

COMMUNITY NEWS

No. 918 Ph: 4374 1039 Mo: 0412 669 649 Email: enquiries@cnews1.com.au Web: cnews1.com.au 7th April 2023



CHRIST LIVES AGAIN THIS EASTER! HELP BRING A COMMUNITY SPIRIT BACK TO THE UNION CHURCH

**GOOD FRIDAY & EASTER
SUNDAY SERVICES AT
THE UNION CHURCH
9.30am on the 7th and 9th
APRIL 2023**

After almost 2 years since the last worship service in the Mangrove Mountain Union Church, we have negotiated a casual hiring of the buildings for Easter Services on this coming Good Friday and Easter Sunday. All are welcome to both Services which are at 9.30am on each day.

The service on Friday will be more contemplative with readings from John's Gospel, a Testimony, prayers, and some music. Sunday's service will celebrate the Risen Christ with joyful hymns, a sermon, communion, and prayers, all followed by hot cross buns, Easter eggs, tea, and coffee in the Meeting Hall.

We are encouraged that our efforts and the prayers of many to Our God have been answered and that the Liquidator's heart has been changed. We believe that an agreement is now nearing completion for the appointment

of a new Trustee to the Mangrove Mountain Union Church property and its return to our community for Christian Worship and Community Use.

BUT there is a last-minute hurdle – something referred to as a “Potential Historic Tax Liability” has been raised by the other side. Our own solicitor tells us that, as concerns a small “Not-for-profit” community association (as the former MMUC Inc. was), this is an entirely new concept for him regarding a property that is held in a charitable trust. We continue our prayers for a quick and just resolution to this latest obstacle.

As the agreement now stands, the Liquidator's claimed costs and expenses amount to around \$67,000. Add to this our own legal expenses and you will appreciate how dearly this matter will cost our community. If you support what we are doing, please join us in praying for the success of our efforts. Thank you to all from within our community and further afield who continue to support our campaign.

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

COMMUNICATING DURING EMERGENCIES

- Do live in an area vulnerable to bushfires, severe storms, floods or other disastrous events?
- Are you at risk of being cut off by landslides or road closures?
- Do you suffer from loss of power, phone and internet during emergency situations?

Be in a position to get help for yourself and to help your neighbours and others in your community by participating the local CB Radio Emergency Communications Network. The CB radio network provides a good backup communications system when all else fails and provides a last chance method to get through to “000” and emergency services.

The first training session for users was conducted at Bucketty in the RFS facility to provide a basic Q&A session and to address the use of the equipment and cover communication protocols.

The number of base station and hand held installations is set to grow to over 50 with the commencement of the second rollout.

Email mepccinc@gmail.com for more information.

This project is an initiative of the Mangrove Emergency Planning and Communications Committee and is supported by the Australian Government.

“Hope begins in the dark, the stubborn hope that if you just show up and try to do the right thing, the dawn will come. You wait and watch and work: you don't give up.”

Anne Lamott

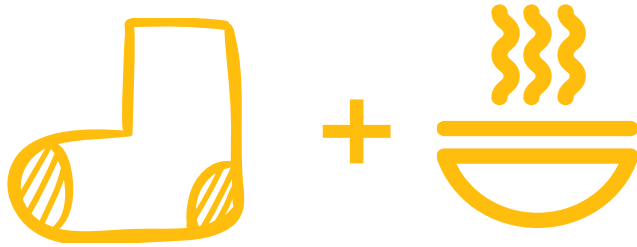
STOP !

Next issue Published
21st April 2023

**** DEADLINE ****

**** 14th April '23 ****

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#SHOEBOXREVOLUTION

SOCKS + SOUP DRIVE

8th April - 31st May

Socks are one of the most needed and least donated items received by the homeless community.

Donate a pair of socks or a tin of soup this Winter to support people without homes on the Central Coast.



Mountain Districts Association

Working for our Rural Community and the Environment

www.mountaindistrictsassociation.com.au

Annual General Meeting

Our AGM was held on 8th March. Our chair read out her Presidents Report, and a summary of it is included in this Community News.

We were pleased to appoint Mr Phil Douglas as the returning officer, and then proceeded with the appointment of officers for 2023.

They are:

- Chair - Claire Podlich
- Secretary and Public Officer - Poppe Zouroudis
- Treasurer - Verena Mauldon
- 2 committee members – Elaine Raines and Glynnis Golsby

We then held our General Committee Meeting where we moved forward with the following items: -

- District Image Making grant –



Mountain Medicine

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

Dr Christine Wade

B.Med (Hons) FRACGP

Dr Arsenios Magdas

MD B.MedSc

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this is for the signage to welcome visitors to our beautiful area.

- We discussed the Council's draft plan of management for community land and sent off a submission asking some questions.
- We are still waiting to learn more about the Aboriginal Cultural Tourism Grant and agreed to invite members of the Darkinjung community to our meetings.
- We would like to extend the placement of defibrillators beyond Lower Mangrove, so that this vital life saving equipment is accessible to all of us.
- The Area Emergency Plan is progressing well, with a number of CB radios handed out and being tested.
- Mangrove Mountain Landfill- while we are still waiting for the Court of Appeals to hand down its judgement (in the Land and Environment Court case), we keep reaching out to politicians, ensuring that they are aware of the situation.

We have a website:

mountaindistrictsassociation.com.au

au

where you can find more information about our group.

Poppe Zouroudis

Photo - L to R: Elaine Raines, Claire Podlich, Poppe Zouroudis



Harvest Festival Call for stalls



Mangrove Mountain Public Hall will be a hub in this year's Harvest Festival which is being held on the Saturday and Sunday of the June long weekend (10th & 11th of June).

There will be several different musical performances and other entertainment, plant sales, CWA tea room and jams & pickle sales, animal displays and market stalls.

If you are interested in holding a stall for arts, craft, artisan products, bric-a-brac, recycled items, farm produce etc please phone Ryan on 0405 416 289.








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GOATS

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Are your animals suffering from worms???

OBSERVATION IS THE KEY to help prevent and reverse adverse health conditions.

I have kept goats for forty years on the mountain, I now have experience and interest in micronutrients and disease. Soil, weather conditions contribute to the goats health and wellbeing.

Goats naturally browse not graze. The grasses if grazing should be kept long so the goats are not ingesting the worm larvae and eggs.

“Natural Goat Care, by Pat Coleby”, a book I purchased to learn about keeping goats.

Years later I purchased “Natural Goat & Alpaca Care” by Pat Coleby, Second Edition. I organised a two day presentation at Il Cador’e Equestrian Centre for Natural Goat & Alpaca Care.

It was a great success and I use Pats’ goat care today.

The wet weather we have had has caused added management needs to deal with Barber’s Pole worm.

Infestations of Barber’s Pole worm, haemonchus contortus, always causes anaemia and will lead to the death of the animal if not treated.

1) Contact a local Vet and get a livestock Faecal Egg Count.

2) I have added to my management a Liquid Iron supplement ad lib.

3) Anaemia kills the goat.

4) Wormy goats have a picky appetite, lowered milk yield, scouring, bottle jaw, will move slowly and may be slightly separated from the rest of the herd.

5) My goats look great this year, Pat was a great lady.



Hope this helps you.

Dianne

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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 April 15th from 12 noon.
Gloucester Saleyards
• Fortnightly Thursday Store Cattle Sales 11am April 13th.
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Tocal College celebrates a successful 2023 graduation

Tocal College recognised the hard work and achievement of 209 graduates at its Paterson campus last Friday.

The Director of Education and Tocal College Principal, Darren Bayley said it was inspiring to see so many students graduate this year.

“Tocal College staff and supporters always get a tremendous sense of satisfaction from seeing so many young people receiving their qualification and starting their career in agriculture. We also enjoy seeing graduates who are already working in agriculture and associated industries, advancing their skills and qualifications” Mr Bayley said. “This includes the 4,245 people who took part in Tocal’s skills training program across more than 100 locations across NSW”.

“The high number of graduates and participants in skills training this year points to the demand for an increasingly skilled workforce in agriculture and land management, due to improving seasonal conditions



(even despite the recent flood events)” Mr Bayley said.

The Ceremony was Chaired by Sarah Pace, President of the Tocal Student’s Association, and the Occasional Address was given by Mr Adam Kay, CEO of Cotton Australia. The day also included the presentation of scholarship awards, with 28 donors providing more than \$150,000 in scholarships to fulltime students.

The Duxes of the College’s Full-Time Courses were:

Certificate IV in Agriculture (Tocal

Farm Supervision and Agribusiness program): Madelaine Free - Dural

Certificate III in Agriculture (Tocal Agriculture Production program): Anabella Fairbairn – Engadine

Certificate III Performance Horse (Stock Horse Breeding and Training Program): Koa Hampson - Cooranbong

Certificate IV in Agriculture Traineeship program: Daniel Crozier - Scone

Tocal College will continue to grow its’ programs over the next 12 months

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LOCAL PRODUCER RECEIVES CITRUS AUSTRALIA AWARD

A big congratulations to East Coast Beverages who recently won the Citrus Australia 'Value Chain Innovators Award'. This award was presented at the Citrus Australia awards night at the Outlook Forum in Mildura and recognises the innovations and hard

work to strive in a crowded fresh juice market.

Congratulations to everyone at East Coast Beverages to consistently deliver the best juice in Australia. Awards like this are a testament to the

innovations to all family businesses who create new opportunities and jobs on the Mountain. Well done!

John Golding
Research Horticulturalist
NSW Department of Primary Industries



as a leading provider of training in agriculture and associated industries. Mr Bayley said that he "looks forward to keeping in touch with graduates through the Tocal College Alumni".

Darren Bayley
Principal Tocal College



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(ANAND)

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POSITION AVAILABLE TRUCK DRIVER /MAINTENANCE

We are currently seeking a part -time driver/ farm maintenance person for our farm, Mangrove Mountain Free Range.

The successful applicant will be required to:

- Work weekends
- Collect and prepare eggs for transport
- Maintain Animal Health & Welfare Standards
- Maintain Product Quality and Food Safety Standards
- Carry out maintenance of shedding, equipment, farm grounds and surrounds
- Liaise with management
- Implement company policies and protocols regarding Quality Assurance, Animal Welfare and Workplace Health & Safety

Skills/competencies that would be advantageous for candidates include:

- MR/HR Licence (Must Have)
- Basic Computer Skills
- Forklift/Tractor Licence
- Chem-Cert Licence
- First Aid

Experience preferred but not essential

All applications must be in writing by email to:

john.k@pirovic.com.au

Applications Close by: Monday 3rd April 2023



Mangrove Mountain Districts NSW

Mountain Districts Association Chairpersons Report 2023

Our Association aims to represent our rural community on issues that affect residents as well as encouraging initiatives that enhance our environment and lifestyles.

In 2022 as we began to move on from Covid lockdowns there continued to be disruption to community and Government services and the impacts caused by natural disasters.

MDA has represented our local community on the following issues:

- Our lack of elected representation at Local Government level. Next election of Councilors is to be in 2024.
- Following the verdict by the Land and Environment Court handed down in favour of Verde Terra the case has now been referred to the Court of Appeal. Following representation to Rik Hart (Council Administrator) we have been assured that Council will defend the need for Verde Terra to submit a new Environmental Impact Statement before being able to resume work at Central Mangrove. The work began as a Golf Course re-modelling project but morphed into a Regional Waste Facility. The protection of local water resources is seen as critical.
- MDA continues in discussions

with Council to complete our Visitor Information Signage project for which we have received funding. We hope to install signs at Mangrove Mountain, Kulnura, Somersby and Peats Ridge that will have maps and information about the local area.

- MDA made a submission to Councils Draft Plan of Management for Council Community Land. Several blocks of land have been categorized as General Community, Natural Wetland, Water Course or Bushland for the first time. We hope that this will ensure that they are going to be included in Council's cyclical maintenance program in future. We sought clarification on some areas including Ovals and Reserves that were not listed perhaps because they are categorized as Operational Land.
- A meeting with the new Federal Member for Robertson Dr Gordon Reid gave us the opportunity to raise local issues such as Postal Services at Mangrove Mountain, Telecommunications concerns, Road infrastructure, Health Services and Natural Disaster Management.
- Shane Geerin from Central Coast RFS explained to us that a Community Protection Plan for our area has been approved. Community Safer Places have been nominated at Mangrove Mountain Hall and Mountain Districts Sports Park. Protection plans for mobile phone towers are being discussed. Individuals should continue to create Asset Protection Zones on their properties.
- MDA was pleased to be able to support the Emergency Planning and Communications Committee's submission for funding to develop a CB Radio network that would help mitigate communications failures during disaster emergencies. We are very pleased that the grant was



ARTS NEWS

WVAC warmly invites you to 'WOMEN ON COUNTRY'

A solo exhibition by Judith Franklin, 5 - 25 April 2023, Open daily 10am - 4pm

Old Fireshed Gallery
Wollombi Cultural Centre

You are invited to celebrate the exhibition opening on Saturday 8th April from 5.30pm. Please come along and experience a traditional smoking ceremony and view Judith's artwork while enjoying drinks and nibbles.

Judith is a contemporary artist from the Darkinjung people of the Central Coast, NSW. Art has always been a part of Judith's life. She uses a variety of mediums, and has studied painting and print making at Newcastle University and Tafe. Judith gains inspiration from her own family background and life experiences, and has received many awards for her artwork.

Wollombi Valley Arts Council
c/o General Store, Wollombi 2325
web: www.wollombi.org

Right Top: 'Bush Tucker'
Right Bottom: 'Standing on Country'

approved and the project is in a trial phase.

- Our fundraising activities this past year have included Harvest Festival and Country Fair.

Thanks to our dedicated and hard working volunteer committee who have worked co-operatively and inclusively to improve this special place we call the Mountain Districts.

Claire Podlich
Chairperson, MDA

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RESILIENCE BEARS

After the fires, floods and lockdowns the council sponsored a resilience group working out of the Hub at Mangrove Mountain every Monday afternoon. It started with a group of enthusiastic community members yarn bombing a tree.

We then moved onto a new project of knitting Mangrove Mountain bears

which we tied in with the Country Fair.

Mangrove Mountain CWA sponsored a prize for the fair for the best knitted bear. The bears that were donated were put aside to donate to Gosford Hospital for the Children coming into hospital. On Tuesday this week Sue Douglas and Judy Betteridge met up with Tracey Moore Central Coast LHD to hand over the bears. Tracey was very appreciative of the donation and gave us plenty of stories of their uses.

Judy Betteridge



L to R: Sue Douglas, Tracey Moore and Judy Betteridge with the knitted bears

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CELEBRATING WOMEN OVER 60

An Instagram series by Sue Harris

Meet Bernadette!...

I love cultural heritage adventures – immersion in the spirit of place. My 60s have found me among Hawkesbury sandstone and its tributaries. I live on one of these tributaries at Mangrove Creek. It's true to say the place possessed me and called me to attend to what is important. I started gathering social histories of the Lower Hawkesbury River and the Spencer area capturing the stories of long-term residents and delving into the pictorial and written archives.

When I first moved to the river, I was working for various heritage organisations – the National Trust and Historic Houses Association and in my spare time kayaking on the river, botanising, exploring the bush, and researching the local history. With a background in interpretative archaeology and events the planets had aligned to bring together all my interests and experience. During one of the many COVID lockdowns in 2021 I noticed a shopfront in Spencer and jumped ship to set up HERITAGE VENTURES @heritage_ventures_



australia – adventures – in the bush, on the water and travelling deep histories. Being director and curator at Heritage Ventures is such fun ! I design events offering immersive history tours, storytelling and boating adventures with professional experience guides drawing on the fascinating histories of the area. It's cultural heritage tourism staged in an amazing landscape. I love connecting people to the delights of the sandstone country and waters of Dyarubbin.

The home of Heritage Ventures and where you'll find me most

weekends (when I'm not on tour) is the Hawkesbury Duck located at the confluence of the Hawkesbury River and Mangrove Creek in Spencer. 'The Duck' is a space for local history, workshops, and gatherings and an environment where anyone can view archival maps and records and on weekends enjoy a curated tea menu, rare history books and vintage ware. You're all invited to visit the Hawkesbury Duck by the river in Spencer.

So in my 60s I'm going for it and doing what I love, issuing

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Peats Ridge & District CWA

On the 6th March we held our meeting at the Community Hall and lovely visitors also attended.

Thursday 9th was very successful for our branch with prizes for our cakes in the competition of 220 entries (my boiled fruit cake came 2nd out of 20 entries and yes my oven was very kind to me). Our member Julianne dressed a doll from the Country of study, Latvia, and we are so happy it is going to the State Competition in Bathurst in



May. Well done Julianne and we are sure our beloved Barbara is smiling down on us as her tradition is being kept alive. Our Barbara used to dress the dolls every year and they used to go to State. We had handicraft items entering the competition as well.

And now it is with great sadness to mention that one of our ex member Norma Mobbs passed a way last Friday. Norma and Colin moved to Bannockburn, Victoria, to be near their children and even though we were sad to see them go but at the same time very happy for them as they were near their family. Norma and Colin were very active in our branch and now they are united once more.

Till next time take care,

Christine Sanfilippo
 Publicity Officer

SPENCER RECOVERY POP-UP

Come along to connect with services that can assist you with your flood recovery needs!

Spencer
 Community Hall
 13 April, 2023
 10.30am to 2pm

FREE BBQ
 & COLD
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 & LUCKY
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This is an alcohol free event

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BRINGING THE HAWKESBURY TOGETHER

Service NSW will be in attendance to offer Flood Recovery Customer Care appointments to assist with Flood and Storm Grant applications. Contact us to make a booking.

Other available services will include:

- Services Australia
- Central Coast Council
- The Salvation Army
- Department of Primary Industries
- Australian Red Cross
- Rural Adversity Mental Health Program
- Rural Financial Counselling Service NSW

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Price: \$1,900,000

Family living is easy in this impressive and generously proportioned masterpiece. Be impressed by the defined street appeal of the home with wide frontage and manicured lawns occupying a generous 2.5 acres (approx.). Step over the threshold to expose a polished and bright ambience created throughout with a seamless floor plan that all can enjoy. With commanding entranceway and crisp tiling following you to the living and dining providing for a light filled home that all can enjoy.

Immaculately presented throughout, the home provides a perfectly positioned kitchen overlooking the gardens and outdoor entertaining area, offering enough bench space, ample storage and a walk in pantry. With four generous bedrooms plus an additional workshop/studio space for business owners or hobby enthusiasts even the largest of families will find this home the perfect fit.

Featuring down lights throughout, air conditioning, beautifully manicured yard space, a large paddock and two holding paddocks for animal enthusiasts, four car lock up garage and crisp white window shutters. Perfectly positioned within proximity to schools, shops and transport this home is ready and waiting to be your next family home!

- Four bedrooms with BIR and an ensuite & WIR to the main
- Large kitchen with a walk-in pantry
- Window shutters throughout
- Air conditioning
- 125,000 litre tank underground
- 1 x 22,000 polytank off the double garage
- Large four car garage
- Workshop area & study area
- Undercover entertaining area
- 1 x small dam
- Large paddock & two holding paddocks
- 2.5 acres (approx.)

Stone Leaders In Lifestyle Property





Paradise Has Arrived, 41 Amber Lane, Wyong Creek

8 4 6 21 Acres

Price: Contact Agent

Approximately 50 minutes from Sydney's North Shore in the stunning Yarramalong Valley, is the perfect place to escape the hustle and bustle of city life. From the moment you drive into the private lane you will feel at home.

Occupying a commanding position on approx 21 acres, this well-proportioned single level home offers plenty of space to entertain. Curl up in front of the fire on those chilly winter evenings. Share fine food and wine with family and friends, indulge in Sunday BBQs and backyard cricket. This is the perfect home to create memories and celebrate milestones.

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

- Peaceful country lane
- Fertile acreage with direct creek access
- Horse stables and yards
- Established gardens with mature trees
- Abundance of water
- Alfresco entertaining
- 4 bedroom single level family home
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Mountain Community Children's Centre Inc.

Harmony Week

We celebrated Harmony Week with a wonderful lunch. We shared many cultural foods from our families including Maltese, Chinese, Italian, Swiss, Taiwanese, Russian, Australian, and Scottish. Some of our families joined us for lunch on the verandah with the children. Thank you to the families who came along to join us and brought along some food to share.

Positions Vacant (Part Time and Casual)

We are currently looking for some new educators to join our team. We have a part time position available as well as casual positions. Please feel free to get in touch with the centre or check out our advertisement in the back of the Community News.

Notice of AGM

We will be holding our Annual General Meeting on Wednesday 26th April at 7pm at the centre. All welcome.

Socks and Soup Drive

We will be supporting a Sock and Soup Drive from the 8th April – 31st May for people without homes on the Central Coast. This cause needs socks and soup to warm the feet and bellies of our homeless community this winter. We will have a collection bin here at the centre so please feel to pop in and drop off some warm socks and or ring pull tin of soup. We are open Monday to Friday 7.30am – 5.30pm or give us a call and we are happy to collect any donated items if you are unable to get to the centre.

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

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



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Kulnura and District Garden Club

“My passion for gardening may strike some as selfish, or merely an act of resignation in the face of overwhelming problems that beset the world. It is neither. I have found that each garden is just what Voltaire proposed in *Candide*: a microcosm of a just and beautiful society. –Andrew Weil”

Our March meeting was held in the glorious gardens of “Marlow Falls”, Mt. White. After a long and at times steep drive through the heathland to the valley floor, the gardens were absolutely breathtaking and offered a stunning contrast to the surrounding natural bushland. Thank you Barbara Smith for your hospitality and hard work to make it a memorable day for us.

We were also delighted to present Marilyn Steiner with the Ann Williams Clark medallion. This is a Garden Clubs of Australia Award for affiliated clubs, who may nominate a member for long and outstanding service.

Marilyn has been a very active member of the Kulnura & District



Top left: A warm welcome from the resident greeter, **Top right:** Marilyn Steiner receives the Ann Clark medallion (Marilyn Steiner, Louise Salter, Jacqui Maxwell), **Middle:** Meeting in progress, **Bottom:** Gardens of Marlow Falls

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Garden Club for over 10 years, propagating and selling plants for the benefit of local Mangrove Mountain community charities and organisations, and to raise funds for our club. She has used her expertise as a senior agricultural entomologist with NSW Agriculture to benefit the members of our club, often identifying and offering advice on management of not only pests but of beneficial insects. Marilyn is no longer living on the Central Coast but remains an active member of our club. She has hosted us in the Southern Highlands where she now resides, and also joins us on our trips around various regions to visit open gardens. We still benefit from Marilyn's academic expertise both in person and on our Facebook page. A very worthy recipient of this prestigious award.

Just when we thought we could say goodbye to the hot days, March surprised us with a few very hot ones, so I am hesitant to say "now that the hot days are behind us", yet I shall tempt fate and suggest that April is a great month to:

- Mulch the veggie patch and other garden beds
- Prepare soil if you are intending to plant bare root deciduous trees during winter
- Trim hedges
- Give your plants a gentle fertilise.
- Check for the pests that continue to thrive in wet and humid conditions
- Plant some citrus trees (container grown) The DPI has some very helpful advice on orchards here: <https://www.dpi.nsw.gov.au/agriculture/horticulture/citrus/content/orchard-development>
- Pop some beetroot, cabbage, lettuce, spinach, carrots, peas, celery, cauliflower, broad beans, leeks, onions, radishes and turnips into the veggie patch
- Sow Alyssum, candytuft, cornflower, lobelia, nemesia, pansies, poppies, stocks, sweet peas, asters, carnations, lavender, nemophila, nasturtium, snapdragons, verbena, violas, and marigolds.
- Consider sowing a green manure crop to improve any tired garden beds – fava beans, cow peas, or oats. These will work wonders to improve your soil.

Book of the month: Bush Flowers by Cassandra Hamilton and Michael Pavlou

Australian flowers are truly unique. Banksias and flannel flowers, wattle and waratahs all offer their own magic of colour, shape and texture. All across this country there is botanical beauty right in front of us.

Native flora and foliage offer a beautiful alternative in the sustainability-challenged cut-flower industry. Our diverse landscape and climate produce incredible flowers that inspire our gardens and fuel our creativity. Here are over 50 plant profiles with notes on growing, cutting, conditioning, arranging and drying, with florists' insights on what makes them so special.

Bush Flowers will give you everything you need to bring Australian native plants into your home, and to see the bush around you in all its beauty.

Cassandra Hamilton is a florist and writer with an enduring love for plants. Throughout her career, spanning many industries from conservation to landscaping, floristry, design and media, the Australian bush has been a constant source of inspiration. Australian flowers are her passion and she is a big proponent of sustainable, local floristry. Her favourite flower is a flannel flower. Michael Pavlou is a flower grower and retailer. He founded Bush Flowers in Carlton North in 2019. Michael has spent over twenty years working in the flower industry and has a love for banksias, which he produces on his farm in northern Victoria. His favourite flower is the Australian firewheel tree, *Stenocarpus sinuatus*.

<https://www.booktopia.com.au/bush-flowers-cassandra-hamilton/book/9781760762346.html>

<https://bushflowers.com.au/products/bush-flowers-australian-flowers-and-foliage-for-decoration-and-design>



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What's the best way to make Easter easier? Put an "i" where the "t" is.

April Meeting:

We meet on the second Monday of each month at 9:30am for a 10am start. Our next meeting will be on Monday April 10 at Kariong, in the beautiful garden of Jacqui and Graham Maxwell. We'd love you to join us, so please contact us for directions.

Guests are always welcome. 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!

Wishing you a relaxing Easter break. May it give you extra time in the garden.

Karynne Courts
 (KDGC Committee member, 2023)



St Albans is the place to be on Easter Sunday

St. Albans Village MARKET

Andrew Browne Performing Live

Feature Creatures Reptile Show

OMG! DECADENT DONUTS Blue Mountains

Giant Kids Games in the shade with dedicated seating

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In the northern Hawkesbury at 2 Wharf St, St Albans from 10am, where the 1st 20 coffees are always free!

Learning how to FEEL energy

One of the most important discernment 'tools' that a person can employ in these times is to learn what positive energy feels like and what negative energy feels like. I'll use two scenarios in contrast to help illustrate how one can pay attention to what their body is telling them depending on what energies they are being presented with in any moment, which can apply in short-term or long-term circumstances. I feel that this is a hugely relevant topic to address because sometimes a person can be so consumed in their own emotional turmoil that they can have a tendency to ignore the signs their body is telling them, which if they had better understanding of, could help them realise what action they need to take (or, at least, what they need to aim for).

To demonstrate the bodily signs that one feels around a person (or people) that share positive energy, think about how your body feels when you are with someone who you feel very comfortable to be in the presence of. Typical responses would be that you would feel very relaxed, as if you didn't have a care in the world. Your muscles would be nice and loose. You would sit with an open posture without the need to 'escape' or 'excuse' yourself from

their presence (which can exist around a parasitic or draining energy). Your mind would be relaxed, being engaged in open, dynamic conversation that just 'flows' naturally without even thinking, for hours on end without being tired of their company. You don't have any 'uneasy' feelings being around this person. They don't make you feel stressed, or upset. You laugh and smile and can crack jokes in their company with ease. Your bodily functions work normally. Sexual activity (where relevant) is painless and pleasurable. They help you to feel uplifted, energised and supported and most importantly they make you feel like you are being heard. And in return, you feel like you can tell them anything in a space where you won't be judged just for being YOU. Being around a person like this can be healing for your body.

Now think of the contrasting scenario, when you are being exposed to negative energies (which are basically the behaviours and emotional reactions coming from a person or people who have many unhealed trauma wounds). Do you feel nervous around this person, like you are 'on edge'? Does your heart race at times? Can you feel the 'flight or fight' reaction in full force, as if you almost need to be ready to get away? Do you feel a yucky, queasy feeling in your gut that you just can't shake? Do you feel like you might vomit? Are your muscles tight? Does your body

shake? Do you feel 'contracted' rather than open? Does the hair on the back of your neck stand on end? Do you burst out crying at the drop of a hat? Does your jaw clench (or do you grind your teeth at night when asleep?) Or do you have trouble getting a decent sleep? Do you sometimes feel the need to urinate or defecate more than usual (which can be your body trying to release unwanted energies in a toxic situation)? Do you have a tendency to partake in annoying habits/vices such as biting your nails, or picking at scabs, or finding yourself feeling 'itchy'? (As in, being uncomfortable in your own skin?) Do you feel constantly anxious or depressed, or just downright void of emotions because you've exhausted yourself beyond the ability to feel anything anymore? If you have spent many years with such a person, do you have many physical ailments, especially ones related to the liver and kidneys which reflect being in a toxic relationship or environment? Or thyroid issues due to a limited ability to 'speak your truth' for prolonged periods? Is your sexual activity and intimacy affected or even non-existent? Do you have a high blood pressure from stress or diabetes or heart troubles from a lack of love? (This does not necessarily mean romantic love.)

When you are around a negative energy like this, you can find it hard to function normally in both a mental, emotional and physical way, which,

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if not turned around, can make one become more unhealthy as time goes on. Your adrenal system goes into overdrive, resulting in chronic fatigue. You may look and feel older due to the emotional and mental battering. Your affect (outward expression) might be flattened or blunted due to depression. You might escape wanting to feel because it hurts so much. You don't feel like you are being heard, and you don't know how to find the energy to get out of a situation even though you know it's not good for you. You feel that anytime you attempt to speak what you really think or try to justify the way you feel, the other person simply ignores what you've said or gaslights you for what you think. Being around a person like this has a toxic effect on your health. It slowly drains your life force away. These are the type of people to avoid when you can learn to detect the warning signs in your body.

I am hoping that the scenarios I have outlined above give a good illustration of the type of people that contribute towards your optimal health rather than take away from it. Whether referring to momentary interludes, or long-term living situations, it pays to have an awareness of 'reading' your own body as the body cannot lie. It is TELLING you what you need to do to improve your situation, or who to steer clear of, and who you can invite into your space more freely. Your space

Some Poultry Terminology

Poultry are domesticated birds that are kept for meat or eggs including birds of the order Galliformes: chicken, turkey, natatorial (swimming) birds: duck and goose.

- Flock is a group comprised of one species of poultry.
- Trio is typically a group of poultry with one male and two females

Chicken is a common domestic fowl (*Gallus domesticus*).

• Broiler is a meat chicken processed at the age of 7-12 weeks when it reaches 1.13 to 1.6kg (2½ to 3 ½ pounds) live weight.

• Fryer is a meat chicken usually marketed at 12-20 weeks.

is your space and only you can be responsible for who you let into it.

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)

• Capon are male chickens that have been castrated and they are harvested at 4-8 months old. They weigh 2.26 to 4.1kg (5-9lbs) and produce more white meat and have higher fat content than other chickens.

• Chick is a newly hatched or a very young chicken.

• Cock is a male chicken at least one year of age or older.

• Cockerel is a male chicken less than one year old.

• Cornish game hens are a cross between a Cornish and Plymouth Rock chicken (although originally they were pure Cornish), 4-5 weeks old, weighing about 0.9kg (2lb) They may be of either sex.

• Hen is a female chicken at least one year of age.

• Poussin or "spring chicken" is a young chicken, 3-4 weeks old, weighing about 0.45kg (1lb) that is prepared as a single serving.

• Pullet is a female chicken less than one year of age. A pullet is, in industry, a young female that has yet to start laying eggs.

• Roasters are chickens that are 6-12 months of age weighing 1.18 to 3.2kg (4-7lb).

• Rooster is a male chicken over one year of age.

• Stewing fowl is a mature male or female chicken over one

The Livestock Conservancy
<https://livestockconservancy.org/resources/animal-terms/>

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REGULAR ACTIVITIES & MEETINGS

RURAL FIRE SERVICES

Bucketty RFS	Weekend Training Station Maintenance General Meeting	3rd Sat, 9am-12 pm, breakfast 8.30am Every Thurs as required, generally 10am-1pm 3rd Sat in even months, at 1pm, All welcome buckettyrfs@gmail.com (02) 4998 8130
Calga-Mt. White RFS	General meeting Training Information & updates Contact	3rd Mon of the month, 7.30pm all welcome Every Monday 6.30 except public holidays Facebook.com/calga/mtwhiteruralfirebrigade/ Captain.calgamwhite@ccrfs.org.au - Zack Winslade.
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		1st & 3rd Tue, Mangrove Mtn Hall, 7-9pm Contact Kim & Leila 0401516501
Mangrove Mountain & Districts Community Group Meeting		1st Thurs of the Month, 7pm, Mangrove Mtn Hall. Contact: mepccinc@gmail.com , 0412669649
Mangrove Emergency Planning & Communications Committee		
Mangrove Mountain Country Fair Committee Meeting		2nd Thur of month except Jan, 7:30pm, Mangrove Hall. Pres- Shane 0417 436 529
Mountain Districts Association (MDA)		www.mountaindistrictsassociation.com.au secretary@mountaindistrictsassociation.com.au
Mountain District Football Club Meeting		Second Tuesday of the Month 6.30pm at the Mangrove Memorial Club
River Cares for the Lower Hawkesbury River District		President Robyn Downham 0414248224 Email info@rivercares.com.au
Rotary Club Meeting		Friday 7.15am at Phillip House. 43404529
Spencer Community Progress Group Inc		President Brad Maisey, Community Meetings, 4377 1167, spencercpg2@gmail.com
Spencer Community Ladies Social Club		Last Fri of month. 12.00 noon Spencer Community Centre, Jennifer Dayes 4377 1364 Articles to: spencercpg2@gmail.com
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

(cont'd next page)

Easter school holiday program to keep young minds and bodies busy!

The first term of school went by in a flash but don't worry, Central Coast Council has you covered to keep your kids busy and entertained these school holidays.

Council Director of Community and Recreation Services, Mel Smith said there are over 40 free and affordable events for all ages delivered by our regional gallery, libraries, leisure centres, theatres, and youth services.

"There really is something for every interest with this year's school program, which also showcases the expanse of Council's facilities and community services across the region," Ms Smith said.

"To make it easy for parents and carers to find out what's on and where, we've listed school holiday events on our website at centralcoast.nsw.gov.au/schoolholidays, which can be searched by dates and locations – plus we also have an online brochure highlighting the school holiday program."

Some highlights from this year's school holiday program:

- **What's On across our Libraries** - Our libraries are hosting an array of hands on and immersive experiences. Get your glow on with a range of dark room experiences – Glow Games, Glow Disco, Glow Room Sensory Fun, and Glow Construction. Game away with others with Dungeon and Dragons or Hogwarts Wizard Tournament. Get crafty with polymer clay jewellery making, create stickers and labels, make gaming models, macrame and more. Learn about pre-historic dinosaurs and fossils or discover the birds of Brisbane Water. Go to our website to see full program of events.

- **What's On at Gosford Regional Gallery** - Kids can explore their artistic side in a range of mediums and create wild bird or bonsai sculptures, oil pastel octopus art or attend a printmaking, silk painting, drawing or painting workshops, plus lots more.

- **What's On at our Leisure Centres** - Swim, slide and splash out kids' energy these school holidays with inflatable fun and the water slide. Or fine tune some water and ball skills with swimming lessons or at the basketball clinics.

- **What's On at our Town Centres** - Grab a rug, your friends and family and join your local community in our

series of open-air cinemas and watch an Easter favourite 'Hop' at Kibble Park (Gosford), Chapman Lawn (Wyong), and the Village Green (Toukley). There will be a range of activities running from the afternoon into the evening including crafts, circus play space, roving entertainment, and lawn games before you watch a family movie.

• **What's On at the Theatre** - Skilled theatre artists lead children on a journey of make-believe through the Laycock Street Theatre for 'Well', or the whole family can experience the Broadway sell-out sensation of 'Cirque Mother Africa', a jaw-dropping show of music and performance artists transporting audience members to Africa.

• **What's on for our Youth** - Council's Youth Services and local youth providers have a range of exciting events and workshops to help young people across our region build skills, explore their passions, connect, and be inspired in celebration of National Youth Week. From attending a Street Beat event, StreetgYm event or dancing out to a Teen Dance Party to voting for your favourite image or tune or learning how to create your own comic, there is sure to be something for everyone's, interests, and abilities.

There's also fun to be had in the fresh air at one of the many skate parks, playgrounds, BMX tracks, parks and reserves that Council maintains across the region. Check out the newly opened Kariong Skate Park and Pump Track.

Details can be found on Council's website centralcoast.nsw.gov.au

Council Administrator Rik Hart is excited to see the diversity on offer for kids on the Coast.

Custom search full details of our school holiday program online, centralcoast.nsw.gov.au/schoolholidays

Central Coast Council
Media Release

REGULAR ACTIVITIES & MEETINGS (cont'd)

Kariong Community Baptist Church	Sun @9.30am, Church & Kid's Program, Philip House, Mt Penang Gardens, Chris Clarke email pastorkcbc@outlook.com
Divine Retreat Centre (Ph 04 6848 6782) 160 Hensons Road, Somersby www.divineretreatcentre.org.au	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
Catholic Service -Spencer	Holy Trinity Church, 2nd Sat of the month 4pm, Contact 43771374 or 43771168 as times may change each month.
- Wollombi	2nd & 5th Sunday of the month, 4.30pm Mass at St Michael the Archangel, Wollombi.
- Somersby	Every Sat. evening vigil - 5.30pm St. Francis of Assisi Centre, 30 Lutana Rd, Somersby.
- Yarramalong	1st Sunday each month, 11.15am St. Barnabas All welcome. Enq 0428 438577
YOUTH	
Junior Girl Guides 5-10	Kooree Guide Cabin, every Monday in school term, 5.00pm - 6.30pm
Girl Guides 10-15	Kooree Guide Cabin, every Monday in school term, 6.00pm-7.30pm
Scouts, Cubs & Venturers Peats Ridge Scout Hall	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
Mangrove Mountain Playgroup	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
HISTORICAL	
Brisbane Waters Historical Society	25-27 Henry Kendall St., West Gosford, Ph: 4325 2270. www.henrykendallcottage.org.au
Dharug & Lower Hawkesbury Historical Society Inc.	Last Sat of month. All welcome, contact Jan Kofron 0405321478 jankofron@optusnet.com.au
First Fleeters Central Coast Chapter	2nd Sat of the month, 10.00am for 10.30, Point Clare Hall (except Jan & Dec). Contact Margaret 0409467710 or Gavin 43404435.
The Pearl Beach Aboriginal History Group	3rd Fri of month 7.30pm Pearl Beach. Peggy 0411754577 pbaboriginalhistory@gmail.com
Wyong District Museum & Historical Society	Open Sun to Thurs, 10am-2pm, other times by appt. Contact 43521886 email info@alisonhomestead.com.au website: www.alisonhomestead.com.au
ACTIVITY/HOBBY	
Central Coast GNU/Linux Users Group	www.cclug.org.au - all most welcome
Coastal Communicators Toastmasters	1st & 3rd Thurs of month, 6:45pm to 8:45pm at Doyalson-Wyee RSL. Debbie 0421216952
Craft/scrapbooking	Yarramalong Hall 4th Sun. of the month 10am to 5.00pm cost \$12 per person ph 43561196
Saturday Craft Group/Spining and bobbin lace	2nd Sat of the month Somersby Hall (10am to 2pm) cost \$5 per person Carmen 0434071305
HALL BOOKINGS	
Kulnura Hall	Hall bookings contact Annette Stackman 43561196 Committee mtg 3rd Thurs 7:00pm at Hall- Open to all from community.
Mangrove Mountain Hall	Hall bookings Ryan Howard 0405416289
Somersby Hall and Mountain Districts Culture and Heritage Centre	Hall bookings: 0413 359 655 or AH 4373 1488
Yarramalong school of Arts / Hall	David Gillett 0416 097192 enquiries@yarramalonghall.org.au https://yarramalonghall.org.au

REMINDERS FOR YOUR DIARY

Mangrove Mountain Country Fair

Saturday, 21st October

Antennas - Digital
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LIVESTOCK MARKET REPORT



Maitland Liveweight Sale Report 13th March 2023

320 cattle yarded the market this week was firm to 30c/kg stronger for restocker types with one new buyer in the market.

- Best butcher vealers 320c/kg to 390c/kg
- Restocker steers under 250kgs 320c/kg to 475c/kg
- 250kgs to 350kgs 300c/kg to 455c/kg – up to 20c/kg stronger
- Restocker Heifers under 250kgs 280c/kg to 360c/kg – up to 40c/kg stronger
- 250kgs to 350kgs 240c/kgs to 390c/kg – 15/25c/kg stronger
- Euro Weaners to put on feed 370c/kg to 440c/kg
- Cows 205c/kg to 260c/kg
- Bulls 220c/kg to 240c/kg

Maitland Liveweight Sale Report 6th March 2023

370 cattle yarded with the market holding firm to cheaper 320 trade/weaners and 50 export cattle

There was a mixed line of cattle with a good run of Angus and Limousin restockers

- Restocker Angus steers under 250kgs 300c/kg to 445c/kg
- Restocker steers 250kgs to 350kgs 220c/kg to 420c/kg

- Euro x steers 320c/kg to 415c/kg
- Light weight Angus heifers 200c/kg to 340c/kg
- Restocker heifers 250kgs to 350kgs 210c/kg to 300c/kg
- Euro heifers suitable for feed 300c/kg to 350c/kg
- Milk and 2 teeth feeder steers 330c/kg to 400c/kg
- Grown steers 265c/kg to 320c/kg
- Cows 145c/kg to 250c/kg
- Bulls 170c/kg to 200c/kg

Maitland Store Sale Report 4th March 2023

A total yarding of 1260 cattle for the Annual feature Angus and All breeds female sale.

Cooreei PTY LTD Dungog sold 17 Angus Bulls rising 2yo, Grassfed and quiet. 100% clearance topped at \$11500 to average \$7500, Top price bull was purchased by James Hopwood of Dungog.

Cooreei also sold the top price pen of commercial heifers PTIC for \$4400 to R & B Livestock.

T & L Norrie Gloucester, sold top price middle/young age Angus cows & calves for \$3500 to B & M Duncan Boambee Angus, Seaham.

‘Wirragulla’ Dungog also sold good young Angus cows & calves too top at \$3500 twice to J & A Maulder.

M & C Fisher ‘Wallabrook Angus’, Wallabrook sold a pen of Angus heifers PTIC at \$3100 to B & M Duncan Boambee Angus, Seaham.

Rural Management, Paterson sold a big run of Santa & Santa Hereford x cows to top at \$1650

- Heifer weaners 6mnth to 11mnth \$500 to \$1500 to average \$750
- Heifers joined 12mnth to 16mnth

POSITIONS AVAILABLE

HANDYMAN/FARMHAND Regular casual work Mangrove Mountain. Please call 0490907842.

PART TIME (1 POSITION) AND CASUAL Educators required for Mountain Community Children’s Centre Inc.

Mountain Community Children’s Centre is only a 25-minute drive from Kariong.

Essential Formal Qualifications required either Diploma or Certificate III in Children’s Services. Or working towards any of these qualifications. Need to be available to work between the hours of 7.30am and 5.30pm. Working With Children Check Reference Number essential. First Aid Qualifications. Experience with working with children under 6 years of age (in a centre based environment) preferred. Email mountainchildren@bigpond.com or call Louisa on 43741239 for enquiries.

WANTED

MALE COMPANION 18 to 80 for twice weekly meeting. 0431087281

WANTED: Road roller, able to be pulled by tractor, smooth or foot. Ph 0412669649

- \$1000 to 1600 to average \$1300
- Heifers PTIC 17mnth to 2-5yo \$1550 to \$4400 to average \$2300
- Cows and Calves 18mnth to 10yo \$1500 to \$3500 to average \$2250
- Cows PTIC 3yo to 10yo \$800 to \$2800 to average \$1800
- Cows Joined 4yo to 10yo \$600 to \$1850

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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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.

FOR SALE

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

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

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MULCH for sale. 10m³ Minimum - \$400.00. Delivery if applicable. David 0418 233595

FARM ITEMS FOR SALE

*Power Pole (Certified) H/Wood 7 Mtr as new = \$500

*John Deere TPL 650 Kg rear counter weight = \$500

*Large amount New & used Steel stocks = Negotiable

*Farm Box Trailer 7 x 4.5 Good Cond, with lights = \$400

*Toyota 78 series Tyres & Rims 1 x New 4 x 70% = \$600

*Toyota 78 series Complete Exhaust as new 2 x mufflers + 1 catalytic converter = \$700

*Chainsaw Brand New - 4 stroke - \$700

*Log Splitter 30 Ton Hydraulic - Trailable - Honda 4 stroke - Ex-Cond - \$1,500

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

HORSE RUG REPAIRS - reliable prompt service. Pick-up & drop-off available for large quantities. Ph 0405 620 394

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