

COMMUNITY NEWS

No. 914 Ph: 4374 1039 Mo: 0412 669 649 Email: enquiries@cnews1.com.au Web: cnews1.com.au 3rd February 2023

Emergency Communications CB Radio project pilot rollout completed

The objective is to provide a CB Radio network which allows remote and isolated communities to remain in communications during emergencies and disasters.

Community members, working together can seek help, get help and provide help to each other during disasters and emergencies. We can support each other until emergency services and government departments are able to mobilise and respond.

The CB radio network is a system of last resort. The basic aims are:

- Ability to contact someone who can call 000
- Check on neighbours or vulnerable persons
- Receive warnings and guides on what action to take
- Provide feedback to emergency services
- Disseminate information provided by emergency services

The Mangrove Emergency Planning and Communications Committee received Commonwealth Government funding under the BSRB Grants program to implement this network.

The funding enables each

participating property to be fitted with a 5 watt 80ch UHF CB radio, backup battery, power supply and external antenna. Hand held CB's will also be part of the network

To date CB's have been deployed to 24 separate properties (21 base stations and 3 hand helds).

Initial tests have had good results with communications possible from the west edge of Mangrove Mountain district all the way down Wisemans Ferry Road (the Divi) to Lower Mangrove using a base station with a hand held in a vehicle.



Nominal area of coverage

Mountain Districts Association

ABN 51466464410

Notice of
Annual General Meeting
Wednesday 8th March, 2023
7pm
Mangrove Mountain Memorial
Club
All welcome

Good reception was attained between a base station at Mangrove Mountain and another base station at Lower Mangrove along Wisemans Ferry Road.

There were also contacts made between base stations in the Bucketty group and between Peats Ridge and Mangrove Mountain.

• At this stage all communications are being carried out on a single designated channel.

• Protocols for communication and training programs are being developed and training is expected to commence during February.

It is hoped, with the approval of relevant management committees, to install base stations in local halls or disaster refuges.

The next phase of the rollout will commence in late March and if you are interested in participating contact your local CB Radio project co-ordinator or email mepccinc@gmail.com

We will be having a project team meeting in the next few weeks, date and venue to be advised.

Keith Aranjo,
Secretary, MEPC

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.

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STOP !

Next issue Published
17th February 2023

**** DEADLINE ****

**** 10th February '23 ****

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Council extends draft Plan of Management exhibition period

Central Coast Council will extend the public exhibition period of the new Plan of Management for Council community land as public hearings are set to get underway in early February.

After taking account of the level of community interest in the process, the public exhibition period for the Plan of Management will be extended for an extra week until Tuesday 1 March 2023.

A series of independent public hearings will start on Wednesday 1 February, with two hearings to be held at Wyong Administration Centre and other hearings at community venues in The Entrance, Erina and Woy Woy.

Interested members of the community are urged to pre-register to help manage seating capacity on the night.

Council Director of Environment and Planning Alice Howe said the draft Plan of Management provides direction for the future management of

community land owned by Council.

“Community land is Council owned land that is held in perpetuity for community use. There are nearly 2400 parcels of community land in the Central Coast local government area.

“This new plan aims to replace a range of management plans from the former Wyong and Gosford Councils. It is especially important that we get the categorisation of land parcels right for the future of our community, as community land can only be used for the purpose for which it is categorised, such as sportsground or general community use,” said Dr Howe.

Council Administrator Rik Hart said the public hearings provide an opportunity for the community to understand the key issues about the categorisation of community land before making a submission.

“Each hearing will consider a different set of land parcels that are being categorised for the first time or which Council proposes to recategorise,” said Mr Hart.

A different set of land parcels will be considered at each hearing, with the land parcels being sorted on the basis of the locality in which they are located.

“I encourage residents to look at the full list of land parcels on our website to decide whether to attend a public hearing or make a submission.”

Visit:

<https://www.yourvoiceourcoast.com>

for further information about this project.

Plans of Management Public Hearing Schedule:

Wyong Public Hearing

Wednesday 1 February 2023

Function Room, Central Coast Council Administration Building, 2 Hely Street Wyong

The Entrance Public Hearing

Thursday 2 February 2023

Workshop Building C, The Entrance Community Centre, Corner Battley Avenue and Oakland Avenue, The Entrance

Erina Public Hearing

Monday 6 February 2023

Erina Room, Erina Centre, Terrigal Drive, Erina

Woy Woy Public Hearing

Tuesday 7 February 2023

Multi-Purpose Room, Peninsula Community Centre, 93 McMasters Road, Woy Woy

Wyong Public Hearing

Wednesday 8 February 2023

Function Room, Central Coast Council Administration Building, 2 Hely Street Wyong

Please note registration for all hearings is from 5:30pm with the sessions running from 6pm-7:15pm.

Central Coast Council Media Release



Mountain Medicine

Providing the local community with a collaborative approach to multidisciplinary healthcare.

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MANGROVE MOUNTAIN UNION CHURCH UPDATE

27/01/2023

Blessings on all for a happy and healthy 2023! Yes, even upon the MMUC Liquidator and his legal advisors (praying they will be blessed with new and kind hearts that incline them to return the Union Church for worship services and community use). Again, we were denied one-off access to the Union Church for a Christmas Service last December. There was not even the courtesy of a response to our request, made with offer to meet any extra insurance payment (the Liquidator has claimed prior that insurance is the obstacle to allowing public use). Instead, a lovely and joyous Christmas Day service was held at the MM Public Hall.

Despite our approach in early December 2022 for settlement details, the only response from the Liquidator's side has been to advise that his Solicitors are now investigating if there is a liability for "Ad Valorem Stamp Duty" upon the appointment of our group as the replacement Trustee. Records show that no "Ad Valorem Stamp Duty" was paid when the former Trustee (the now liquidated MMUC Inc.) was appointed. One has to wonder why such Duty would be payable for the



next Trustee appointment. Or could it be that more investigation yields more legal fees ?

In the absence of regular maintenance to the Union Church grounds by the Liquidator/Trustee, a "drive in, drive out" squad of four attended to the Union Church grounds in early January. While their "selfie skills" might need work, an excellent job of mowing, blowing and snipping the grounds was done.

Our worship services continue in the Mangrove Mountain Public Hall on the 2nd and 4th Sundays of the month. Our next service is on Sunday, 12th February with guest Pastor Hayden Smith from Umina Peninsula. Bible Study resumes in February 2023 when we return on the 1st, 3rd and 5th Mondays. Singing Group will also return in 2023 with Leila and Kim.

Thank you to all those from within

our community and further afield who continue to support our campaign 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*

Mangrove Mountain & Districts Community Group

ABN 69977310992

Notice of
Annual General Meeting
Thursday 2nd March, 2023
7pm
Mangrove Hall
All welcome

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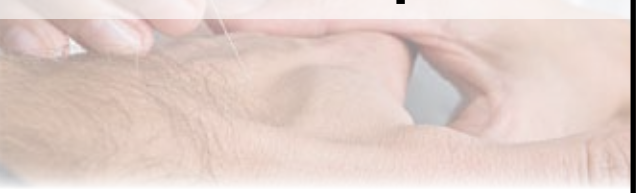
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WHAT QHHT HYPNOSIS IS, AND WHAT IT ISN'T

This is an article for those who are not familiar in any way with hypnosis and are wondering how I use it during a QHHT session. The idea of hypnosis can seem like a daunting for some, and today I hope to quell some of those fears.

The "altered states of consciousness" that a QHHT induction takes you into is actually not a foreign concept at all. We are always wandering in and out of these different states of consciousness throughout our day without even realising it. Take for example, when one is driving along an easy-going road where your mind 'wanders' and you become aware further down the road that you can't recall that section of road you've just been driving along. Or you walk through the house to get something, but forget what you were going to get. When this happens you are venturing into an alternate reality that exists simultaneously (on a different quantum timeline) in a different time and space, then you zip straight back

into the current reality (timeline) and come back to your current awareness again. (This is what day dreaming is. And explains the concept of déjà vu, where the parallel realities are so similar but there's a glitch in the timing and you repeat a short moment from one reality to the next.) We also travel through these states every time we go to sleep and wake up.

When someone is fully awake this is called the 'beta' state. Then as soon as one closes their eyes they immediately enter 'alpha' state, or what I call a light trance state. Alpha state is also what people go into when they sit down in front of a television, which is actually a very successful hypnosis machine. (Which is why advertisement subliminal messaging works so beautifully – because a person in trance is in a highly suggestible mind state.) The next state is called 'theta', or deep trance state, which is the state that we all go through as we start to fall asleep before going into 'delta' state, aka deep sleep. Then when we wake up we are coming back up through these states in reverse.

The theta state is the one where I aim to get my clients into, where the images and symbols come into awareness right before that phase of falling asleep, except I hold them there by guiding the client with questions to keep them talking, as they tell me what they are seeing, hearing, feeling or knowing, or any bodily sensations they are experiencing. When I say 'seeing', I do not mean physically with the eyes because the client's eyes are closed, but with the mind's eye. For example, when a person reads a novel they imagine the characters and scenes to gain a mental picture of what they are reading.

Another term that could be used for the word hypnosis is 'deep relaxation', where the mind is still enough to have a heightened awareness of things that they would otherwise be distracted from due to the usual activities and busy-ness of our daily lives.

I would like to emphasise that the

Minister Rejects Call for Council Elections


David Mehan MP Member for The Entrance's petition "Call for elections for the Central Coast Council", tabled in the Legislative Assembly on 22nd December 2022 was rejected by Wendy Tuckerman MP, Minister for Local Government.

There were other similar petitions to the NSW parliament.

So the Central Coast Council will remain under the control of the Administrator until September 2024, unless after the coming election a new State Government changes this decision.

type of hypnosis I use is not designed for me to install external ideas into the client's mind, such as one might see during those entertaining hypnosis shows, but more the opposite, where I am asking the client to describe what they are seeing or experiencing, and guiding the client into a quiet, deep space where they can access their own inner guidance, aka intuition, for their own answers. (Although I may use some subliminal suggestions to aide in the healing process, with the client's highest good in mind.) And hence it is quite an empowering process, and it is introducing them to an exercise they can take with them to increase their ability to do this for themselves if they so desire. I am merely a facilitator holding the space as a guide to allow the client to reach this deeper space of awareness. As I say to clients, I am not healing them. They are healing themselves.

I hope this explanation has helped to better define what QHHT hypnosis entails and I hope it has helped anyone who may have previously been too shy of such a concept to feel more at ease in the case that they think this healing modality could be of assistance to help them work through past traumas.



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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 Practitioner and QHHT Practitioner Level 1 (intern)



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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?

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

For more information, visit mhfa.com.au/courses



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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).



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(ANAND)

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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 Feb 18th from 12 noon.

Gloucester Saleyards

- Fortnightly Thursday Store Cattle Sales 11am Feb 16th.

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CELEBRATING WOMEN OVER 60

Judy Harrington:

Read what Judy says about being over 60... What makes me tick? The peace, birds in the bush around my home. I'm watching a male Satin Bowerbird now picking up some squishy pear I tossed outside – the bits left by the Green Catbird which visited. A lyrebird is singing. The sounds and sights of our area bring me peace and interest- I'm never bored.

I moved here a few years ago – before I was too old to live here by myself. Well over 60. I retired as an Environmental Ranger at Sydney Olympic Park a few years ago. I still visit. I am very involved with BirdLife Southern NSW as a Committee member and volunteer for outreach

and education programs.

My passion is engaging kids in the world around them. City kids have never walked in the mud, picked up something interesting, looked at scats and other signs of birds (kids love poo). I visit schools and have been involved each year in Science Week activities at the Redfern Community Centre. We work with Macquarie Uni – engaging indigenous kids in science and leadership.

I recently joined in the Youth Eco Summit at SOP talking about the local birds and engaging with school children from urban areas. We are friends with the Murama Centre at SOP, again engaging with the Indigenous community. My grandchildren are all well familiar with the bush and nature.

My special research project is EagleCAM, with live streaming of a White-bellied Sea-eagle nest in a restricted area of woodland at SOP



Community Gratitude for Help During Disasters

On behalf of the residents in Spencer and Gunderman, River Cares would like to publicly thank the Kariong-Somersby Rotary Club, the Gosford North Rotary Club and Coast Shelter for their kindness, thoughtfulness, generosity and support shown during 2022.

Throughout 2022 River Cares had been liaising with the Kariong-Somersby Rotary Club who have donated thousands of dollars' worth of Woolworths and Bunnings vouchers to those residents either severely impacted by the March and July 2022 floods, and in addition who have been needed a financial boost.

by the Parramatta River. We are lucky to have Sea-eagles living in the Hawkesbury area as well and the newly fledged birds have more success here than the birds we watch on camera. Life is hard in the city. People all over the world watch the live stream of this nest in the breeding season and learning about our beautiful Australian birds.

Birds and the life around me bring me joy and keep me engaged – outside now I see little Thornbills, a Grey Fantail and a Treecreeper – all dipping in the waterbowls I have outside in several places. I hear a tiny Scarlet Honeyeater high in the canopy and a Yellow Robin and the Catbirds have returned. The bush is busy.

See more at:

https://www.instagram.com/seover60_women/

Sue Harris

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Their kindness, thoughtfulness and support were further extended to assist a local Spencer mother and her 5 children after their father passed away during the July floods. The Kariong-Somersby Rotary Club also provided a delicious sausage sizzle on two occasions in August, for the Community BBQ for Spencer and Gunderman funded by the Central Coast Council and in September for the Council's Community Forum on the management of Mangrove Creek Dam and de-brief after the March and July floods.

River Cares would also like to thank Mark Trevakis and his team from Coast Shelter who also helped this Spencer family of six who have been doing it very tough since the July floods and who were in dire need of a fridge and a washing machine. Coast

Shelter approached the Gosford North Rotary Club who had been fundraising since the July floods and they came to the rescue and delivered just before Christmas a brand-new fridge, washing machine and a dryer to this beautiful family. What a Christmas present!

Coast Shelter have also been generous in providing Christmas food hampers and Coles vouchers to a number of households in Spencer and Gunderman, and in addition bags of beautiful brand-new toys and games were delivered to this Spencer

family as well as a beautiful family in Gunderman who were also doing it tough to brighten their Christmas Day.

Thank you so much to these amazing organisations who have reached out to River Cares and wanted to help the Spencer and Gunderman communities by generously donating their time, items, goods, toys and thoughtful supermarket vouchers. It is so very much appreciated.

*Robyn Downham
President, River Cares
0414 248 224*



Members of the Kariong-Somersby Rotary Club running the BBQ

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No More Breath Taking Smells for Spencer!

At long last and after much jumping up and down, campaigning and complaining Spencer now has state of the art brand new public toilets devoid of that 'rustic charm'/offensive pungent odours!

Our new public toilets were finally operational for Australia Day after years of waiting, arguing with proposed locations, numerous delays such as weather events and other excuses. There is still a new carpark and pathway to be installed in March but that's OK, at least we now have odour-free environmentally friendly public amenities.

At long last Spencer is now on the map and becoming a popular tourist destination, with people flocking to our shores either by boat or by road to enjoy our breathtaking views and no more breathing taking smells!

On behalf of the Spencer and the surrounding Lower Hawkesbury River communities, River Cares would like to thank the Central Coast Council for



History of the Mountain Community Children's Centre

Established 1983

Built by the Community for the Community

The Mountain Community Children's Centre was established over 39 years ago by the community to fill the need of the farming families (at the time) for a preschool for their children. We will be celebrating 40 years in July. Over the years it has changed

and grown to meet the changing needs of the community and is today a thriving and happy Centre with strong ties to our families and community. We began as a community-based preschool operating from 9am- 3pm during school terms for children aged 2- 6 years. We then had a need for longer hours and as well as the need to provide education and care to children aged 0-2 years. The management committee at the time then extended the centre and opened an occasional care building open from 8.30am - 4.30pm 48 weeks per year. We had 2 services (preschool and occasional care) operating on the same site.

With the needs of the community continuing to change the management committee very bravely embarked on the journey of transitioning the whole centre to community based long day care in 2001. We are now continuing to operate 49 weeks per year from 7.30am – 5.30pm. Families can access Child Care Subsidy through Services Australia to increase accessibility.

As we are community-based, we are therefore managed by a management committee. This management committee is made up of current families as well as members of the community with a vested interest in the centre. We still have a member of the original group who established the Centre acting as part of the Management Committee, together with one of the original children that came to the Centre in 1983. Together with these dedicated individuals and myself as the daughter of one of the founding families, our ties to the community run long and deep.

The community that is serviced by the Centre has grown as well with children coming from as far as Wollombi and up the mountain from Yarramalong Valley. This is a reflection of the excellent reputation the Centre has and how word of mouth has spread far and wide.

The centre suffered a devastating fire in November 2017. However, the community rallied together to reopen



Above: Old, Left: New

delivering these much needed public amenities and a special thank you to Troy Burnham the Sections Manager, Facilities Management and Operations, who worked tirelessly to make this project come to fruition.

*Robyn Downham
President*



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its doors after just 5 weeks in a new temporary location at Somersby. We relocated to a site in Somersby for 2 years while the new centre is built at Mangrove Mountain.

The Centre caters for children from 6 weeks to 6 years and as such can have a major impact on a child's development and growth. As such, we believe that every child has the right to be educated in an atmosphere that provides a friendly, fun, safe, relaxed, and nurturing environment. We have combined this philosophy with an educational and development program that aims to develop a child in all areas of their growth and development at each key stage.

The Centre is divided into 3 rooms, Joey's, Lizards and Snakes, each focusing on a different age group of children.

The environment is a key aspect of the Centre, with an exceptionally large playground available for the different age groups and whenever possible the children are outside either doing their tasks or playing. We even go on adventures exploring the surrounds

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If you are interested in learning more about the Centre as a whole, or know someone that would be, please do not hesitate to contact our administration

officer Hannah who will be happy to answer any questions you may have and give you a tour of the Centre.

We will be holding a community event later this year to celebrate 40 years of operation. We will advertise this event here in the Community News.

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

*Louisa Foxford
Director*

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



Photos: Above - The centre in 1990's
Right - the centre today (after the fire rebuild)

outside our yard.

We are incredibly lucky to have strong ties to the schools in the area with previous children going to schools as far afield as Laguna. The current class of pre-schoolers will be moving on to 5 different schools in the area next year and we have recently had an afternoon tea for the parents to



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KULNURA & DISTRICT GARDEN CLUB FEBRUARY 2023

It will be February when you read this, so I am wondering if it's still timely to wish you a Happy New Year? Trust you've all enjoyed a relaxing and happy summer break and are busily implementing your 2023 gardening plans. We've had two meetings since the last edition of Community News.

Our end of year celebration lunch was generously hosted by Elaine and Ian Slade at their stunning Peats Ridge property Kawana Gardens. The sun, rain, and rainbows added a magical touch to these stunning gardens, and the festivities continued well into the afternoon. A fabulous end to an interesting (and at times challenging) year for gardening.

The January meeting was hosted by two very keen young gardeners Ellie and Katie and their lovely mum Soraya. The girls had entered some beautiful floral arrangements in the Country Fair and met some of our members there. This led to a kind invitation for us to see their garden, which is set on 52 acres in Kulnura, right next door to the well-known Paradise Gardens, from which much inspiration is drawn. There were so many interesting plants and a fabulous chicken house. Members were treated to a tour of the different sections of the gardens and inspired by the ambitious and visionary plans that Soraya shared with us with such energy and passion.

It's often hard to convey the enjoyment and spirit of our meetings via the written word, so I urge you to come along to a meeting this year and see for yourself just why we all love belonging to KDGC.



Entries for our January competition
Photo by Elaine Burrows, member of KDGC

“If you've never experienced the joy of accomplishing more than you can imagine, plant a garden.” – Robert Breault

February in the garden:

This time last year we were overrun by cucumbers, alas this year's crop has been rather sparse. (Actually, I'm secretly glad, as there are only so many pickled cucumbers one can eat!). I have noticed though, if you leave a zucchini for a day, it can grow to pumpkin-size so daily checks are essential.

Now is the time to:

- Clean up dead flowers from your flowering plants
- Lay new turf
- Prune summer fruit trees after harvest
- Renew mulch
- Watch your plants for rust, black spot and powdery mildew

Sow beans, beetroot, broccoli, brussels sprouts, cabbages, carrots, cauliflowers, celery, endive, herbs, kohlrabi, leks, lettuce, spring onions, parsnips, peas, potato tubers, radishes, silverbeet, spinach, swedes, turnips in your vegetable patch.

For your flower garden, plant alyssum, calendula, cineraria, cornflower, delphinium, dianthus, everlasting daisy, forget-me-not, foxglove, hollyhock, lobelia, nasturtium, nigella, pansy, polyanthus, primula, statice, stock, strawflower, verbena, viola, and wallflowers.

Book of the month: Your Gardening Year 2023 – A monthly shortcut to help you get the best from your garden by DK.

Your Gardening Year 2023 is the book every gardener should have as they embark on a new year of planting, sowing, pruning, and growing. This easy-to-use guide is packed with essential tasks and top tips for every month of the year, with sections on general garden care, growing fruit and veg, and getting the best out of containers. Discover which plants will look their best each month, and mark the progression of the seasons with a dedicated note section, so you can record your garden successes and make plans for next year. With beautiful illustrations to accompany each month, Your Gardening Year 2023 is a must-have resource for all gardeners - whether you're looking for a handy at-a-glance guide for yourself or a gift for a green-fingered loved one.

<https://www.penguin.com.au/books/your-gardening-year-2023-9780241598436>

Sherlock Holmes was doing some gardening, Watson asked what he

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was planting. He replied “A lemon tree, my dear Watson”.

Our passionfruit vine just keeps on giving, so if you are also wondering how many more you can eat, here’s a recipe to help use them up!

4 ingredient passionfruit icecream – from Taste.com

- 10 passionfruit, extra pulp to serve
- 1 cup icing sugar mixture
- 300ml thickened cream
- 1 cup Greek yogurt
- Waffle cones to serve
- Crushed meringues to serve

Halve and scoop the pulp of 6 passionfruit into a strainer set over a bowl. Scrape with a spoon to extract as much of the juice from the seeds as possible. Discard seeds. Halve and add the pulp of remaining passionfruit to the bowl. Stir in the icing sugar until dissolved.

Use electric beaters to beat the cream in a separate bowl until firm peaks form. Fold in the yoghurt and passionfruit mixture. Transfer to an airtight container and freeze overnight.

Remove from the freezer to soften slightly before scooping into waffles cones. Top with meringue and extra passionfruit pulp.

<https://www.taste.com.au/recipes/4-ingredient-passionfruit-ice-cream-recipe/e63awawt>

February Meeting:

We meet on the second Monday

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A circular inset photo shows a man in a blue suit standing in a field.

of each month at 9:30am for a 10am start, and our next meeting will be on Monday 13th February 2023 at Sid and Pam’s garden, Jilliby. Please contact us for further information and venue details.

We’d love to see you there and we welcome guests.

Please email kulnuradgc@gmail.com for information about meetings, membership, or any other questions, or feel free to call Jacqui on 0455 364 262

Happy gardening!

Karynne Courts
(KDGC Committee member, 2023)

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A family of four is shown sitting on a couch, drinking water. In the background, there are water filtration systems and a water dispenser.

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Three large white haulage trucks are shown in the center of the advertisement.



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Ultimate Lifestyle Experience - 619 Jilliby Road, Jilliby

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Inside, the home boasts a contemporary kitchen, a spacious living room with a cosy fireplace and a formal dining room that's perfect for hosting dinner parties. The five bedrooms are all spacious and well-appointed, with the master bedroom complemented with walk-in robe and ensuite bathroom. All the living areas open onto the large wrap-around veranda or the spacious entertaining deck, providing seamless indoor and outdoor entertaining.

But it's not just the interior that makes this property special – outside, you will be equally impressed. A cricket pitch in the rear paddock is ready for the cricket enthusiast or that ritual Aussie back yard cricket game. A large machinery shed as well as additional accommodation/studio is perfect for a teenager retreat, in-law accommodation or potential income.

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History Afloat: Spencer to Popran

18th February

Hosted by Heritage Ventures www.heritageventures.com.au

Come and explore the incredible Hawkesbury landscape on Saturday 18th February by kayak. Launching from Spencer we paddle towards Popran Creek and on the way chance a glimpse of the local birdlife, including soaring sea eagles, pelicans, darters and kingfishers and river scenery.

Visiting Gentlemans Halt hear tales of early water transport - from indigenous bark canoes to sailing boats, steamers and the floating store boats.

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PARENTS URGED TO LOOKOUT FOR VAPES

NSW Chief Health Officer, Dr Kerry Chant encouraged parents to have early conversations with young people to help discourage vaping.

“We are encouraging parents to be aware of the dangers vapes pose and to be on the lookout for devices which could look like USB sticks, pens or highlighters,” Dr Chant said.

As part of the Do You Know What You’re Vaping? awareness campaign, which NSW Health launched earlier this year, a toolkit was published for parents, school staff and others who have interactions with young people, with information and guides to have a conversation with children about the dangers of vaping.

Health Minister Brad Hazzard said evidence shows that vaping is akin to breathing in the same harmful chemicals found in weedkiller and nail polish remover, dressed up in hundreds of flavours and bright colours to be attractive to kids.

Dr Chant said: “It’s encouraging to hear parents are taking action to protect their children, and we continue to urge the community to report retailers who are selling illegal vapes via the NSW Health website. This information really helps to inform our enforcement efforts.

NSW Health Media Release

BUTTERFLY MAGIC

by Rhonda Hillyer ©

This is the 16th instalment of a serialised publication of the novel “Butterfly Magic”

CHAPTER XV THE LANDING

Fear gripped Rebecca as she fell, but then quite suddenly she felt herself being caught by strong familiar arms, and when she opened her eyes she was looking up into the eyes of her laughing father.

‘You are so lucky Princess, as I was just able to catch you before you fell to the ground. That would have been a very nasty fall.’

When she looked around, the other three had also been just as lucky. Her mother had caught Fred, and Da had both of the boys. Only Michael had a small bump on his head which had to be attended to. The other party guests were also relieved that none of the four children had been seriously hurt, and they all wanted to get on with having the birthday lunch.

Rebecca, Fred, Zeb and Michael all blinked incredulously at each other. The adventure had ended as suddenly as it had begun, and not one of the four could understand what, or how, it had all happened.

Mum and Gran’ma helped to settle the children on the stools on either

side of the long table. The brightly colored plates were full of savoury sausage rolls, party pies and “little boys”. Tomato sauce was being liberally used over the feasts set in front of each child, and they tucked in eagerly. Much laughing and chattering could be heard from them. Red cups of delicious fruit juices were handed around, and bright yellow serviettes were either on laps or down the front of the shirts of each child. Then it was time for them to be given the “fairy bread” and, of course, it disappeared in a very short time. Cup cakes of every colour were handed out to them, until the children had exhausted themselves of eating.

Mum then told the children that they would all sit on a blanket under a tree, and that Dad and Da could tell them some interesting stories, while she and Gran’ma tidied up the remains of their feast. After that Rebecca could open her presents and the last thing left to do then would be the surprise birthday cake.

Da had some very interesting Irish stories about leprechauns, and while he spoke in his most broad Irish brogue, all the children were intently listening to him until they were startled by a movement above their heads, just below the branches of the tree under which they were sitting. When they looked up they could see a swarm of some forty to sixty black orange and gold butterflies, fluttering just above their heads. Da immediately warned

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ice cream fairy cake

the boys to leave them alone, as he knew that they would fly away just as quickly as they had arrived, and he did not want a repeat of the earlier incident. They seemed to settle for a moment just above Rebecca and Fred, and then they turned and flew away into the bush where the children could no longer see them.

When Rebecca and Fred looked down onto their laps, they each saw a small silver ring which had tiny stars all around the band. They smiled knowingly at each other, as they knew who the butterflies really were, but they said nothing to the others. The children then found it difficult to settle down again to any more stories, and they decided that Rebecca

should open her presents. She very eagerly agreed to do this, and for the next fifteen or so minutes she opened her presents and thanked her guests for them.

Mum and Dad went off to the eskies to bring out the birthday cake, and they set it very neatly on a golden tray. When they brought it over to show the children, Rebecca caught her breath. It really was a surprise because standing there was a beautiful fairy, all dressed in chocolate ice cream. Her body was chocolate in colour and her dress was an even darker chocolate, her hair was spun sugar and almost black, and her elegant wings were a light spun sugar in colours of orange, black and white. A small crown, all covered in glitter was on her head. At the sight of the cake, Rebecca squealed in delight, and clapped her hands. It was almost too good to eat, but they were able to take plenty of photos before Mum cut pieces each for the children. The large bowl of multicoloured jelly was also consumed along with the ice cream and sweets, until the children felt that they were close to bursting.

Michael's grandfather was the first to arrive to pick him up, and the others all knew that it would soon be time for them to go also. Da told Mr. Cameron that Michael had a bump on his head, and, although he seemed OK, it would be a good idea just to keep an eye on him for a few days. As Mr. Cameron walked Michael home he thought that Michael was much quieter than normal, so that the advice given to him by Rebecca's grandfather appeared to be very wise. and he decided that he would indeed watch him carefully.

Once the children had all been picked up, the whole family, except for Jack, who by now was sleeping soundly in his pram, cleaned up the table and the mess they had made and threw all the rubbish into the bins provided for that purpose in the park. Then they all walked home to their little cottage, just down the road from the park. It had been a happy and exciting day, but they were all very tired and just wanted to get home and settle down for the evening.

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THE JOURNEY AHEAD

February (2023) has come already, but there lingers the ghost of Christmas Crackers past.

Q: What did the Raree bird say as they were about to dump it down a gorge?

A: It's a long way to tip a Raree.

Equally, it's a long way from Tipperary, and a long way to go by ship for those leaving Ireland in the 19th century. So it was for the Dwyer family in 1885, leaving a country devastated by the potato famine and facing increasing political unrest.

The unfamiliar and uncleared bushland at Somersby must have offered the promise of opportunity as well as escape.

Dennis Dwyer had married Mary Shea in 1856 when times were tough and famine stalked the land. She died in about 1873 having given birth to eight children. Perhaps as a result of her death, and the threat of more

famine from land-law reform, Dennis decided to follow other members of his family and seek a better life in Australia.

The two oldest children, Thomas and Johanna had arrived in Australia on the clipper ships Nineva and Blairgowrie prior to 1880, but Denis waited to travel with the remaining children on the S.S. Gulf of Mexico in 1885, including young Laurence who was to take up farming near Somersby Falls.

It must have seemed a long way to go indeed.

When the Gulf of Mexico arrived in Sydney at the end of March, and anchored at Watsons Bay, it was a "beautiful fine summers day and a pleasant north-east breeze", but the ship had sustained considerable damage on the voyage.

It started with high seas and sea sickness, then "on the 28th a very heavy sea struck the ship, carrying away two boats, the main trysail

boom and gaff, bulwark rails, &c.". Then "between the parallels of 39 and 49 south high seas with the storms, and the vessel took a deal of water on board". "The steam steering gear (was) carried away, and for a time the vessel was unmanageable."

And so on..."patent sounding machine, &c, were swept overboard, and the immigrants' skylights were broken. A seaman was swept overboard, then smashed back against the fore booby hatch breaking his leg. There was damage to sheep pens, the bakehouse and the forward galley and waterclosets.

The Dwyers must have been reconsidering the wisdom of migration.

"The decks fore and aft were swept by the seas more or less all this time and considerable bodies of water found their way into the single woman's compartment" where Margaret, Mary, Bridget and Katherine Dwyer were housed. Fortunately they were under the care of Matron Miss Chicken who had made many voyages in charge



Dwyer's place at Somersby



"tennis club flag" competition entry

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of the single women. She was “one of the most popular and trustworthy ship-matrons in the service”, who kept the quarters scrubbed with carbolic acid and to whom, earlier, “a very elegant writing-desk was presented at the Immigration Depot --- by Elizabeth Smith, sub-matron, on behalf of the single women, as a slight recognition of her unvarying and impartial attention to them during their passage.”

We must assume that very elegant writing desks were not a feature of the furniture at Larry Dwyer’s new home.

Records show that there were three males living on the property at Somersby in 1901. Two of them would have been Laurence (Larry) and his father Dennis.

A few years later we see that Larry has been busy on the farm, and also active in the community. In addition to the orchard (described as well-kept), he took an interest in horse breeding, taking prizes at Gosford Show for a blood colt, mare and gelding in 1911 and 1913 and auctioned a bay filly by The Staff (son of Ulric) in 1912.

Larry took a leading role working for the district’s development. He accompanied Mr. T. Kennedy, of the Railway Construction Department, as he made a preliminary inspection of the proposed railway route, Mullet Creek to Singleton, and “together with C. Robinson, Major Cowlshaw, Captain Hallard the Howe brothers and others, made deputation to Erina Shire Councillors regarding the route to connect Bloodtree Road and the Mountain deviation (Gosford to Penang)”. He made donations to the War Memorial fund, Gosford Convent foundation stone fund, Australia Day, and the District Relief Fund, amongst others. His kindness extended to the local children, evidenced by his participation in voting for a “tennis club flag” competition, c.1905, conducted at Somersby/Ourimbah Creek School. We can see his signature (second from top, right column) supporting an entry that in racing terms would have been the favourite.

Larry obviously enjoyed life. In 1917 he was described as taking part in a very lively step dancing competition to the tunes of “Donnybrook Fair” and “Cock of the North”, and in 1927 entered a horse in the “Mangrove Mountain Mile”, ridden to “local rules”.

But tragedy overtook the Dwyers in 1918.

In February, after a ten days search involving up to 100 people, Larry’s father’s body was “found in a deep gorge leading down to Somersby Creek, about half a mile from the Falls, and about a mile and a half from deceased’s home. He was 85 years of age, was in feeble health, and could only walk with difficulty owing to acute rheumatism”.

A long way to Tipperary.


Larry continued farming, winning prizes for vegetables, and raising horses and cows. In 1932 he advertised “One Guernsey Heifer, with first calf; one jersey-guernsey, with second calf. L. DWYER, Somersby Falls Road, Somersby”. (Note: the presently named Howes Road was part of Somersby Falls Road – the Geographic Names Board moves in mysterious ways).

Laurence Dwyer died on the 2nd of December 1935 at Roma Private Hospital, Gosford, a couple of weeks after making his will (written on Roma Hospital stationery by a solicitor’s clerk, speculation about whom space does not permit), when he also gifted to his sister £551/3/5.

His sister Kate, married to Percy Samuel Beesley, a barman/labourer living in Glebe (and executor of the will), was sole beneficiary and inherited a weatherboard cottage, two rooms with an iron roof with detached kitchen, sheds, orchard, drainage and fencing. 199 acres – unimproved value £250, improved value £800, assessed annual value £48, plus farming implements, livestock, carriages and shares in a public company.

Larry had come a long way.

By the following year, already on the Electoral Rolls for



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*Larry Dwyer 1918,
picture by Ella McFadyen, Mitchell Library.*

Somersby, there are seven adult Beesleys, including Henry (Harry) and Florence (née Heavey) with their child Colin born 1924.

We might not see the likes of Larry Dwyer again, we cannot turn back the clock, but as William Faulkner wrote “The past is never dead. It’s not even past.” So Larry lives with us, and continues to remind us - if “my hearts right there”, it’s not so far to go.

Neil Berecry-Brown

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

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 revcre@hotmail.com

(cont'd next page)

LIVESTOCK MARKET REPORT



Maitland Liveweight Sale 23rd January 2023

160 Cattle on offer with good competition and all regular buyers back in attendance. Quality & Condition was down compared to previous sales, with mainly secondary crossbred cattle on offer.

- Weaner steers made between 200c/kg to a top of 475c/kg.
- No yearling or feeder steers to quote.
- Weaner heifers made from 200c/kg to 420c/kg with no yearling heifers to quote.
- The export market was slightly easier today, grown heifers made up to 270c/kg and the best cows made 260c/kg.

Maitland Monthly Store Cattle Sale 21st January 2023

900 Cattle yarded comprising of 300 Steers, 200 cows & calves, 100 ptic/joined females and 300 heifers. Quality and condition was fair overall with some well bred pens of cattle on offer. There was very good competition from the local area and also from the west.

- Weaner steers made between \$600 to \$1600 dollars to average \$1150.
- Yearling steers made between \$1150 to \$1975 to average \$1500.
- Grown steers made from \$1600 to \$1975.
- Weaner heifers made from \$650 to a top of \$1700 to average \$1000.
- A nice pen of un-joined yearling heifers made \$1925.
- PTIC Heifers made from \$1700 to a top of \$2400 to average \$2150.
- PTIC cows made from \$1500 to a top of \$2600.
- Cows & Calves made from \$1700 to \$2850 to average \$2300.

Newpark Pastoral, Chichester, topped the market with a good pen of heavy weaner steers making \$1600. They also topped the weaner heifer market with the heifers making \$1700.

Maitland Liveweight sale
9th January 2023

400 cattle yarded comprising of 340 trade/weaners and 60 export cattle. Quality and condition was mixed throughout, not all regular buyers were present and the market saw a slight decrease compared to pre-Christmas sales.

- Best butcher vealers made 400c/kg at the heavy end to a top of 500c/kg.
- Restocker steers up to 250kg made 300c/kg to 570c/kg to avg 480c/kg.
- Steers 250-300kg made from 300c/kg to 565c/kg.
- Steers 300-350kg made 300c/kg to 510c/kg.
- Steers 350kg+ 280c/kg to 470c/kg.
- Yearling/feeder steers made 350c/kg to 450c/kg.
- Weaner heifers up to 250kg made 300c/kg to 500c/kg to avg 445c/kg.
- Heifers 250-350kg made 280c/kg to 485c/kg.
- Euro heifers to go on the grain 420c/kg to 480c/kg.
- No yearling or feeder heifers to quote.

A good supply of bulls saw them make between 200c/kg to 270c/kg. Heavy bullocks to process made 220c/kg to 280c/kg. cows made 180c/kg to 280c/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.

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 P: 02 4932 7066

REGULAR ACTIVITIES & MEETINGS (cont'd)

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

- Catholic Service -Spencer
- Wollombi
 - Somersby
 - Yarramalong

YOUTH

Junior Girl Guides 5-10

Girl Guides 10-15

Scouts, Cubs & Venturers
 Peats Ridge Scout Hall

Mangrove Mountain Playgroup

HISTORICAL

Brisbane Waters Historical Society

Dharug & Lower Hawkesbury
 Historical Society Inc.

First Fleeters Central Coast Chapter

The Pearl Beach Aboriginal History Group

Wyong District Museum &
 Historical Society

ACTIVITY/HOBBY

Central Coast GNU/Linux Users Group

Coastal Communicators Toastmasters

Craft/scrapbooking

HALL BOOKINGS

Kulnura Hall

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

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

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

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

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

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

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Reply to QHHT Articles

I would like the right of reply to Ms Unitt. I have been reading Sharyn Unitt's writings over the last year. Generally they are not dangerous to the public, but I draw the line at the last two, dates 4th Nov and 2nd Dec. I can assure you of this as I am a GP who has subspecialised in psychiatry for many years.

My problems with her article on 4th Dec is that true hoarding is a very complex issue, a serious psychological or psychiatric condition and people die from the co-morbidities underlying it. Ms Unitt should not be advising people with this condition to start letting go of their "stuff" and it is not appropriate for her to manage people with hoarding who are "cluttered, disorganised and unkempt". This is a serious condition and needs medical intervention, based on science, not the universe. Additionally, why "trust the universe to always provide you with what you need when you need it" as Ms Unitt says, when she follows with the thought that you lose everything and "learn the hard way when the universe takes action and forces you to do it."

A much bigger problem I have is her article on 2nd December. Her belief that ADD/ADHD, autism and serious allergies and chronic inflammation and autoimmune disease are due to gastrointestinal dysfunction and overprescribing antibiotics, vaccines, pharmaceutical drugs, additives and preservatives is not scientifically confirmed and in fact, has been DISPROVED in the case of MMR vaccinations and autism/ADHD/ADD many years ago. (Retraction of an interpretation - The Lancet).

Fluoride in tap water is most beneficial in preventing caries and has revolutionised dentistry. It is one of the most important changes in public health in the last fifty years.

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\$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

Ms Unitt's comment "We have a train wreck waiting to happen in our gastrointestinal systems" referring to fluoride in water, in addition to many other things such as soap (which is simply sodium hydroxide and an oil!), garden products and other very nonspecific items is frankly dangerous.

Wheat does NOT cause "toxic overload". It is NOT associated with challenging behaviour in children and eliminating it from the diet is only necessary in true allergy, Coeliac disease, and this MUST be medically diagnosed as it has major health consequences. Ms Unitt's "just about guarantee" about eliminating wheat, vaccines, fluoride etc is not reassuring at all to me, it is misinformation and dangerous.

The vast number of vaccines do not contain heavy metals such as mercury. The occasional one that does, contains a few molecules only, less than is found in the general environment. Mercury DOES NOT ensure the vaccine is kept inside the body...injections do this! You cannot detox heavy metals from the body except through hospital chelation. Detoxing by anyone else is not scientific and is not indicated

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TAKEAWAY/CAFÉ STAFF needed at The Hub of Mangrove Mountain. Part-time and Casual positions available. If you have any hospitality experience – cooking, barista or great customer service skills – and are a fast learner, have a good work ethic, are reliable and can work some weekday and weekend shifts, we would love you to join our team. Please call Shane - 0417 436 529

JUNIORS, 14-15 years olds needed to work alternate Saturday afternoons at The Hub of Mangrove Mountain. Dish-washing, cleaning, stacking shelves, and helping with food prep. We will train you. You need to have a good work ethic, be reliable, keen & have great attitude. Call Shane to discuss - 0417 436 529

medically.

Colonic hydrotherapy is not medically advised. It carries risks and can spread disease. Clogged stool is best removed from the gut by fresh fruit and fibre. Colonic hydrotherapy has nothing to do with "letting go of emotional baggage" but more to do with letting go of your money.

In summary, Ms Unitt's articles are taking a major anti-science turn and she is advising on serious, life-threatening issues. She is using this forum to advertise her services. My problem is that her services are now medically dangerous.

Please publish this and do not allow Ms Unitt to write again on medical or psychiatric topics.

Name and address supplied



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