

COMMUNITY NEWS

No. 916 Ph: 4374 1039 Mo: 0412 669 649 Email: enquiries@cnews1.com.au Web: cnews1.com.au 3rd March 2023



Hazards Near Me app

"Hazards Near Me NSW" is now live. Replaces "Fires Near Me" and includes floods and other other warnings.

You can find current information about local emergencies on Hazards Near Me. The app shows information provided from emergency services on:

- bush fires
- floods
- advice on what to do to stay safe.

The app also provides other warnings and activities in your area:

- fire danger ratings
- total fire bans
- hazard reduction activities.

The app can send you push notifications when there are new incidents or when information

changes.

By setting a watch zone, you can get notifications about incidents in your area and by setting up a user account, you can get the same information across all your devices.



What's changed?

In February 2023 the NSW Rural Fire Service app Fires Near Me NSW was updated to include additional information about other emergencies from the NSW State Emergency



Service. Fires Near Me is now called Hazards Near Me.

Over time, more alert types and functions will be added to the app.

This app was developed in response to the finding by the independent Flood Inquiry for the need for a single source of advice that can provide warnings for different types of hazards,

How to get Hazards Near Me

Existing users of Fires Near Me will need to update their app through their phone's app store. New users can download the app by searching for 'Hazards Near Me' in their app store



For more information go to <https://www.nsw.gov.au/emergency/hazards-near-me-app>

CLASSIC CAR DISPLAY & STALLS

**VINTAGE MACHINERY * VINTAGE BIKES
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CLASSIC CAR DISPLAY**

When? Sunday 12th March, 2023, 9.30am to 2pm

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

You are invited to bring your prized machine down to display

TROPHIES: Best in Show, Most Original, Best Modified, Longest Travelled, Ladies Choice, Peoples Choice

No entry fee. Please ring Adrian on 0448833781 to book a spot



Write your Sad times in Sand,
Write your Good times in Stone.

George Bernard Shaw

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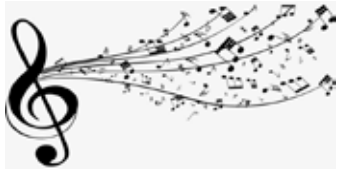
Next issue Published
17th March 2023

**** DEADLINE ****

**** 10th March '23 ****

Send adverts & copy by
email, website or post.

Email, website, FB or
phone for enquiries



Singing Group

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 7pm on the 1st & 3rd Tues of the month.

Why don't you come along to sing along!

Kim & Leila
0401 516 501

Blues on the Mountain
Est 2013

BLUES ARCADIA
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Saturday 29th of April
Mangrove Mountain Hall
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Festival favourites and three-time Blues Music Award winners Blues Arcadia are releasing their second full-length studio album "Now Or Never" and introducing it to this great southern land by doing what they do best....

Blasting off on their biggest ever interstate tour, they are bringing their unique and incendiary blend of jazz, soul and blues to the people of The NSW Central Coast with a show at the legendary Blues On The Mountain at Mangrove Mountain Hall on Saturday the 29th of April.

Joined by the ever-stylish gentlemen of Tomcat Playground, do not miss your opportunity to be part of an incredible night with some of Australia's most exciting live bands in action.

Great food and light refreshments will be available for purchase, BYO welcome. Doors open at 6pm.

Tickets on sale Now! To book visit www.trybooking.com/CEUGT

"The future of the blues is secure" -
Blues Blast Magazine (USA)
Ryan Howard



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Dr Arsenios Magdas

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Ever Thought of Joining the RFS?

RFS Volunteers have been protecting and supporting local communities for more than 100 years. Today, our volunteers attend a range of emergencies like bush and grass fires, house and structure fires, road accidents as well as provide assistance at other events like floods, storms and searches.

Volunteering with the RFS offers the opportunity to learn new and valuable skills that will not only assist you in your voluntary role but in day to day life and your workplace. It is also an opportunity to meet people you wouldn't normally meet.

The process of joining has never been simpler, go to <https://www.rfs.nsw.gov.au/volunteer/join-the-nsw-rfs> and read the candidate guide. The application is completed online and sent to your local Brigade.

You will complete a police check and from here your local brigade will contact you to organise a time to meet, review your application and verify your identity.

Once this process is completed and approved through district you can join

us for training and all other meet ups. The Mangrove RFS Brigade has active members ranging from 17 to 73 from all walks of life and is always looking for more people to

join our team. If interested of if you have any further questions please email our Captain Andy at captain.mangrovemountain@ccrfs.org.au.
Tarryn Nester



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Central Mangrove Public School

Fundraising Raffle

1st Prize: Golf for 4; 18 holes, including shared carts (Worth \$260)
2nd Prize: Golf for 2 including shared carts (Worth \$130)
3rd Prize: Bistro Voucher (Worth \$40)

all at "The Springs"
1080 Peats Ridge Road, Peats Ridge

Tickets \$1 Each
Tickets drawn at the Trivia Night 31st March 2023;
Tickets available on the Trivia night or at the school between 2.30-3pm school days or phone 0412669649

Book your Trivia Table for a fun night out phone 4373 1522
The Springs, 1080 Peats Ridge Road, Peats Ridge

Join Together For International Womens Day

For the third year running, Member for Gosford, Liesl Tesch is inviting women and men of all ages across the Central Coast to take part in a sunrise beach meditation to celebrate International Women's Day with "The Sit. Ocean Beach".

Details of the event:

Wednesday 8 March
7.00am
Ocean Beach Surf Club
Followed by tea and coffee and a chat at Ocean Beach Cafe.

Ms Tesch says "I'm grateful to have this wonderful occasion to bring all people together to celebrate this important day and what could be a better location than our very own picturesque Ocean Beach."

"With our busy lives, we often don't make the time to sit, contemplate and enjoy nature. That's why I've been an advocate for "The Sit. Ocean Beach" since they started on the Peninsula in 2020 and I am proud to be co-hosting our third International Women's Day sunrise meditation and cuppa get together."

Sam Wiggins, Leader of The Sit. Ocean Beach says "This is more than just meditation, it's about giving time to yourself, your community, your friendships and being there for one and other."

Following the event, community members are invited to join Ms Tesch and "The Sit. Ocean Beach" leaders for a cuppa and chat at Ocean Beach Cafe.

SATURDAY CRAFT GROUP

**Meeting on the 2nd Saturday of
each month (10am -2pm)**

**Ladies from the CWA in conjunction
with the Community Hall in
SOMERSBY**

**SPINNING
BOBBIN LACE
NEEDLE FELTING
ANY CRAFT WELCOME**

Contact Carmen 0434071305

If you are unable to make it to the event, Ms Tesch encourages community members to post a photo with #EmbraceEquity to show solidarity for this year's International Women's Day theme – embrace equity.

"This is the perfect opportunity to celebrate women, form new

connections and discuss what embracing equity means to you." said Ms Tesch.

"I really look forward to seeing everyone there and hearing your stories. Together, let's unite as men and women and embrace equity."

*Liesl Tesch MP
Member for Gosford*

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**Mangrove Mountain
Country Fair 2023**

**CONTEMPORARY ART
PRIZE**

Our Country Fair will be held on Saturday, 21st October.

The Country Fair isn't for another eight months, but I know that good art needs time.....so I am letting you know what the theme is for this year. Think about it and enter!!

The theme for this year's Contemporary Art Prize is:-

"Dynamic Living Systems"

Living systems are intrinsically dynamic as they develop, renew their components and adapt to their physiological environment.

I look forward to your various interpretations!!

This category that is linked to a set theme is growing each year, and we are always thrilled with the quality of the entries.

WELCOME TO YOUR ULTIMATE FAMILY MARKET!

Look forward to a daytrip alongside the scenic Macdonald River. We are opposite the iconic Settlers Arms Inn & an awesome playground leading down to the river.

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Sunday, March 12 10am - 2pm
2 Wharf St, St Albans in the Northern Hawkesbury
www.stalbansvillagemarket.com.au

Entries can be any medium and we encourage diversity. Our sculptural entries have been very interesting. I look forward to our first digital or film responses!

We know that there are many local artists producing work of high standard and we encourage all of you to enter this prize to showcase our area!

Entry is free and the winner will receive a cash prize of \$200 in addition to the honour of the award.

Entries from artists over 16 years of age can be delivered to the Mangrove Mountain hall on:

- Thursday, 19th October between 3pm and 5pm or
- Friday, 20th October between 8am and no later than 11am

Please include a brief description of your work explaining its link to the theme.

Please contact me for further information: Poppe 0400105653

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Brisbane Water Cricket Club Rolls In The New Year With A New Cricket Pitch Roller

The Brisbane Water Cricket Club has received \$28,000 of funding through the 2022 Community Building Partnership Program to purchase a cricket pitch roller.

Member for Gosford, Liesl Tesch, is thrilled that the funding will allow the club, with the new inclusion of a women's and junior teams, to have a good quality pitch.

"With the inclusion of a women's

team and junior teams in the club, it is great to know that the club will be able to provide a quality pitch.

"Coasties should have the access to good quality sporting grounds. This grant will ensure that players have access to a high calibre pitch."

Ken Pieroz, Club President of the club, welcomes the funding, commenting on how the grant has benefited the club.



Have your say anytime via the 24/7 consultation hub

Central Coast Council is seeking community feedback on a number of projects and plans through the online consultation hub 'Your Voice – Our Coast'.

Council's Director Community and Recreation Services, Melanie Smith said the 24/7 online consultation hub ensures more community members

"With this new roller, it will ensure we're providing a true level playing field.

"Without this funding, we'd be struggling."

Ms Tesch also says that is important to have a safe and fair environment.

"It's important to have a fair and safe environment which can only be done by quality equipment."

Those who want to get involved are encouraged to head to www.bwcc.nsw.cricket.com.au

Liesl Tesch MP
Member for Gosford

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can have their say about important matters.

“We recognise the value of community ideas and knowledge and are ensuring that we make it as easy as possible for the community to contribute anytime at their convenience online, as well as through face-to-face engagement opportunities,” Ms Smith said.

“Community feedback assists Council in better delivering services, community facilities and initiatives for the Central Coast. In the last year more than 6,000 contributions from our community submitted both online and across 60 engagement sessions, have already helped shape over 50 projects, plans and strategies.”

Council is currently seeking input on the following projects and plans:

- Draft Plan of Management for Council Community Land (until 1 March)
- Tuggerah Lakes foreshore restoration works (until 1 March)
- Central Coast Regional Animal Care Facility (until 1 March)
- Wyong District Place Plan (until 10 March)
- Draft Greater Warnervale Structure Plan (until 31 March)
- Our Coast, Our Waterways (ongoing in 2023)
- As well as several planning proposals and draft policies also on exhibition

Council’s Administrator, Rik Hart said community engagement is the key mechanism that helps to identify local values and needs to assist Council in its decision-making.

“Council is committed to involving and collaborating with the community and regularly provides opportunities for locals to have their say on plans, policies and projects,” Mr Hart said.

“Sometimes feedback is sought about complex matters. I encourage everyone to read the information



Friday 3 March		
International Women's Day Luncheon and Launch of Central Coast Festival of Women	12pm-2pm	\$60
Ettalong Diggers, The Esplanade, Ettalong Beach NSW 2257	info@cbwn.org.au	stickytickets.com.au
Friday 3 March		
Women in Art - Exhibition Launch	8pm	
The Entrance Gallery, The Entrance Community Centre, Norberta St, The Entrance NSW 2261	rasheeda.flight@gmail.com	
Saturday 4 March		
Women in Art Exhibition (4-17 March)	10am-4pm	Free
The Entrance Gallery, The Entrance Community Centre, Norberta St, The Entrance NSW 2261	secretary@tlas.org.au	
Saturday 4 March		
International Women's Day Expo and Artisan's Market	10am-3pm	Free
The Entrance Community Centre, Battley Ave, The Entrance NSW 2261	rasheeda.flight@gmail.com	
Sunday 5 March		
Scopromist International Women's Day Breakfast	8:45am	\$45
Breaker's Country Club, 64 Dover Road Wamberal NSW 2260	sibrisbanewater@slwip.org	humanitix.com
Wednesday 8 March		
International Women's Day Celebration Breakfast	7am-9am	\$60
Mingara Recreation Club, Mingara Drive, Tumbi Limbi NSW 2261	info@cbwn.org.au	stickytickets.com.au
Wednesday 8 March		
International Women's Day Lunch	10am-2pm	Free/Booking required
Central Coast Community Women's Health Centre, The Ary Toukley, 35-47 Holmes Ave Toukley NSW 2263	PWHC@cccwhc.com.au	stickytickets.com.au
Wednesday 8 March		
Annual International Women's Day Luncheon	12pm-2pm	\$60
Pullman Magenta Shores, 1 Magenta Drive, Magenta NSW 2261	info@cbwn.org.au	stickytickets.com.au
Wednesday 8 March		
Suzzy Miller's International Women's Day Luncheon Lift, Shine, Thrive	12pm-2pm	\$50
Drifters Wharf, 12A Dane Drive, Gosford NSW 2250	hey@suzymiller.com.au	suzymiller.com.au
Thursday 9 March		
IWD Movie Night - First night showing of 'Till'	7pm	\$25 cash at the door
Avoca Beach Theatre, 69 Avoca Dr, Avoca Beach NSW 2251	centralcoastzonta@gmail.com	
Saturday 11 March		
Rayon Riot - International Women's Day Cabaret	6:30pm-10:30pm Show starts at 8pm	\$30/\$35
Naughty Noodle Fun Haus, 5 Broken Bay Road, Ettalong NSW 2257	boxoffice@naughtynoodle.com.au	naughtynoodle.com.au
Sunday 12 March		
All About Women: Satellite Program Streamed from Sydney Opera House	11:30am	Booking fee
The Red Tree Theatre, 2/160-162 Pacific Hwy, Tuggerah NSW 2259	admin@eldersleefoundation.org.au	eldersleefoundation.org.au
Thursday 16 March		
Women in Art - Exhibition Close	10am-4pm	Free
The Entrance Gallery, The Entrance Community Centre, Norberta St, The Entrance NSW 2261	rasheeda.flight@gmail.com	



materials made available online, ask questions of staff and provide your informed input.

“I will be out and about at community events this year and am looking forward to meeting members of our community and chatting about

what matters to them living on the Central Coast,” said Mr Hart.

For further information on projects and plans currently open for community feedback and to have your say, visit yourvoiceourcoast.com

Central Coast Council
Media Release

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Whats Happening with Wisemans Ferry Road?

Central Coast Council's recent media release titled "*Central Coast Roads Package update*" makes no mention of Wisemans Ferry Road.

Central Coast Roads Package update

Central Coast Council continues to deliver a range of grant funded road and drainage upgrade and renewal projects under the Federal Government's Central Coast Roads Package.

There are 21 road infrastructure projects already completed across the region since 2020 and the following 6 projects under the Central Coast Roads Package are currently underway or commencing shortly:


- Ridgway Road, Avoca Beach - road and drainage upgrade
- Del Monte Place, Copacabana - road and drainage upgrade
- Lushington Street, East Gosford - road and drainage upgrade
- Steyne Road, Saratoga - road and drainage upgrade
- Springwood Street, Blackwall - road and drainage upgrade
- St Huberts Island Bridge - safety improvements

Council will continue to work with the Federal Government to deliver

all the projects identified within the Central Coast Roads Package.

Council Administrator, Rik Hart said improvement to local roads and securing funding is a key priority.

"We know that roads are important to our community – which is why road projects are highly prioritised in Council's operational plans. The projects in the Central Coast Roads Package boosts Council's ongoing investment and work, to maintain and improve the regions road network of over 2,000 kilometres," Mr Hart said.



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“The delivery of the projects under the Central Coast Roads Package has significantly improved our local road and drainage networks and provided quality transport infrastructure for the community.

“Council remains committed to improving our vast road network and is looking forward to delivering more grant funded works to repair and renew our local and regional road network.”

To keep up to date with project’s status and to view this financial year’s road and drainage capital works projects, use Council’s online capital works interactive map at centralcoast.nsw.gov.au.

Keep up to date with Council’s breaking news by signing up to our enews at centralcoast.nsw.gov.au/enews

Central Coast Council Media Release

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CWA MANGROVE MOUNTAIN EVENING BRANCH

Mangrove Mountain Evening Branch is looking forward to the new year, hopefully without too many interruptions. On the agenda this year we hope to have more outings with our members and their guests.

Late last year we organised a group tour of the ‘East Coast Beverages’ Juice factory. There were 9 of us in total. Judy & Ian, Catherine, Karen B, Linda Roberts, Bev and Gordon Britten and Jan & Brian Harris.

The factory was first started in 1965 by Salvatore Lentini and three of his grandchildren now run the business.

We were given a guided tour through the entire process of the factory by Jane and Daniel and at the end, Sam and Sammy Lentini came out and greeted us and asked Brian for a photo with them.



Brian Harris is one of the original Orchardists that has supplied them with oranges and lemons from the late

60’s.

We then had lunch at the ‘One Stop Café’ before heading home.

Judy Betteridge

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What is shadow/inner work?

Shadow or inner work could best be defined as the process by which a person comes to the realisation that everything that exists, or happens, outside of themselves is a reflection of what exists, or is happening, inside themselves (at the emotional, mental and spiritual levels). It is the process

by which a person chooses to stop perceiving an event as something that is “happening to them” and in place chooses to perceive that something has come into their awareness to SHOW that an aspect inside of themselves needs looking at in order to heal that aspect, which, when practised

consistently over time, lifts a person out of victimhood and into their inherent power. This could otherwise be phrased as beginning to integrate their Higher Self, or re-integrating lost aspects of their soul. And it's a lifelong process. We are always on the path of healing. We are always learning to get to know ourselves better.

What is the Higher Self, you may ask? It's the greater, expanded part of you that is connected to everything both within this realm and the universe itself and knows everything about you (even better than what you think you know about yourself) and everything outside of you, as everything is connected to everything (the quantum field). It could otherwise be called universal consciousness. This is the part that is accessed during a QHHT session or in other modalities of past life transgression or soul retrieval work.

As a person begins the journey of shadow work they will be confronted with the darkest places inside of themselves, and some call this the “dark night of the soul”. Their Higher Self will bring certain events or experiences (eg. relationship dynamics, short term interactions or external events in the world) that the person needs to face to confront their innermost fears and insecurities in order to FEEL the emotions that come with such experiences to fully process and transmute (release) these negative aspects of themselves. These confronting experiences are known as ‘triggers’ due to the fact that emotions buried deep within ourselves are ‘triggered’ as the person is exposed to things that confront their belief systems as they know it.

Such a journey will often bring up traumatic events from the past that they have not fully processed at the time of the event (eg. a traumatic break up, or death of a loved one, or other traumatic/abusive experiences) and will usually go through periods of intense emotions with much crying (aka releasing) which helps to



presenting
March meeting

Bush Tucker and Gardening Responsibly

Presenter
Samantha Newton
Tonbo Garden Design



Samantha will talk about her favourite bush tucker plants and the challenges, successes and failures of a bush tucker garden. She will also talk about *Gardening Responsibly*, a science-based initiative to identify invasive plants and encourage better choices in ornamental plant selection.

When 1.30 for 2.00 pm start Saturday, 11 March 2023	Where Phillip House 21 Old Mt Penang Road Kariang
--	---

Cost
\$3 Members & Visitors (with lucky door prizes)
A small selection of especially chosen plants will be available for sale

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clear stored emotions from parts of their body. This process of releasing old 'stuck' energies (as emotions are "energy-in-motion") results in physical healing to parts of their body affected by these stuck emotions. This process can happen with the person's awareness or at an unconscious level. This is also the specific process that occurs in every QHHT session, and every case is different.

An outcome of a person going through much inner processing is that they will find that things don't seem to trigger them anywhere near as much as before. They have a new-found strength, resilience and perseverance that enables them to face future life events more consciously, meaning that they 'respond' from their higher/integrated self by internalising the pain they are feeling and examining why they are feeling it, than reacting from their unhealed self by projecting their pain onto others. They realise that in hurting someone else is to in turn hurt themselves because everyone is just a mirror to everything outside of themselves, and on the higher levels we are all 'one'. Another common phrase most would relate to is to "do unto others as you would have them do unto you".

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

MANGROVE MOUNTAIN UNION CHURCH UPDATE

26/02/2023

Would you believe even after giving our "in principle" agreement to meet the Liquidator's claimed costs and expenses of almost \$62,000 in early December 2022, that we are still awaiting the details of a settlement! On 9th December the Liquidator's Solicitor undertook to obtain instructions on the settlement from the Liquidator. Despite several follow-up calls made by our Solicitor to the Liquidator's solicitor, and two emails directly to the Liquidator from myself, we are still no closer to settlement.

It is absolutely confounding, that having indicated a readiness to pay the Liquidator's claimed costs and expenses, there has been no apparent progress for over two months, and not

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)

even the courtesy of responses to our follow-up communications.

Members of our group are now praying daily that the hearts of the Liquidator and his Solicitors will change so that they will work earnestly towards returning the Union Church property to us for worship and community use without further delay. If you support our campaign, please join us in praying for the success of our efforts.

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 March at 9.30am. We are a non-denominational, growing fellowship of Christians with regular attendances of 15-20 people. If you are even just a-bit curious then come and try us out – "test drives" are most welcome.

Our Bible Study has resumed on the 1st, 3rd and 5th Mondays – contact me for details. Singing Group has also returned on the 1st and 3rd Tuesdays at 7pm in the MM Hall with Leila and Kim on (mob) 0401 516 501.

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



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"Riverwood", the Gateway to the Hawkesbury

4 🏠 3 🚿 2 🚗 204 Acres

This trophy property is the Central Coast's gateway to the Hawkesbury district. Although this property has been tightly held by one family for nearly 70 years, it will provide its new owner with a range of exciting choices for how it will be enjoyed in the future. One of the largest properties in the Lower Hawkesbury district, "Riverwood" covers an area of 82.57 hectares. This provides such a breath taking mix of flowing water views, verdant green pastures, wooded hillsides and hidden valley hideaways that it is reminiscent of a Tom Roberts or Arthur Streeton art work.

The main house was built just six years ago with a double frontage to the river. The main house has a double frontage to this tidal river, the cottage provides a delightful one bedroom, one bathroom. The main house has a double frontage to this tidal river, the cottage provides a delightful one bedroom, one bathroom. The main house has a double frontage to this tidal river, the cottage provides a delightful one bedroom, one bathroom.

The cottage is situated on the bank of Mangrove Creek. The cottage provides a delightful one bedroom, one bathroom. The main house has a double frontage to this tidal river, the cottage provides a delightful one bedroom, one bathroom. The main house has a double frontage to this tidal river, the cottage provides a delightful one bedroom, one bathroom.

With its diverse attractions, "Riverwood" will provide a new owner with a range of exciting choices – perhaps the enjoyment of a luxurious lifestyle on one hand or future development and commercial potentials on the other. Incorporating twenty separate titles, there's really no need to choose between lifestyle or development. With some planning, imagination and investment, the new owner could have it all! The excellent condition of the Angus cattle bred on this property demonstrate that this is also a livestock paradise for cattle and potentially for horses also.

For those who value an "off grid", environmentally friendly, self-sufficient, ecologically sensitive living. E

Stone Leaders In Lifestyle Property

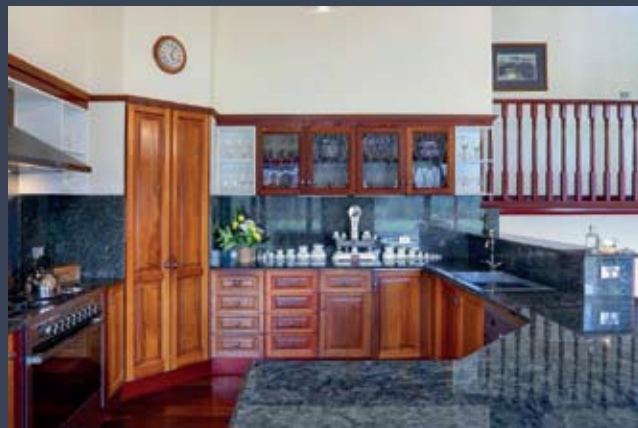


Stone

Scott

stone





o. It is a spacious 240 square home with a jaw-dropping formal
 easily be accommodated in the four generous size bedrooms,
 room and a very inviting open plan kitchen and a dining area that
 m is a delightful place to simply relax.

rove Creek. With 1.25 kilometres of privately-owned, direct creek
 des the ideal launching pad for boating and fishing activities. The
 throom residence with modern kitchen facilities. It's just perfect
 magnificent views of surrounding water, mountains and birdlife.
 ood" has a free-standing garage, machinery shed, stockyards,
 den.

ronmentally conscious lifestyle, "Riverwood" is a model of
 electricity is supplied by a stand-alone solar system and water is

drawn from the 240,000 litre rainwater tanks and a freshwater creek.
 Internet and television services are from satellite providers.

At just 50 minutes travelling time from the Northconnex on the M1 to
 the front gate, "Riverwood" provides the perfect opportunity to enjoy
 either a full time lifestyle on a magnificent property in the Hawkes-
 bury district, or have the pleasure of owning a part-time retreat or
 holiday home far away from the hustle and bustle of city life.

Expressions of Interest ends 24/03/2023

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CELEBRATING WOMEN OVER 60

Here is Rebecca! A creative and caring woman who lives on the Central Coast and shares her passions with many other women and men.



Me - I'm almost 62, love my job as a sales director for a background screening company. I have lots of interests like my shed "Beccas treasure chest" @hopper.rebecca and my art workshops in my garden

where I bring artists together to paint or draw and have food together @artistsinthegardengrove I try and Also do some work for my charity "Feel the Magic" as a facilitator for grieving children who have lost a loved one.

Go to https://www.instagram.com/seover60_women/ for more inspiration



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provided.

Exhibition open for two weekends only - 4th & 5th and 11th & 12th March 2023, 10am - 4pm at the Old Fireshed Gallery, Wollombi Cultural Centre.

The Emerging Artist Awards are designed to encourage and promote artists in our community. In 2020, the Covid lockdown forced us to stream the exhibition opening online. Fortunately, there are no such restrictions this time, so please show your support for these popular and well-respected awards by attending the opening, when the winners will be announced and the prizes awarded.

We would love you to come along and cast your vote for the Les Elvin People's Choice Award. Nathan

Mussan was the winner last time. Who will be our 2023 People's Choice?

The 2023 Emerging Artist Awards Judges: Lou Keyter And Kay Harwood, Greg Major (2325 Australian Flora Award), Emile Faugere (Giloo Faugere Photography Award)

Total prize money \$5,000.

- OPEN SECTION: (Painting, Sculpture, Photography etc) Emerging Artist Award \$1,500 Highly Commended \$700 Commended \$500
- WVAC 2325 Wollombi Award \$500 (Local artist or Wollombi subject matter)
- 2325 Australian Flora Award \$500 (Australian native flora subject

matter, local artist) - sponsored by Greg Major, Future Harvest

- Giloo Faugere Photography Award \$300 - sponsored by Emile Faugere
- WVAC Performance Art Award \$200 (Entry via a maximum 3-minute video)
- YOUTH
 - Under 18's Highly Commended \$200
 - Under 18's Commended \$100
 - Under 12's Highly Commended \$100
 - Under 12's Commended \$50
- The Les Elvin People's Choice Award (Awarded at the close of EAA) - Most popular \$250 Runner Up \$100

Wollombi Valley Arts Council



2020 Les Elvin People's Choice Award winner, Nathan Mussan 'Wanting to be on the other side'



020 Emerging Artist Award winner, Sue Nasser 'Spring Fruit'

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KULNURA AND DISTRICT GARDEN CLUB MARCH '23

“Winter is an etching, spring a watercolour, summer an oil painting, and autumn a mosaic of them all.” - Stanley Horowitz

I need to remember not to start every article with an expression of surprise at how rapidly the preceding month has disappeared! It doesn't help that February is at least 2 or 3 days shorter than the other months, so perhaps my astonishment at how quickly it has disappeared is allowed to be expressed just one last time. The upside is that we are now into my favourite season, autumn. I love the crisper mornings, the early mist, the anticipation of glorious colours as the leaves turn, and the relief that we don't have to swelter through the hot, hot days of summer for at least another 9 months. It's also the best season for gardening.

Our February meeting was a long-awaited visit to the beautiful property of Sid and Pam Leotta at Jilliby. This visit had been delayed several times due to floods and other obstacles, so even though the day dawned with rain showers and grey clouds, an enthusiastic group of almost thirty people gathered to marvel at Sid's perfect circles, talk to Pam's gorgeous alpacas, and enjoy the results of the dedication and hard work that Sid and Pam have invested in their beautiful gardens.

We are fortunate that KDGC members meet in beautiful gardens on the Central coast (and in the Hunter Valley occasionally) as many garden clubs hold their monthly meetings indoors. We get to see such a variety of inspiring outdoor spaces and meet interesting people at the same time. If

you have a garden you'd be willing to share with our garden club, we'd love to hear from you! If you don't have a garden, but would enjoy hanging out with us anyway, we'd also love to hear from you.

March in the garden:

As the days are cooler it's ideal to spend time outdoors and there is no shortage of things to do in the garden. This year I'm going to try some potted bulbs, so it's the perfect time to prepare the containers and pop the bulbs into the fridge for a few weeks.

March is also the month to:

- Aerate your lawn (once it dries out a little)
- check for the pests that thrive in these wet and humid conditions
- check roses for aphids and fungal diseases
- feed everything in the garden
- Sow beetroot, broccoli, cauliflowers, leeks, parsnips, peas, radishes, silver beet, turnips, calendulas, cornflowers, delphiniums, dianthus, everlasting daisies, Livingstone daisies, pansies, polyanthus, poppies, snapdragons, stock.

To celebrate St. Patrick's Day, sow your sweet peas on 17th March. Actually, this is the traditional date

for sowing sweet peas, but it's only a guide. Sweet peas need a sunny spot with good drainage and support for the climbing varieties. It's important to pick the flowers often, because once pods form, the plant thinks it's time to stop flowering. I think there's nothing nicer than a little bunch of sweet peas on the window-sill, and the fragrance is sublime.

Book of the month: Garden of Your Dreams by Charlie Albone

Garden of Your Dreams is an inspirational and practical guide to complete outdoor transformations - from the smallest urban courtyard to a rural paradise.

Let award-winning garden designer and landscape expert from Better Homes & Gardens Charlie Albone walk you through the process of turning your outdoor space into your own personal oasis. Start by identifying your dream design style, then learn how to make a plan that works for your site, budget and aspirations. Create an entertaining space you are proud of, prepare the soil and then the real fun begins - planting!

Packed full of ideas and inspirational how-to as well as Charlie's personal



The sun came out for a group photo at Sid and Pam's

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plant guide, Garden of Your Dreams is the ideal first step to dreaming up your own outdoor transformation.

<https://www.collinsbooks.com.au/p/garden-of-your-dreams-a-practical-guide-to-your-best-outdoor-transformation-ever>

Recipe

I'm going to risk my reputation here and share a recipe for brussels sprouts. When I was younger, I made my Mum write a note to the boarding school principal saying I was allergic to these small packages of evil. Nothing anyone could say would convince me otherwise, and it wasn't until very recently that I gave them a second chance. Now, they're a key staple in my fridge and I have to admit I've been wrong about them all these years.

Here's a recipe to make them irresistible.



Sid's perfect circles

Brussels sprouts with burnt butter and black garlic (from Ottolenghi's book, "Simple")

*you can buy black garlic at Harris Farm or from speciality growers online, or for the truly dedicated, you can make your own. (but be warned, making black garlic takes weeks, so plan ahead!)

Ingredients:

- 450g Brussels sprouts, trimmed and cut in half lengthways (400g)
- 1 tbsp olive oil
- ¾ tsp caraway seeds
- 20g black garlic cloves (about 12), roughly chopped
- 2 tbsp picked thyme leaves
- 30g unsalted butter
- 30g pumpkin seeds, toasted
- 1½ tsp lemon juice
- 1 tbsp tahini
- salt

Method:

1. Preheat the oven to 220°C fan.
2. Mix the sprouts with the oil and ¼ teaspoon of salt, then spread out on a parchment-lined baking tray. Roast for 10 minutes, until the sprouts are golden-brown but still crunchy.
3. Meanwhile, lightly crush the caraway seeds with a pestle and mortar. Add the black garlic and thyme and crush them to form a rough paste.

4. Put the butter into a large sauté pan and place on a medium high heat. Cook for 3 minutes, until melted and dark brown. Add the crushed garlic paste, sprouts, pumpkin seeds and 1/8 teaspoon of salt. Stir for 30 seconds, then take off the heat. Stir in the lemon juice and transfer to a large bowl or individual plates. Drizzle over the tahini and serve at once.

So my neighbour sees me kneeling down, busy in my garden and asks what I'm doing

"I'm putting all my plants in alphabetical order"

"Really?! I don't know how you find the time!"

"It's right next to the sage"

March 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 13th March 2023 in a stunning garden at Mt. White. Please contact us for further information and specific 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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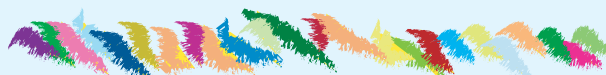
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UPCOMING CATTLE AUCTIONS

Maitland Regional Saleyards

- Weekly Monday Liveweight Cattle Sales 9am, followed by Calves, Pigs & Sheep from 12 noon.
- Monthly Store Cattle Sale Saturday Mar 18th from 12 noon.

Gloucester Saleyards

- Fortnightly Thursday Store Cattle Sales 11am Mar 16th.
- Macka's Pastoral Inaugural Angus Verified Female Sale Friday 24th March 2023 – 11am 600 Angus Verified Females 600

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Clearing Sales - Rural Property Sales

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REGULAR ACTIVITIES & MEETINGS

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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 Singers Contact Kim & Leila 0401516501 Mangrove Mountain & Districts Community Group Meeting		1st & 3rd Tue, Mangrove Mtn Hall, 7-9pm
Mangrove Emergency Planning & Communications Committee		1st Thurs of the Month, 7pm, Mangrove Mtn Hall. Contact: mepccinc@gmail.com , 0412669649
Mangrove Mountain Country Fair Committee Meeting		2nd Thur of month except Jan, 7:30pm, Mangrove Hall. Pres- Shane 0417 436 529
Mountain Districts Association (MDA)		www.mountaindistrictsassociation.com.au secretary@mountaindistrictsassociation.com.au
Mountain District Football Club Meeting		Second Tuesday of the Month 6.30pm at the Mangrove Memorial Club
River Cares for the Lower Hawkesbury River District		President Robyn Downham 0414248224 Email info@rivercares.com.au
Rotary Club Meeting		Friday 7.15am at Phillip House. 43404529
Spencer Community Progress Group Inc		President Brad Maisey, Community Meetings, 4377 1167, spencercpg2@gmail.com
Spencer Community Ladies Social Club		Last Fri of month. 12.00 noon Spencer Community Centre, Jennifer Dayes 4377 1364 Articles to: spencercpg2@gmail.com
The Mountain Tuesday Social Tennis Group	Newsletter	Tue 9.30am-12.30pm, Kulnura Tennis Courts. Enquiries: Alison Palmer 0427731548.
Somersby Equestrian Club Club & Committee Meeting		Every 2nd month. Check website for further details. www.somersbyequestrianclub.org.au
Wisemans Ferry Community Men's Shed		Tues & Sat, 9am-5pm. Contact: Alan Hunt 4566 4626 or Adrian Acheson 0448 833 781

SPIRITUAL

Anglican Service - Mountain Districts		Every Sun 8am at Peats Ridge Scout Hall, Sunday School during school terms
Mangrove Mountain Christian Group		General Meeting 3rd Monday, 7.30pm at CTC (next door to Mangrove Hall)
Mangrove Mountain Union Church, Christian Service		9.30am second and fourth Sundays. cnr Bloodtree Rd & Wisemans Ferry Rd
St Barnabas Christian Service Yarramalong		Every Sunday, 9.30am. (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, Philip House, Mt Penang Gardens. Chris Clarke email pastorkcbc@outlook.com

(cont'd next page)

LIVESTOCK MARKET REPORT



Maitland Liveweight Sale Report 13th February 2023

A total yarding of 300 cattle. Mixed yarding of cattle with good runs of weaners, the market was firm to slightly stronger on restocker cattle, the export market was firm. All regular buyers in attendance for the sale.

- Limited butcher vealers 365c/kg to 457c/kg.
- Restocker steers under 280kgs 275c/kg to 510c/kg to average 445c/kg, 280kgs to 350kgs 280c/kg to 465c/kg.
- Restocker heifers under 280kgs 260c/kg to 470c/kg to average 398c/kg, 280kg to 350kg 265c/kg to 410c/kg.
- Euro heifers to feed 415c/kg to 472c/kg.
- Yearling steers 280c/kg to 415c/kg.
- Yearling heifers 260c/kg to 380c/kg.

Cows made 150c/kg to 260c/kg. Bulls made between 160c/kg to 270c/kg.

Maitland Liveweight Sale Report 30th January 2023

250 Cattle on offer with good competition, all regular buyers attended. The offering of cattle comprised of 50 export cattle, 200 trade/weaner cattle. The export market remained firm with some improvement in the restocker market. There were some better offerings of quality Angus weaners that sold up to 30c/kg more than previous sales.

- Weaner steers up to 250kg made from 400c/kg to a top of 595.2c/kg to average 495c/kg.
- Steers 250kg to 350kg made 390c/kg to 525c/kg to average 455c/kg.
- Restocker heifers up to 250kg made from 400c/kg to a top of 530c/kg to average 450c/kg.
- Heifers 250kg to 350kg made from 300c/kg to a top of 515c/kg.
- Yearling steers made from 365c/kg to 470c/kg to average 415c/kg.
- Yearling heifers 390c/kg to a top of 480c/kg.

Cows made between 160c/kg to 290c/kg for a pen of store Angus cows. Bulls made between 220c/kg to 260c/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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*Michael Easy & Rodney McDonald
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Some Pig & Goat terminology

Pigs

- Pigs are mainly farmed for meat.
- Porcine – refers to pigs
- Boar – an entire adult male pig
- Sow – an adult female pig
- Piglet – a baby or young pig before it is weaned
- Barrow – a male pig that has been castrated before sexual maturity
- Stag – a male pig that has been castrated after sexual maturity
- Gilt – a young female pig that has not yet had piglets
- Farrowing – birth of piglets

Goats

- Goats are mainly farmed for meat, milk and fibre (hair or fleece).
- Caprine – refers to goats
- Buck – a male goat more than one year old
- Doe – a female goat more than one year old
- Kid – a young male or female goat
- Wether – a castrated male goat
- Kidding – giving birth

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

Saturday Craft Group/Spining
and bobbin lace

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-9pm, Youth Ministry 18-35yr
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.
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
2nd Sat of the month Somersby Hall (10am to
2pm) cost \$5 per person Carmen 0434071305

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

Wisemans Ferry Mens Shed Nostalgia trip

Sunday 12th March, 2023, Wisemans Ferry
Mens Shed behind Wisemans Ferry Bowling
Club, Please ring Adrian on 0448833781 to
book a spot for your display. Entry free.

Mangrove Mountain Country Fair

Saturday, 21st October

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Running an eagle eye over the region's road network

Central Coast Council is currently undertaking a road condition survey across the region's entire sealed road network of more than 2,000 kilometres, using state-of-the-art technology to efficiently gather accurate data for effective road management and works planning.

Council Director Infrastructure Services, Boris Bolgoff said the data gathered from this survey will help plan for the distribution of available Council and grant funds for road renewal projects where they are most needed, and the scheduling of maintenance works.

"We've engaged a data collection specialist to undertake this comprehensive electronic assessment using a Hawkeye 2000 Network Survey Vehicle to complete in-depth road analysis," Mr Bolgoff said.

"Equipped with a digital laser profiler and eight roof-mounted digital cameras, the vehicle captures high-definition imagery of Council's road pavement across the Central Coast Local Government Area.

"This technology greatly improves efficiencies as the process is much quicker than more labour-intensive methods of assessing road conditions. This means Council can progress to plan and deliver improved roads for the community faster."

Council Administrator, Rik Hart said the maintenance and improvement of our road network continues to be a key priority.

"Managing and maintaining our extensive network of roads is a big job and we are embracing new technology to effectively collect accurate data and plan works for this important infrastructure," Mr Hart said.

"This is one way that Council is delivering on a commitment to responsible governance through improved efficiencies in work practices for the benefit of our community."

This road condition survey is in addition to the routine pavement inspections undertaken to identify defects, such as potholes, which guides upcoming road maintenance works.

An ongoing road renewal program is in place and delivers treatments such as preservation sealing, heavy patching, rehabilitation, and resurfacing.

Council crews are on the ground each week undertaking road renewal works and are currently completing Glen Road, Ourimbah, and preparing for Bay Road and Eloora Road at Blue Bay in late February.

Several other roads across the region are already planned for road renewals this year, including:

- Ilya Avenue, Erina
- Haynes Road, Umina Beach
- Debenham South, West Gosford
- Tuggerawong Road, Tuggerawong

To view this financial year's road and drainage capital works projects and their status, use Council's online Capital works interactive map at centralcoast.nsw.gov.au.

Council encourages people to continue to report any road defects and other safety concerns to Council, via Council's 24/7 online customer service centre or by calling 4306 7900 during business hours.

*Central Coast Council
Media Release*



Hawkeye 2000 Network Survey Vehicle



Council Director Infrastructure Services, Boris Bolgoff inspects the Hawkeye 2000 Network Survey Vehicle with the contractor's representative.

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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.

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