubes with a bamboo skewer).

Cook on preheated barbeque or pan fry for 3-4 minutes each side until cooked.

Combine capsicum dip and sour cream to make dipping sauce.

Slice stuffed calamari and serve with dipping sauce and lemon wedges.

Recipe from <https://www.bestrecipes.com.au/recipes/calamari-stuffed-chorizo-haloumi-recipe/0i19ai97>

[bestrecipes.com.au/recipes/calamari-stuffed-chorizo-haloumi-recipe/0i19ai97](https://www.bestrecipes.com.au/recipes/calamari-stuffed-chorizo-haloumi-recipe/0i19ai97)

**Book of the month:** This is Your Mind on Plants by Michael Pollan. This book was suggested by one of our fabulous members.

In This Is Your Mind on Plants, Michael Pollan dives deep into three plant drugs--opium, caffeine, and mescaline--and throws the fundamental strangeness, and arbitrariness, of our thinking about them into sharp relief. Exploring and participating in the cultures that have grown up around these drugs while consuming (or, in the case of caffeine, trying not to consume) them, Pollan reckons with the powerful human attraction to psychoactive plants. Why do we go to such great lengths to seek these shifts in consciousness, and then why do we fence that universal desire with laws and customs and fraught feelings?

In this unique blend of history, science, and memoir, as well as participatory journalism, Pollan examines and experiences these plants from several very different angles and contexts, and shines a fresh light on a subject that is all too often treated reductively—as a drug, whether licit or illicit. But that is one of the least interesting things you can say about these plants, Pollan shows, for when we take them into our bodies and let them change our minds, we are engaging with nature in one of the most profound ways we can. Based in part on an essay published almost twenty-five years ago, this groundbreaking and singular consideration of psychoactive plants, and our attraction to them through time, holds up a mirror to our fundamental human needs and aspirations, the operations of our minds, and our entanglement with the natural world.

<https://www.penguinrandomhouse.com/books/665612/this-is-your-mind-on-plants-by-michael-pollan/Why-should-you-not-tell-a-secret-in-a-garden?Because-potatoes-are-known-to-have-eyes,-and-the-corn-has-ears.>

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Above: Golden Robinia  
Below Right: Lucky raffle winner

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### Gifts for Gardeners

Since Christmas is often a time for exchanging gifts, here's a list of suggestions for the gardeners in your life: <https://www.gardensillustrated.com/garden-equipment/best-gardening-gifts/>

If you prefer to support a charity when you purchase a gift, here is a list I found of tree-related charities: <https://impactful.ninja/best-charities-for-planting-trees/>

*"The best time to plant a tree was 20 years ago. The second best time is now."* – Chinese proverb

### January Meeting:

We meet on the second Monday of each month at 9:30am for a 10am start, and our next meeting will be on Monday 9th January 2023. Please contact us for further information and venue details.

We'd love to see you there and we welcome guests. Please email [kulnuradgc@gmail.com](mailto:kulnuradgc@gmail.com) for information about meetings, membership, or any other questions, or feel free to call Jacqui on 0455 364 262

It has been fun writing the KDGC column for the Community News



and I wish you all a very relaxing and peaceful Christmas and a fabulous New Year.

Happy gardening!  
Karynne Courts (KDGC Committee member, 2022)

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# Success for Local Runner at Little Athletics

Gosford Little Athletics Club is one of the large clubs on the Central Coast and has 360 Members attending the weekly meet at Adcock Park, Gosford. This week over 2 days the Central Coast Zone Little Athletics Championship was held with 4 areas Woy, Terrigal, Gosford and Mingara compete in the Zone championships and the best 3 from each event go onto the Little Athletics Regional Championships

A dedicated young Athlete Emily Munkman Born and Bred on the mountain, Emilys love of running started last year after being successful at the Central Coast Adventist School Athletics Carnivals, Emily's love for Athletics grew from there. Emily joined the Gosford Little Athletics this year and The Team Turbo Distance Squad this year after being successful at the Hunter Regional Independent School Zone Championships where she won the 800m 10 year Old Girls. We were looking for a squad that could develop Emilys running and Emilys Running since joining the squad has seen her get faster every week. Emily has had a super season with the Gosford Little Athletics Club her first year doing Little Athletics. The Club is run by many volunteers and such a great interest for kids as young as 5 and goes up to an Teenage years.

Sadly Emily had a terrible accident at training on Monday last week on the hurdles where she came crashing



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down on a hurdle breaking her wrist. She was in doubt whether she would be able to race this weekend at the Central Coast Zone Athletics Championships however, her resilience and will to be the best at this sport saw some outstanding results with determination for a 10yo really stood out. Emily Munkman ran on Saturday in the 1500m under 11 yo girls for a handy 3rd place and then went on to the win the 800m Under 11yo Girls race with a broken wrist. Emily is hoping to train hard over the next few months and compete and do well in the 800m and 1500m which she qualified at the Zone Championships this weekend gone. Next stop will be on 4/5 February at the Little Athletics Regional Athletics Championships where Emily hopes to kick more goals



Kym Munkman

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Offering 4 generous bedrooms plus study and with high ceilings and good light along with vast separate living spaces, the home sits at the end of the tree lined driveway and exudes a comfortable, luxurious ambiance. There is a large well equipped laundry with separate toilet and shower and of course a fully appointed main bathroom together with a delightful ensuite.

The expansive kitchen is a masterpiece in beautifully finished solid timber and black granite and enjoys sweeping views across the clear landscape. It adjoins the very large informal dining and family room.

There is a sumptuously appointed huge separate living room off the large main entrance for those times when some separation of family activities can be enjoyed.

The double garage offers internal access to the home. Covered verandahs on both sides of the home offer ample external living and entertainment spaces year round.

Two separate modern steel sheds close to the home offer substantial extra vehicle and equipment storage. There is a further machinery shed near the dam for tractor storage.

The home has ducted air conditioning and is insulated in both wall and roof cavities. The high-pitched roof is finished off in beautiful Terracotta roof tiles. The grounds are set up for very easy maintenance.

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# Local Schools Participate in Robotics Challenge

Congratulations to our Lego League Explore and Challenge Teams who participated in the First Lego League at the University of Newcastle's Ourimbah campus on the 20th of November.

Students from Central Mangrove, Jilliby and Wyong Creek Public Schools were involved, with the year five and six students competing in the Lego Challenge while the younger students participated in the Explore activities.

The students had spent the weeks leading up to the day researching and preparing their working models.

## What is FIRST® LEGO® League?

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Complemented by a large 4 bedroom, 2 bathroom residence, north facing with large entertaining terrace overlooking native gardens.



## Stunning Hidden Oasis – Murrays Run, 188 Will O Wyn Road

4 3 6 108 acres

Picturesque mountains, wooded hillside, stunning rock formations & misty valleys create a beautiful setting for this custom built home overlooking the Wollombi Brook.

Situated on a private elevated plateau, this home takes advantage of the surrounding environment with the benefits of a sunny north facing aspect.

Multiple large living rooms and extensive undercover areas for entertaining. Features a woodshed, workshop, parking & machinery storage. Beautiful native gardens by renowned Landscape Architect Michael Cooke surround the house area.

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# Christmas Lights

The light show along Wisemans Ferry road at Mangrove Mountain got a little brighter this year with brilliant displays at a number of properties.

Take a drive after dark to see for yourself.

You've got a year to prepare and join in next Christmas!



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- ◆ The land slopes gently from the road and there is an estimated 7 + acres, and is currently used for grazing a horse.
- ◆ There are two dams one of which is on non-perennial water course. 18 x 6 metre machine shed (some unrepaired damage) An old self-contained bush cabin needs work.
- ◆ The land is zoned RU1 – Primary production, here are some of the uses possible,
- ◆ The property has commutable access to Upper North Shore Sydney private schools and is around 37 mins to the M1 motorway Calga, 57 mins to Wahroonga and the NorthConnex motorway tunnel to M2/M7.
- ◆ Around 45 mins to Gosford railway, local services close by (5 to 15 mins) include fuel/General Store and takeaway, Medical Centres, Pharmacy, Rural Produce, local Golf Clubs, Restaurants and Cafés.

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# BUTTERFLY MAGIC

by Rhonda Hillyer ©

This is the 15th instalment of a serialised publication of the novel "Butterfly Magic"

## CHAPTER XIV THE FAIRY COURT

Rebecca and Michael had been taken back to the room where Fred and Zeb were still sleeping, and they had wakened as soon as they came in. Sapphire organised for them to be

fed, and then they were all taken to the showers so that they could bathe. Formal clothes were chosen for them, in order that they could all attend the reception which was being prepared in the Royal Court.

Rebecca and Fred were dressed in sparkling gossamer evening gowns, a rich red for Rebecca and a deep lush green for Fred. Their gowns floated around them, just as the fairies gowns had floated around them on the first day they had seen them. Sparkling stones twinkled from their hair, and on their right hand ring finger, a circle

of stars sat blinking every time they moved their hand.

Zeb and Michael were dressed in white tuxedos with a smart white bowtie at the slim neck collar. As the four met up they were amazed at how wonderful each looked. It was quite different from anything they had ever experienced. Michael was now as accepting of the others, as he was accepted by them.

When Sapphire saw how they looked, she smiled in approval at them. She was also formally attired, still in black but with the addition of many sparkling diamonds, not only through her hair, but also trimming the bodice, sleeves and hem of her gown.

The five very elegant personalities started out for the Royal Court, to attend the reception of the Royal Fairy Queen. The Royal Court was filled, seemingly to capacity, when they entered. It was a magnificent hall. All was encapsulated within the Comet, which was used by the Fairy Queen, and her entourage, to travel through the Universe. The hall seemed to have no boundaries above or to the sides but the floor appeared to be consistent with marble, it was easy to walk on, and certainly not cold underfoot. The hall was full of fairies and elves, all were chattering and laughing, there were some who were flying overhead, and others who were dancing to the sound of music, which could just be heard above the happy throng of revellers.



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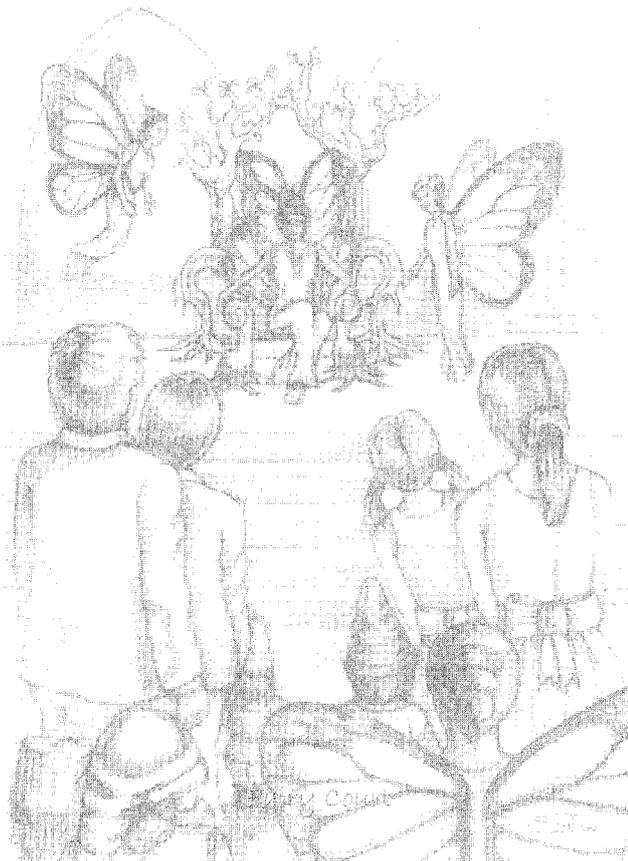
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As the five (now friends) entered the Court, the chattering ceased and all turned to look at them, as if in expectation of more to happen. They were quickly ushered to the front of the Court, and to an area that had been cordoned off for them. Ahead of them were white marble steps, which were overlaid with a rich red velvet carpet, leading onto a platform upon which stood a most magnificent throne. It was set with numerous precious stones, which caught the

lights and at times was so brilliant, that it dazzled the eyes of all present.

Suddenly the music changed to herald the arrival of the most important person in the court, the Universal Fairy Queen Samantha. Ahead of her came her entourage consisting of her Advisors, many of whom looked like elderly wizards both males and females, then family members of the Queen, her personal staff of fairy handmaidens led by Faria and Nadi, and finally her chief advisor, Sapphire. They all took up their preordained positions on either side of the throne. Then the music became even more dramatic, as it heralded its Queen. All heads turned toward her, and as she passed through the Court, heads bowed in respect to her.

The beautiful Fairy Queen was resplendent in a long black gossamer gown, which was covered in small sparkling stars. Over the gown was a shiny gold satin cape, lined with ermine (as Royalty wears). There were openings at the back, so that her elegant orange gold, black and white wings could be seen. Her blue-black mass of curls were encircled with a sparkling diamond crown, which also had a slim lining of ermine. She floated effortlessly towards the magnificent throne waiting for her on the platform, and glided up the red carpeted steps. Upon reaching the throne, she turned and smiled brightly at all her loyal subjects, then sat gracefully on the throne. Once she was sitting, she motioned to Rebecca to approach her. Rebecca very happily went up to her, just hesitating a moment in front of the throne to curtsy very prettily to her. The Fairy Queen then indicated to her to stand, and she held out her hand to her and spoke simply the words 'Thank you' to her. Rebecca did not think she had ever been so happy. Then the other children, Fred, Zeb and Michael were also brought up to the platform.

Suddenly, and without any warning the whole Court turned black, and the children could see nothing. There was a very loud explosion, which seemed to shake the whole Court. The children felt very frightened, as they felt themselves flung through the air, as they had no idea of what was happening to them. The four children were falling down, down, down..... Where would it end?????



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# Spencer Community Information Day

Riding on the success of last year's Community Information Day River Cares hosted this year's annual event which was proudly supported and funded by the Central Coast Council.

To add a new dimension to the day River Cares wanted to promote the local businesses and invited the Spencer Thai, the Hawkesbury Duck and the Anchor to be included and called the event the Community Information and Promotion Day.

A gargantuan thank you to all the organisations who came down to Spencer to support this event, and provided a plethora of informative booklets, pamphlets etc and connected with the residents and listened to their problems and experiences during the floods. River Cares would like to thank in alphabetical order Breanna Pollock from the Central Coast Council, Lauren Shields from the Central Coast Local Area Health, Louise Fletcher Rural Recovery Officer from DPI, Keith Arango from the Mangrove Emergency Planning and Communications, David Hytche and crew from Marine Rescue Hawkesbury, Laura Shead and Mel Dunn from the National Emergency Management Team, Jeff Daniel from Peppercorn Services, Sue from the

# The Conscious Breath

There is nothing that will bring your whole state of awareness into your body more than the intentional conscious breath. (Think about how it affects you if your breath is cut off.)

As we grow into adulthood and become busy with our everyday activities, it can be easy to forget how important this one simple act can be for improving our continued optimal wellbeing. In the daily 'hustle bustle' routines of modern-day living we are often distracted with everything around us to the point that we realise,



Red Cross, Werner Klump and his team from the SES Gosford Unit, and the very supportive Spencer RFS. River Cares would also like to thank Greg and Donna at the Malaluka Caravan Park for allowing us to hold this event on their premises.

The whole purpose of these Community Information days is to pass on knowledge, advice and guidance to the residents so that they are better prepared and self-sufficient for future weather events and not to take unnecessary risks which may also impact on the emergency services.

*Robyn Downham  
President, RiverCares*

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in hindsight, that it's not something we really think about that much (for most of us, anyway). When we are feeling stressed we may find ourselves 'sighing' a lot to reduce tension, but this is merely a conditioned response to stress as opposed to the calm and purposeful intention behind the conscious breath, which, if practised more, would probably help to reduce the stressful response created in the first place.

Intentional conscious breathing increases oxygen intake into the body which improves the brain's ability to function with more clarity and focus, as the brain consumes a significant proportion of the oxygen we breathe. (Think about how sports or martial arts competitors will often take deep breaths as they prepare to execute their skilled action.) It is also a vital component of yoga, tai chi and qi gong, and other energetic/meditative practices in order to bring the mind's awareness into the body, or to quieten the mind. This ability to quieten the mind brings one to their 'zero point' which is a state of neutrality where one's focus is centred on nothing but ONE thing, which is the breath, or any other point of focus like the continuous droning hum of a machine, or the sounds of nature. When one can develop the ability to find their zero point it's like anything could be happening around you and it won't affect you or invoke a reaction. I call

this the state of 'nothingness' as is found beyond the realms of time and space as we know it, otherwise known as 'the void' or 'the black' which is frequently visited in QHHT hypnosis sessions due to its calming, restful, and healing effect.

In my previous years of being a Registered Nurse I came to realise that many patients, especially of senior years, would very often have an oxygen saturation of less than 95%, due to a common habit to breathe primarily shallower breaths using mostly the chest muscles. (It is ideally meant to be over 95% in healthy adults.) I noticed it would climb quite rapidly to 98% or above after only 3 deep breaths which incorporates an increased use of the diaphragm, intercostal and abdominal muscles. I think this is a perfect example for demonstrating how much awareness we DON'T have in how important it is to take intentional breaths as a part of our daily living. Eventually, it becomes a conditioned habit to take deep breaths if you practise it enough. And it will improve your health in ways you might not realise, as it affects your body at the cellular level.

When things become overwhelming and you can feel yourself going into the zone of 'sighing' a lot, or whatever signs you tend to experience when feeling stressed, it can help immeasurably to just take a little moment, even just a couple of minutes, to sit in a relaxed

position, close your eyes, and take some slow deep breaths, eg. several repeated cycles of 3 deep breaths with pauses in between, or whatever works for you, while concentrating on your breath at the same time and envisioning a beautiful, nature-filled scene, such as a waterfall amongst a lush forest...and immerse yourself in the experience of visualizing the water flowing over the rocks, and hearing the water as it trickles over the rocks, and maybe imagine feeling the spray of the cool mist landing on your skin, and smelling the damp rocks nearby, and having a taste of the cool, fresh water. An exercise like this can help to bring your five physical senses alive and is the most powerful way to fully hone your awareness into the current NOW moment, which is the most important moment of all as this is where everything new is created...

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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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: 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. <a href="https://permaculturecc.org.au/">https://permaculturecc.org.au/</a>
Permaculture Central Coast Kulnura & District Garden Club		Second Monday, 9.30 for 10am start. Jacqui Maxwell 0455364262 kulnuradge@gmail.com
Mangrove Mountain & Districts Community Group Meeting		1st Thurs of the Month, 7pm, Mangrove Mtn Hall. Contact: mepeccinc@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 <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
Mountain District Football Club Meeting		President Robyn Downham 0414248224 Email info@rivercares.com.au
River Cares for the Lower Hawkesbury River District		Friday 7.15am at Phillip House. 43404529
Rotary Club Meeting		President Brad Maisey, Community Meetings, 4377 1167, spencercpg2@gmail.com
Spencer Community Progress Group Inc		Last Fri of month. 12.00 noon Spencer Community Centre, Jennifer Dayes 4377 1364 Articles to: spencercpg2@gmail.com
Spencer Community Ladies Social Club	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. <a href="http://www.somersbyequestrianclub.org.au">www.somersbyequestrianclub.org.au</a>
Wisemans Ferry Community Men's Shed		Tues & Sat, 9am-5pm. Contact: Alan Hunt 4566 4626 or Adrian Acheson 0448 833 781

### SPIRITUAL

Anglican Service - Mountain Districts		Every Sun 8am at Peats Ridge Scout Hall, Sunday School during school terms
Mangrove Mountain Christian Group		General Meeting 3rd Monday, 7.30pm at CTC (next door to Mangrove Hall)
Mangrove Mountain Union Church, Christian Service		9.30am second and fourth Sundays. cnr Bloodtree Rd & Wisemans Ferry Rd
St Barnabas Non-denominational Service 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 revcrv@hotmail.com

(cont'd next page)

## LIVESTOCK MARKET REPORT



### Liveweight Sale Report 5th December 2022

A mixed yarding of 500 cattle at the Maitland sale this week. With the market for the weaners and yearlings saw an easier trend, up to 50-60c/kg easier on yearlings. Export market held firm on last week's sale. All regular buyers competed in the market.

- Butcher vealers 440 to 560c/kg;
- Lightweight restocking steers 200-250kgs 450 to 670c/kg;
- Restocking steers 250-300kgs 400 to 615c/kg, to average 490c/kg;
- Heifers 200-250kgs 450 to 580c/kg;
- Heifers 250-300kgs 390 to 560c/kg, to average 480c/kg;
- Milk & 2 tooth Angus feeder steers 350-450kgs 400 to 475c/kg;
- Yearling heifers 340 to 522c/kg;
- Bull vealers 250 to 450c/kg;
- Cows 250 to 310c/kg;
- Bulls 200 to 270c/kg.

### Liveweight Sale Report 28th November 2022

Total yarding of 525 cattle. Trade cattle remained firm to 5c/kg cheaper while the export market was firm to 10c/kg dearer. All regular buyers operated for good competition.

- Weaner steers up to 250kgs 600 to 720c/kg;
- Weaner steers 250-300kgs up to 650c/kg;
- Steers 300-350kgs 470 to 570c/kg;
- Yearling steers 450 to 605c/kg;
- Weaner heifers 200-300kgs 420 to 620c/kg;
- Yearling heifers 380 to 570c/kg;
- Export heifers 310c/kg;
- Cows 240 to 310c/kg;
- Bulls 240 to 284c/kg.

Maitland Store sale – Saturday, 17th December – Commencing 12 noon  
Gloucester Store Cattle Sale - Thursday 5th January 2023 - Commencing at 11am

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](http://bowelidbury.com).

# Anglican Church News

We are looking forward to our relaxed, happy Christmas family services. It will be great to catch up with friends and welcome visitors and new people at the Scout Hall, 153 George Downes Drive Central Mangrove – about half a kilometre from the ‘cross roads’, where George Downes Drive and Wiseman’s Ferry roads cross.

Our Christmas Eve Carol service, on Saturday the 24th of December, starts at 6-30 pm and our Christmas Day service starts at 8am on Sunday the 25th. Both go for about an hour with a choice of a chat and a cuppa afterwards. Any covid regulations will apply. Our Rev. Jim can be contacted on 0407210861 for enquiries, or refer to the last Community News.

The Rev Watson will be taking most of the December 9.30 am services in Gosford while the Reverend Williams will be the new locum for Gosford, starting in January until the new rector commences in mid-February.

Many thanks to the locum, the Reverend Malfroy and the helpers who looked after the Gosford parish for October/November.

Many thanks to Keith and all who help to do the great job with the production and distribution of the Community News. It is greatly appreciated.

We would like to wish you all a very safe and happy Christmas season and pray that you will have many blessings now and in the new year.

Hope to see you soon,

*Mountain Anglicans*

[com.au](http://com.au)

*Michael Easy & Rodney McDonald*

*Bowe & Lidbury*

*52 Kyle Street, Rutherford NSW 2320*

*P: 02 4932 7066*

## REGULAR ACTIVITIES & MEETINGS (cont'd)

Divine Retreat Centre (Ph 04 6848 6782)  
160 Hensons Road, Somersby  
[www.divineretreatcentre.org.au](http://www.divineretreatcentre.org.au)

Catholic Service -Spencer

- Wollombi

- Somersby

- Yarramalong

### YOUTH

Junior Girl Guides 5-10

Girl Guides 10-15

Scouts, Cubs & Venturers  
Peats Ridge Scout Hall

Mangrove Mountain Playgroup

### HISTORICAL

Brisbane Waters Historical Society

Dharug & Lower Hawkesbury  
Historical Society Inc.

First Fleeters Central Coast Chapter

The Pearl Beach Aboriginal History Group

Wyong District Museum &  
Historical Society

### ACTIVITY/HOBBY

Central Coast GNU/Linux Users Group

Coastal Communicators Toastmasters

Craft/scrapbooking

### HALL BOOKINGS

Kulnura Hall

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

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

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

2nd & 5th Sunday of the month, 4.30pm Mass  
at St Michael the Archangel, Wollombi.

Every Sat. evening vigil – 5.30pm St. Francis  
of Assisi Centre, 30 Lutana Rd, Somersby.  
1st Sunday each month, 11.15am St. Barnabas  
All welcome. Enq 0428 438577

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

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

Cubs meet 6.30pm – 8.30pm Wednesdays

Scouts meet 7.00pm – 9.00pm Tuesdays

Venturers meet 7.00pm – 9.00pm Mondays

Contact 0460 696 941

Every Tues (except school holidays) 9am to

11.30am, Kooree Guide Cabin, Bec G, PH:

0421 996 029 Anne, PH: 0412 526 557

Email: [becgilmour@gmail.com](mailto:becgilmour@gmail.com)

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

Last Sat of month. All welcome, contact Jan  
Kofron 0405321478 [jankofron@optusnet.com.au](mailto:jankofron@optusnet.com.au)

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

3rd Fri of month 7.30pm Pearl Beach. Peggy  
0411754577 [pbaboriginalhistory@gmail.com](mailto:pbaboriginalhistory@gmail.com)

Open Sun to Thurs, 10am-2pm, other times

by appt. Contact 43521886 email [info@alisonhomestead.com.au](mailto:info@alisonhomestead.com.au)

[alisonhomestead.com.au](http://alisonhomestead.com.au) website: [www.alisonhomestead.com.au](http://www.alisonhomestead.com.au)

[www.cclug.org.au](http://www.cclug.org.au) - all most welcome

1st & 3rd Thurs of month, 6:45pm to 8:45pm

at Doyalson-Wyee RSL. Debbie 0421216952

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

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

Hall bookings Ryan Howard 0405416289

Hall bookings: 0413 359 655

or AH 4373 1488

David Gillett 0416 097192

[enquiries@yarramalonghall.org.au](mailto:enquiries@yarramalonghall.org.au)

<https://yarramalonghall.org.au>

## REMINDERS FOR YOUR DIARY

Yarramalong Christmas Carols Service

Community Christmas Carols

Wisemans Ferry Mens Shed Nostalgia trip

Sun 18th Dec @ 6pm @ St Barnabas Church

Christmas Eve, Sat Dec 24, 6pm at Mangrove  
Hall

Sunday 12th March, 2023, Wisemans Ferry  
Mens Shed behind Wisemans Ferry Bowling  
Club, Please ring Adrian on 0448833781

## Antennas - Digital

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# NEW DOCTOR JOINS MOUNTAIN MEDICINE TEAM

The team at Mountain Medicine is expanding and will be welcoming Dr Arsenios Magdas in January 2023.



Dr Arsenios Magdas is an approachable and inspiring general practice registrar who is passionate about serving his local Mangrove Mountain community. He has acquired a breadth of clinical knowledge and skills working as a GP Registrar on the Central Coast over the last 12 months.

Prior to this he worked as a hospital doctor at St George Hospital and The Sutherland Hospital in Sydney (2020-2021) while working as a clinical tutor and examiner for medical students from the University of New South Wales.

Dr Magdas has completed a Doctor of Medicine at the University of Notre Dame Sydney in 2019 and a Bachelor of Medical Science at the University of New South Wales in 2014. He is enthusiastic about rural

## AGISTMENT

HORSE AGISTMENT AVAILABLE. Full care. Group and individual paddocks with shelters. Full size sand dressage arena, grass jumping arena. Located walking distance to Peats Ridge Village and Café. Call Cameron on 0438695600.

## WANTED TO RENT

LOOKING FOR HOUSE TO RENT - Calga, Mangrove, Peats Ridge, Somersby area etc. Reliable, employed, and local references avail upon request. 0433338811

## POSITIONS AVAILABLE

PART TIME TRUCK DRIVER WANTED, HR, Roadranger gearbox. 3 runs to Sydney market per week, approx. 3 x 3hrs. Drop off to Sydney Markets by 1 AM Monday Wednesday Friday, and return to Peats Ridge. Phone Sam 0408 432999

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. \$31p/hr for hours worked plus \$25 per day travel allowance. The wash truck will be travelling from the Rutherford area and they can arrange a central pickup point or meet at the farm. Please contact Rod 0429 886 866 or Ros 0411 524 397

medicine, family medicine and chronic disease. In 2019, he completed a clinical placement abroad in a rural GP clinic on the outskirts of Athens, Greece. He has published research in Scientific Reports in 2019 in the field of Cardiovascular Disease.

Dr Magdas is fluent in both English and Greek languages. He has recently moved to Mangrove Mountain 12 months ago and looks forward to offering his very best to his new local community.

Jasmine Bryant  
Mountain Medicine

## POSITIONS AVAILABLE

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

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- A HR license
- Ability to work overtime, when required
- Able to work independently and meet deadlines.

To apply for this position, please email a copy of your resume to [admin@watermansexcavations.com.au](mailto:admin@watermansexcavations.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

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

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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

WORKSHOP ASSISTANT required for busy workshop at Central Coast Tractors. Main requirement – wants a job and is reliable and willing to learn. Flexible hours. No experience necessary for the right candidate. Own transportation to and from work required. Phone: (02) 43721457. Email: centralcoasttractors@live.com.au. Apply in person at Central Coast Tractors: Corner of Smiths and Wisemans Ferry Road, Somersby.

### FOR SALE

POWERED WHEEL CHAIR - Pride mobility R40, perfect condition and less than 5 hours usage, less than 1 year old. Tilts and foot rest. <https://www.pridemobility.com.au/r-40> ph 040831576.



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GALE'S CITRUS - Bagged Citrus trees in various sizes available ph. 4372 1408 or mobile 0421 196 631

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### SERVICES AVAILABLE

KELLY'S KLEANING SERVICES - Servicing the Mountain & the Coast. Please call Kelly on 0420541196

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Wishing everyone a  
happy and safe  
Christmas & New Year

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