

COMMUNITY NEWS

No. 927 Ph: 4374 1039 Mo: 0412 669 649 Email: enquiries@cnews1.com.au Web: cnews1.com.au 18th August 2023

Free CB Radio for Eligible Residents as Part of Emergency Communications Network

The Commonwealth Government, through the Black Summer Bushfire Resilience Grants program has provided funding to support a community net program to establish an emergency communications system using UHF CB Radios.

The objective of the CB Radio network is to provide a means for people to communicate during emergencies and disasters.

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

The system enables a channel for critical information to be exchanged between disaster response agencies and the local community.

Radio base stations have been installed at various locations between Gunderman through to Bucketty and hand held units have also been deployed in the region.

Testing has proven that the system functions well even in some of the most radio unfriendly terrain in the region.

The project is overseen by the Mangrove Emergency Planning and Communications Committee Inc. (MEPCC) and is being managed by a project team made up of volunteers from the areas where the system is being deployed.

The objective of the MEPCC is to help prepare the community for all emergencies, including bushfires, storms, floods and disease outbreaks (such as Equine Influenza and Newcastle Disease).

The MEPCC was established following the 1994 bushfires and pursuant to the Royal Commission recommendation that our local community should accept responsibility for organizing and conducting its own contingency plans in conjunction with

HELP KEEP A LOCAL PIONEER ROAD OPEN FOR PUBLIC ACCESS TO MCPHERSON STATE FOREST!

Proposed Closure of Kesbys Point Road, Kulnura.

The NSW Crown Lands agency has received a Road Closure application by an adjoining landowner to Kesbys Point Road, Kulnura. This is to be advertised in a local publication. This public way existed before the surrounding properties were even surveyed and granted. Kesbys Point Road was an original European Settler route into the Kulnura area. Before that it was likely an indigenous peoples travel line, following a spur up from Mangrove Creek. The road leads to a sublime lookout, Kesbys Point, above Mangrove Creek. It gives access to a beautiful and pristine area of native bushland.

This proposed road closure means the loss of direct and practical access to the northwestern section of MacPherson State Forest, as well as a notable part of our local amenity. For many years Kesbys Point Road has been used by all manner of people, including neighbours, Hinterland and Central Coast residents, and folk from further afield for both passive and active recreation pursuits such as walking, horse-riding, mountain bike riding, landscape painting, bird watching, youth group activities, meditation, and more.

If like us, you feel that this community asset should remain available for public use, then please do any, some, or all of the following actions.

the Police, Fire Control Officers and local Bush Fire Brigades.

If you would like more information or would like to participate in the CB Radio Network please email your details to mepccinc@gmail.com or phone:

Keith 0142669649 (Mangrove Mtn)
Robyn 0414248224 (Spencer)
Mike 0414248224 (Bucketty)
or look up MEPCC on FB for info documents.



Extraordinary Annual General Meeting

Enthusiastic, energetic parents and community minded people are being sought to form a new committee, and suitably qualified or experienced in OOSH to initially volunteer their time to operate the service before and after school.

The meeting will be held at the MBASC Inc. room at Kulnura Public School, 3.30pm Monday 11th September 2023.

A copy of the constitution is available from Michael Kidd, or should you have any questions or want more background please call me 0439 761 440 or email mountainbasc@gmail.com.

Michael Kidd,
Public officer,
Mountain Before & After School Care Incorporated.

1) Come and walk Kesbys Point Road on Saturday 26th August at 10am to fully appreciate this issue.

2) Contact Kesbys Point Road Historical and Preservation Society (in formation) for more information.

3) Make a submission to NSW Crown Lands requesting that Kesbys Point Road not be closed.

4) Contact Central Coast Council, State and Federal Members of Parliament and object to its closure.

5) Join the Kesbys Point Road Historical and Preservation Society to help save the road from closure.

If you care about keeping "Public Lands in Public Hands", then please act now before it is too late.

Further inquiries to Mike Erlin by email at KPRHAPS@gmail.com

REMINDERS FOR YOUR DIARY

Digital Connect Free Computer Classes - August 22, 9.30am - 11.30am, Mangrove Mountain Computer Club, 6 Waratah Rd
Mountain Community Childrens Centre - 40th Birthday Celebrations - Sunday 27th August 11am-2pm

Mangrove Mountain Country Fair - Saturday, 21st October, Mangrove Mtn Hall

STOP!

Next issue Published

1st September 2023

** DEADLINE **

** 25th August '23 **

Send adverts & copy by email, website or post.
Email, website, FB or phone for enquiries



FOCUS ON BUSH AND GRASS FIRE THREAT AS FIRST AREAS COMMENCE DANGER PERIOD

Six Local Government Areas (LGA) in northern NSW commenced their Bush Fire Danger Period (BFDP) on 1 August, as warm and dry conditions increase the local fire risk.

Commissioner of the RFS Rob Rogers said while the statutory start date of the BFDP was 1 October, it was not uncommon for areas, particularly in the north of the state, to start the danger period early – but this year there was an increased risk in many areas due to recent conditions.

“After three years of wet weather, the bush fire risk is returning to NSW,” Commissioner Rogers said.

“The wet weather has caused prolific grass growth, particularly west of the Great Dividing Range.

“After a dry July and recent frosts, these areas are drying out quickly, increasing the risk of fast-moving and high intensity grass fires.”

While the focus over recent years has been on wet weather, Minister for Emergency Services Jihad Dib has

encouraged the community to shift their attention back to the risk of bush and grass fires.

“The Rural Fire Service has been working hard to prepare for the coming bushfire season, but we also encourage landholders and residents to take the time to prepare their homes, properties and families for the threat of fire,” Mr Dib said.

“It is important to make or update your bushfire survival plan and have a conversation with your family to ensure everyone knows what they will do and where they will go if they are threatened by fire.

“Recent research by the RFS showed that 70 per cent of people living in bushfire prone areas have some sort of plan for what to do during a fire, but worryingly less than half had done any preparation work on their property.

“Doing simple things like cleaning your gutters, removing combustibles from your yard, and ensuring hoses can reach all corners of your property

NOTICE OF AGM

Notice is given that the Annual General Meeting of River Cares Incorporated ABN 16 331 855 147

will be held on:-

Sunday 27th August at 10.30am
at Spencer Community Hall 4776
Wisemans Ferry Road, Spencer

Please email info@rivercares.com.au for further information or general enquiries

ALL WELCOME

can make a significant difference.”

The LGAs that have entered the BFDP are Armidale Regional, Walcha, Uralla, Glen Innes Severn, Inverell and Tenterfield.

Landholders in these LGAs will now need to apply for a permit to burn off and notify their neighbours and local fire authorities 24 hours before lighting up. Permits are free and available by contacting your local Fire Control Centre.

Information about hazard reduction burning, obtaining permits and required notification is also available on the RFS website at www.rfs.nsw.gov.au/BFDP.

NSW RFS
Media Release



Mountain Medicine

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Dr Arsenios Magdas

MD B.MedSc

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Email: mangrovetpharmacy@gmail.com

Union Church "Crunch Time"



**YOUR FINANCIAL
SUPPORT IS NEEDED
NOW FOR THE RETURN
OF THE UNION
CHURCH INTO OUR
COMMUNITY**

Agreement has been reached with the Liquidator for the Appointment of the Mangrove Mountain Christian Group Inc (MMGC) as the New Trustee of the Union Church Property. The MMGC will step into the Trustee role to hold, maintain, and facilitate use of the Union Church property for the benefit of local Christian and Community Groups in accordance with the 1914 Trust Deed.

... and the cost? The amount that the Liquidator requires for settlement and before appointing MMGC to the Trustee position is \$79,196.63. . . . how much do we have? Including a generous grant from the 2022 Country Fair of \$10,000 and a very generous donation from the John Singleton Group, also of \$10,000, we have half (\$40,000) of the required amount already in our bank account for the settlement purpose. We are up to date with our own legal costs. However, we anticipate a further \$5,000 in legal costs and a similar amount for our commencing insurances.

Now that the settlement amount is known, we are URGENTLY seeking donations from Mountain Districts residents, and anyone else who supports



<p>SERVICES:</p> <ul style="list-style-type: none"> * EARTHMOVING * MULCHING * ROADS/ DRIVEWAYS * SLASHING * HORSE ARENAS * ONSITE SAWMILLING * CLEARING * RETAINING WALLS 	<p>SUPPLY:</p> <ul style="list-style-type: none"> * ROADBASE * DECORATIVE PEBBLES * GRAVEL * ROUGH SAWN HARDWOOD * CRUSHED SANDSTONE * SLEEPERS * SAND * TIMBER FENCE PRODUCTS
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CONTACT CARL:
PHONE: 0402939912
EMAIL: admin@echidnacontracting.com.au
WEBSITE: www.echidnacontracting.com.au

the retention of the Union Church property in our local community. No amount is too small! Donations can be made to the Mangrove Mountain Christian Group Inc. at Bendigo Bank, BSB 633-000, A/c 185477965.

Last Sunday, we held a wonderfully warm and joyous service, led by visiting Pastor Klyde Morris and his guitar. Some highlights of the service were the live music and singing, community prayers and a great message from Klyde with the title "Who Do I Look Like?" And the answer is found in the Bible, which tells us, we are made in the image of God (think "whole image", not just looks). We are made to care, serve and love one another, just as Christ did for us. The service was followed by morning tea and chats in the Meeting Hall. We always welcome

newcomers to discover something special, something spiritual and something Christian in our growing Mountains Worship Group.

We're hoping and praying that the next time you read our MMGC article in the Community News, that it will contain some REALLY BIG NEWS!!! In the meantime, we ask that you keep the Union Church property, and its return to the Mountain Community in your daily thoughts and prayers. And please don't forget that we need your financial help now if we are to get it back into our community. Thank you to all in our community and from wider places who continue to support our campaign.

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



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CWA

News from MMEB

Membership opportunity

You are invited to join our Mangrove Mountain Branch! We are open to different age groups and would welcome you to visit us to see the engagement and contributions we offer to community groups.

Donations

Mangrove Mountain Evening Branch of the CWA of NSW have had a fruitful year and are pleased to announce our annual donation list:

- \$250 to Kulnura Public School
- \$250 to Central Mangrove Public School
- \$500 to Rivercares for the magnificent work they do in the Spencer, Gunderman and Lower Mangrove area
- \$1,000 to Coast Connect to join with our other branches who are helping the homeless on the Coast
- \$300 to our sister branch at Wee Waa
- \$700 to Mangrove Mountain Christian Group to help their effort in saving our Union Church
- \$750 to the State Office Association fund, which helps to maintain the administration of CWA



**CWA of NSW
Pumpkin Scones**

Ingredients
 410 g (2 1/4 cups) self-raising flour
 165 g (1 1/4 cups) caster sugar
 1/2 teaspoon salt
 50 g butter
 250 g (1 cup) cold, mashed pumpkin
 1 tablespoon milk, or as required

Method
 Preheat oven to 200°C. Line a baking tray with paper. Firmly the flour, pat out the dough on a floured surface to 2cm thickness. Using a 6 cm round pastry cutter, cut rounds.

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 Saturday 8:30 till 12*

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For Hospital Support, on Wed 21st June, a group of local ladies, greeted Belinda Shaw, facilitator of Education at Gosford Hospital at the Computer Club next to the Mangrove Mountain Hall. Belinda graciously accepted the donation of knitted/crocheted knee rugs, balls & teddies made by Mangrove Mountain and Peats Ridge CWA Branches and ladies on the Mountain.

Cooking events

At our recent activity nights, we've learnt how to make sausage rolls, party pies and Portuguese tarts. These nights (4th Tuesday of the month from 4-8pm) are enjoyable, attract visitors and members from other CWA branches. We drink tea or coffee whilst sampling our yummy cooked treats.

Upcoming events

We've also been making lots of preserves in readiness for an upcoming market day at Spencer.


Yes, we will be selling some of our goodies at the Spencer RFS - Community Fete / Car Boot Sale - Bushfire Get Ready Day on the 17th September, 10am to 2pm at the Spencer RFS Station & Community Hall site.

Then we need to have plenty of produce ready for the Mangrove Mountain Country Fair.

At our next meeting Tuesday 8th August, will be judging remembrance biscuits.

Judy Betteridge
President

Mangrove Mountain Evening Branch



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KULNURA & DISTRICT GARDEN CLUB

Our adventure started at the early hours of the morning. After a long drive of about hour and a half. The excitement grew as we were not sure what we'd get to see once we got there. To our pleasure we greatly underestimated. We arrived at the Hunter Botanic gardens at Heatherbrae.

It was quite cold but fortunately the sun would heat us ever so slightly with golden rays to keep the cold at bay. We stopped and had a spot of tea and cake before we went on our adventure. A welcome surprise it had a small goffer vehicle for those of us who can't move as well as we'd like, we were able to set out like the rest to find the natural beauties in this amazing piece of priceless heaven.

No one would have known we were next to a main road. The goffer made it feel like we heading into uncharted territory for the first time like on Jurassic Park.

We were also blessed to have a guide who was a wealth of knowledge not only on plant life but the age and dates the plants had been there and propagated from. He also knew a lot about plants that were native to Australia and the medicinal purposes they were used



for. We were able to visit a hot house full of beautiful orchids which was my personal favourite. It was a pleasure and privilege to see what all the volunteers have put their hearts and hands into.

And a lovely day to escape the hectic, busy and noisy lives we all lead to be able to stop and smell the roses which they also have. With plans to expand there beautiful gardens. I didn't think there could be a closer place to heaven but found it in this delectable garden. If you get a chance and you need a change of scenery and speed it's well worth the trip.

August Meeting:

We meet on the second Monday of each month at 9.30am for a 10am start.

Our next meeting is at Sustainable Natives, Somersby.

Please contact us for more details.

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!

Leila Day
(KDGC member)



Mountain community children's centre

Celebrating 40 years

The whole community is invited to join us on

Sunday 27th August
11am - 2pm

2829 Wisemans Ferry Road Mangrove Mountain
Enquiries email mountainchildren@bigpond.com or phone 43741239
Children's entertainment, BBQ and drinks, view the centre and facilities



The centre 1985



The centre today



Update on Mountains Before and After School Care Incorporated based at Kulnura Public School

Early in February this year parents using MBASC Inc. were advised that the before and after school care service was unable to continue operation.

This came as a surprise to those

parents relying on this service.

MBASC Inc was a spin off from the Kulnura Public P&C which up until 2008 ran the service, but they decided to discontinue the service. Many parents relied on the service, so several parents decided to establish an Incorporated not for profit organisation to continue this valuable service.

Five generous families and business donated a total of Five Thousand Dollars in seed funding to get it up and running.

Fast forward to COVID and the service continued with government support. Last year the treasurer resigned from the committee, and in February this year the co-ordinator/secretary also resigned.

Enthusiastic, energetic parents and community minded people are being sought to form a new committee and suitably qualified or experienced in

OOSH to initially volunteer their time to operate the service before and after school.

My current position with MBASC Inc. is Public Officer and as all other committee members have resigned, I am calling an Emergency Annual General Meeting to form a new committee to move forward and reinstate MBASC Inc.

The meeting will be held at the MBASC Inc. room at Kulnura Public School, 3.30pm Monday 11th September 2023.

A copy of the constitution is available from Michael Kidd, or should you have any questions or want more background please call me 0439 761 440 or email mountainbasc@gmail.com.

*Michael Kidd, Public Officer
Mountain Before & After
School Care Incorporated*



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Blues & Roots Revival

2023
Saturday 9th September



featuring

Owen Campbell
& **The Cosmic People**
Jesse Redwing Band
Chloe Kay & The Crusade
Niksta

All ages family friendly event, Great food, BYO welcome
Campervan sites available, gates open at 3pm
Dooralong Hall & Recreation Reserve
www.facebook.com/BluesontheMountain
To Book visit www.trybooking.com/CGIBF

Blues and Roots Revival

Our annual mini festival, Blues and Roots Revival is back on Saturday the 9th of September at the picturesque Dooralong Hall and Recreation Reserve! This year's event features a stellar lineup of some of Australia's best live Blues and Roots acts with Blues on the Mountain favourites, Owen Campbell and the Cosmic People plus the Jesse Redwing Band, and for the very first time on our stage, 2023 Blues Award winners Chloe Kay and The Crusade! Joining them on the lineup will be the Central Coast's own Niksta (2023 Blues and Roots Revival Busking Competition winner) for a great program of live music from start to finish!

This year's event will also feature an interactive art exhibition curated by some wonderful local artists. Great food will be available to purchase or BYO picnic and drinks welcome.

We also have our Blues Crew Festival Buddies ticket option for this year's event with 6 tickets for the price of 5, so why not tell your friends and enjoy a fabulous afternoon and evening of great live music, food and art together. For out of town friends travelling, or if you just want the ultimate Blues and Roots Revival experience, you can even bring your campervan or caravan (bookings essential) and stay the night at the recreation reserve campground.

Campground gates open at 1pm, with the festival starting at 3pm.

Hope to see you there!

To book visit www.trybooking.com/CGIBF

Ryan Howard

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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 July 15th from 12 noon.

Gloucester Saleyards

- Fortnightly Thursday Store Cattle Sales 11am August 17th & 31st.

Feedlots - Abattoirs - Paddock to Paddock Sales
Clearing Sales - Rural Property Sales

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New online resources to help the community understand flood risks and be prepared

Central Coast Council has developed online flood risk tools and updated flood and emergency planning information on centralcoast.nsw.gov.au, to help the local community understand their own flood risk and be adequately prepared to respond.

Council Director Environment and Planning, Alice Howe said “Whilst it’s not always possible to predict when, where, or how big the next flood will be - we can estimate the likelihood of different sizes of floods and their consequences by using computer flood modelling.”

“Our new interactive online flood risk mapping tool for Tuggerah Lakes area, draws on current flood levels directly from the Bureau of Meteorology and converts it into a visual display, which shows the extent of current, minor, moderate or major flood levels for specific properties in the area. For residents in other areas, the region-wide online mapping tool provides a range of flood information on a visual map.

“Both these flood risk tools help the community, especially residents living in low lying areas or within a floodplain, to visualise potential flood impacts to their properties and



Resilience, Recovery & Regeneration Workshop

for disaster-affected Central Coast residents

- Date: Sun 27th August
- Time: 1.30 - 5.00pm
- Location: Narara Ecovillage, near Gosford
- Cost: Free including a delicious afternoon tea

What you'll learn

1. Learn mindfulness practices to cultivate personal resilience and promote the well-being of yourself & others
2. Gain insights into the cyclical nature of community survival & recovery following a disaster





Connect with other Central Coast disaster affected residents for an afternoon of learning and sharing stories of emotional resilience and disaster recovery. Together, we can rise above adversity and build a brighter future.

Spaces are limited, so secure your spot now. RSVP asap at <https://rrr-august-2023.lilregie.com/>



SCAN ME

surrounding roads or access routes, and plan ahead to build resilience.”

To understand the types of flooding on the Central Coast, online flood risk tools and for information to help plan and prepare for floods search ‘**flooding**’ at centralcoast.nsw.gov.au

Central Coast Council Media Release










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CELEBRATING WOMEN OVER 60

Thank you

I wish to thank those who shared their own unique stories of life, their past and what makes them tick as a woman over 60. One common thread is that we are all linked to the beautiful mountain and valley areas of the Central Coast.



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

I created the Instagram page in 2023 with my aim being to celebrate women over 60 who are wanting to connect and hear other women's stories, share ideas, passions and what makes them tick. It is empowering, motivating and beneficial for those who are on the same page.

Sue-Ellen Harris



ARTS NEWS

The Old Fireshed Gallery

Coming up next... 'FRAGMENTS' An exhibition by Christine Munce and Sheree Roberts, 19 August - 3 September



Wollombi Valley Arts Council Inc

Email: artscouncil@wollombi.org

Web: www.wollombi.org

F/B: <https://www.facebook.com/artscouncilwollombi>

FRAGMENTS

an exhibition of art by Christine Munce and Sheree Roberts



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Local Land Services



Alternate Pollinator Workshop

Hosted by Greater Sydney Local Land Services and presented by renown alternate pollinator entomologist, Dr Tanya Latty.

The workshop will cover alternate pollinator options, biosecurity, threats, basics and future planning.

When: Friday 25 August, 10 am-12.30 pm

Where: Mangrove Mountain Memorial Club

Register by scanning the QR code or at lls.nsw.gov.au





Contact agent for price

884 Wisemans Ferry Road, Somersby

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This breathtaking four-bedroom property offers luxurious living in a serene and tranquil environment. With its picturesque surroundings and impeccable design, you will fall in love with this home at first sight.

This property also features a convenient two car carport, water tanks, a charming little pond out back, and a small shed. A single lock-up garage to the side ensures that your vehicles and belongings are safely stored.



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Shaun Coffey
0417 400 556



Scott Wall
0413 965 616

Mountain Community Children's Centre Inc.

Mountain Community Children's Centre News

40th Birthday Celebrations – Sunday 27th August 11am-2pm

We are looking forward to sharing with the whole community our 40th Birthday celebrations. All are welcome to come and tour the centre. There will be children's entertainment, food, and drinks.

We will begin the day at

- 11am with children's entertainment including face painting and balloon sculptures, sausage sizzle, sweet treats, tea, coffee, baked goods and drinks.
- At 12pm Liesel Tesch will join us for formalities and cutting of the cake.
- From 12.45 there will be a magic show and popcorn.
- The day will conclude at 2pm.

Please join us to share the celebrations. If you would like to RSVP please feel free to email the centre mountainchildren@bigpond.com, otherwise you are welcome to just turn up at any time.

Now taking enrolments for 2024

We are now taking enrolments for 2023. Please feel free to give us a call on 43741239 if you would like more information for enrolment in January 2024 or in the future. Erin our very friendly administration officer would be more than happy to post out an enrolment pack or organise a tour of the centre. We look forward to welcoming you to our centre.

Show Box Revolution – Collection Point

We will be supporting the Shoe Box Revolution for

GET IN QUICK TO BOOK YOUR ROUND OF GOLF OR A TABLE IN OUR RESTAURANT TO CELEBRATE THE FATHER FIGURE IN YOUR LIFE

Call 4373 1522 or Visit www.the-springs.com.au
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REGISTER YOUR DETAILS ON THE DAY IN OUR PRO SHOP OR RESTAURANT TO WIN DAD A ROUND OF GOLF FOR 4 WITH CARTS!

people without homes on the Central Coast. This is following on from the soup and sock drive. Thank you to all the community who supported this cause. Please see attached list of items we will be collecting for the shoe boxes. We have a collection bin here at the centre so please feel to pop in and drop off any of the items listed. 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

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VOICES & POLITICS

I am way over hearing that a yes vote in the coming referendum will cause/increase racism.

Can someone out there explain to me what could be more racist than not only ignoring the first peoples in the constitution, but actually denying their very existence in that document!?

NOW, lets consider the voice, it is my-understanding that this will basically be an advisory body, to speak on matters which effect the most disadvantaged people in the land, most of the rest of us have no real understanding of their culture or aspirations. They could be ignored, so what is the fuss?

What really gets, on my goat is that the constitution has already given the rest of us a voice to parliament, it's called the "upper house or senate." If we have by our complacency, ignorance, laziness or stupidity basically lost or forfeited' that, why should we deny

others the opportunity to have a voice. The upper house is there to protect the people from the idiosyncrasies of party politics. In the house, under the constitution they are to be non party political. They are not supposed to form government.

If we vote for the major parties in the upper-house we get dysfunctional government, If the same party holds power in both houses there are no real, checks and balances. If the opposition holds the senate everything is likely to get blocked. The end result

dysfunctional government

What we need is the upper house to be elected on a regional basis, this could be achieved by combining two lower-house seats to elect one upper house member.

We could then hold them accountable. WE NEED AN INDEPENDENT UPPER HOUSE

It is my belief that we don't even need a referendum to get to vote for the upper house, state or federal on a regional basis .so why not?

Clara Jones

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When These Mountains Speak

Images by Jeremy Hudson and stories by Adrienne Ferreira

Alan Foods, Jilliby

First generation organic market gardeners.

Alison Parkin and Michael Ridley, with Bonnie.
alanfoods.com.au

Alison and Michael moved from Sydney to the Central Coast without much of a plan, other than to find some affordable land. It was love at first sight when they saw the property at Jilliby, a gently sloping block, with views over a large dam and rolling hills, backed by natural forest.

‘It’s such a beautiful suburb,’ said Alison. ‘The open sky, the tree line, the sunsets and storms. I love the birds, watching eagles come in.’

Along with all this beauty, they saw potential in the land. ‘We already had the small garden—Top Garden,’ said Alison. ‘But whenever we’d walk through the back paddock, Michael would say, “Imagine if this was all vegetables?”’

With the help of friends, they broke ground three years ago and have been planting and experimenting ever since. The lower grass field has been lovingly transformed into an abundant market garden, with sixteen beds, a polytunnel, greenhouse, and cool room. Together, Alison and Michael have created ALAN Foods—All Local, All Natural—supplying fresh organic produce to the local community.

A stroll down through the beds reveals a diverse array of vegetables and fruit trees. Drawing on permaculture principles, attention has been given to the slope of the land, hedgerows,



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Alison Parkin, Michael Ridley and Bonnie

and companion planting, to help with drainage and shade.

‘Michael and I are trying not to interfere as much as possible, trying to let things unfold naturally,’ said Alison. ‘It’s a balance, though, because what we’re doing isn’t natural — you don’t see rows of pak choi or carrots growing like this in nature. But by encouraging diversity as much as possible, we can

attract predatory insects and birds to try and curb the pest population.’

Alison, an exercise physiologist who worked in rehab, developed a connection with nature from a young age. ‘My parents have a property at Yango Creek at the back of the Hunter—acreage in a steep valley, with a bit of an orchard. We always used to go up there on weekends and school holidays and run amok.’

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Michael was an electrician working in Sydney. His nan and pop lived on the Central Coast, which inspired the move north, but he was also influenced by Alison's family.

"What's really important is community. I feel like I've always been working towards that. At first I didn't really know where I was going, but now I can see it more clearly. I'm still developing, though, and the land is allowing me to do that."

*Michael Ridley.
Alan Foods*



sustainable horticulture has created a deep connection to the land. With the arrival of baby daughter Bonnie, their roots in Jilliby grow deeper still.

'We've had a great community

'I have an early memory of visiting that property when Alison and I just met,' he said. 'It was my first time there, and I was looking through their book collection and one green book jumped out. It was a book about permaculture. I remember reading it for days, thinking, "this is awesome!" It was an alternative way of living that



I'd never heard about. It really put me on the path. I wasn't sure how to apply it, but I feel like we've been moving towards this ever since.'

Now full-time farmers, they acknowledge they still have much to learn, but their commitment to

response,' said Alison. 'We used to do a roadside stall on Fridays on Hue Hue Road and that was amazing, especially through Covid; it was very popular with the locals and there'd be cars lined up as we arrived to set up. Sometimes we'll be out at a café and someone will recognise us and say,

'Hey! You're from ALAN Foods!' and we'll be amazed. The reach is far, which is pretty cool.'

'The more we do, the more positive feedback we get and it spurs us on,' said Michael.

'What's really important is community. I feel like I've always been working towards that. At first I didn't really know where I was going, but now I can see it more clearly. I'm still developing, though, and the land is allowing me to do that.'

More Stories

The featured images and stories from the "When These Mountains Speak" exhibition can be viewed on the website www.waysofseeing.au

Ways of Seeing: When These Mountains Speak, is an inter-cultural project in the form of an innovative series of pictures and stories which share the stories of seven farming families who live in the valleys and mountains of the Central Coast, NSW. They represent a range of cultures and generations from diverse backgrounds.

The Central Coast is a community built on cultural diversity. The human connection that exists between locals and visitors to the beautiful region is further enriched by the cultural heritage of many of the local and diverse business owners. This series reflects and shares stories of those businesses between the valleys and mountains from the perspective of established and first generation farmers. These are the untold stories where human determination and care for the land take place.

*Photography by Jeremy Hudson
& Stories by Adrienne Ferreira*

*Madalyn Trypas
Community Development Worker
Community Programs
Central Coast Council*

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RIVER CARES MEETING WITH DR GORDON REID MP

A meeting in the office of Dr Gordon Reid MP was arranged by River Cares President, Robyn Downham on Monday, 4th July to discuss the following:-

1. Telecommunications

a) Installation of (2) generators :-
 • at the Spencer Telstra/Optus mobile tower;
 • the Telstra 4G sub-base station in Gunderman.

Action:- Dr Gordon Reid MP will speak to Murray Watt from Telstra.

b) Due to the topography in the Lower Hawkesbury River region there is a dire need to have (3) additional sub-base stations installed at :-

- Oyster Shell Road. Lower Mangrove
- Cohens Creek, Spencer
- Mill Creek, Gunderman

Action:- Dr Gordon Reid MP will address this with the Hon Minister Michelle Rowland MP for Communications.

2. Lack of services

Lack of services to Spencer and Gunderman – domestic services, transport, medical assistance. Our Community Nurse has recently retired and we are still waiting for a replacement.

Limited services to the area are provided by:-

- Hammond Care
- Baptist Care
- Mabel

Action:-Dr Gordon Reid MP will speak to the Central Coast Local Area Health.

3. Wisemans Ferry Road – (8) failed embankments.

Action: Dr Gordon Reid MP pledged to discuss this with the Central Coast Council's Administrator Rik Hart.

4. Staging area

Staging area and a meeting facility for the purpose of arranging large numbers of people to be evacuated.

Action:- To confirm with Crownlands the foreshore area as a possibility.

5. Changing Postcodes

Spencer, Gunderman and Marlow have the 2775 postcode which falls under the Blue Mountains area including the mail exchange, and

Food And Nutrition Hotline Now Live

The Food, Nutrition and Dining Unit Hotline at the Aged Care Quality and Safety Commission is now live.

Funded in the May Budget, this hotline allows older people, their families, aged care workers and providers to call the hotline with their concerns, complaints and questions relating to food, nutrition, and dining.

The hotline is now active, and callers will have access to experts in the areas

request to have the original postcode 2250 reinstated.

Action:- Robyn Downham to provide a background report to Dr Gordon Reid MP.

Robyn Downham
President

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of food, nutrition, and dining, including dietitians and speech pathologists.

Federal Member for Robertson, Dr Gordon Reid MP, welcomes the new service.

“A good meal with good nutrition is crucial to quality of life for everyone but especially older Australians”, Dr Reid said.

“Australians were shocked when the Royal Commission into Aged Care Quality and Safety found that 68% of aged care residents were malnourished or at risk of malnourishment on the Coalition’s watch”.


“The Albanese Labor Government is committed to improving the quality of life for our older Australians”, Dr Reid said.

“The establishment of this hotline is another important step in our government’s mission to make sure older Australians have access to nourishing food that improves their quality of life”, Dr Reid said.

The Food, Nutrition and Dining Unit Hotline is now live and can be contacted on 1800 844 044, 9am to 5pm AEST, Monday to Friday.

For more information on the Aged Care Quality and Safety Commission, visit: <https://www.agedcarequality.gov.au/>

*Media Release
from the office of
Dr Gordon Reid MP
Federal Member for Robertson*



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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 buckettyrfb@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 Karingong. 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 kulnuradgc@gmail.com
Ladies of the Valley Morning Tea		1st Tues, 10am to 12 at Angels Sussurri Cafe Yarramalong. Margaret Dale 0411104770
Mangrove Mountain Singers		1st & 3rd Tue, Mangrove Mtn Hall, 6-8pm 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		3rd Thu of mth except Jan, 7pm, at The Hub of Mangrove Mtn. Pres- Shane 0417 436 529
Mountain Districts Association (MDA)		www.mountaindistrictsassociation.com.au secretary@mountaindistrictsassociation.com.au
Mountain District Football Club Meeting		Second Tuesday of the Month 6.30pm at the Mangrove Memorial Club
River Cares for the Lower Hawkesbury River District		President Robyn Downham 0414248224 Email info@rivercares.com.au
Rotary Club Meeting		Friday 7.15am at Phillip House. 43404529
Spencer Community Progress Group Inc		President Brad Maisey, Community Meetings, 4377 1167, spencercpg2@gmail.com
Spencer Community Ladies Social Club		Last Fri of month. 12.00 noon Spencer Community Centre, Jennifer Dayes 4377 1364 Articles to: spencercpg2@gmail.com
Newsletter		
The Mountain Tuesday Social Tennis Group		Tue 9.30am-12.30pm, Kulnura Tennis Courts. Enquiries: Alison Palmer 0427731548.
Somersby Equestrian Club Club & Committee Meeting		Every 2nd month. Check website for further details. www.somersbyequestrianclub.org.au
Wisemans Ferry Community Men's Shed		Tues & Sat. 9am-5pm. Contact: Alan Hunt 4566 4626 or Adrian Acheson 0448 833 781

SPIRITUAL

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

(cont'd next page)

LIVESTOCK MARKET REPORT



Maitland Liveweight Sale Report 7th August

Numbers back this week at Maitland this week with 350 cattle comprising of 280 trade/weaner cattle and 70 export cattle. Quality of the yarding was mixed condition was back also. Competition was and good and the market remained firm.

- Angus weaner steers 280c/kg to 370c/kg depending on quality, and weight.
- Angus weaner heifers made from 180c/kg to 290c/kg.
- Crossbred weaner steers were from 200c/kg to a top of 290c/kg.
- Crossbred heifers topped at 285c/kg.
- Best butcher calvers were from 270c/kg to 330c/kg.
- Yearling steers made from 280c/kg to 340c/kg
- Yearling heifers made from 200c/kg to 280c/kg

Grown steers topped at 200c/kg. Cow market was better this week cows were 100c/kg for boner cows to 230c/kg.

Maitland Liveweight Sale Report 31st July 2023

460 cattle yarded at Maitland sale yards comprising of 400 trade/weaner cattle and 60 export cattle. The quality of the yarding was mixed. Market was firm to slightly dearer and competition was good on all cattle, with the most improvement in the yearling/feeder market.

No butcher vealers to quote.

- Restocker weaner steers (all breeds) up to 250kg, 200c/kg to a top of 360c/kg
- Steers 250kg to 300kg made from 1.90c/kg to a top of 355c/kg
- Steers 300 to 350kg made from 190c/kg to 352c/kg
- Yearling steers made between 270c/kg to 320c/kg.

- Restocker Weaner heifers up to 250kg made from 160c/kg to 300c/kg
- Heifers 250kg to 300kg made from 170c/kg to 265c/kg
- Heifers 300kg to 350kg made from 160c/kg to 270c/kg
- Yearling Heifers 230c/kg to a top of 270c/kg

Export market Grown Heifers 200c/kg./kg. No grown steers to quote. Cows made from 100c/kg to a top of 205c/kg. Not many bulls to quote they topped at 210c/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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REGULAR ACTIVITIES & MEETINGS (cont'd)

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

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

HISTORICAL
Brisbane Waters Historical Society 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
Dharug & Lower Hawkesbury Historical Society Inc. 2nd Sat of the month, 10.00am for 10.30, Point Clare Hall (except Jan & Dec). Contact Margaret 0409467710 or Gavin 43404435.
First Fleeters Central Coast Chapter 3rd Fri of month 7.30pm Pearl Beach. Peggy 0411754577 pbaboriginalhistory@gmail.com
The Pearl Beach Aboriginal History Group Open Sun to Thurs, 10am-2pm, other times by appt. Contact 43521886 email info@alisonhomestead.com.au website: www.alisonhomestead.com.au
Wyong District Museum & Historical Society www.cclug.org.au - all most welcome

ACTIVITY/HOBBY
Central Coast GNU/Linux Users Group 1st & 3rd Thurs of month, 6:45pm to 8:45pm at Doyalson-Wyee RSL. Debbie 0421216952
Coastal Communicators Toastmasters Yarramalong Hall 10am to 5pm, \$12/person. Bring along your projects. Dates & details: stackm@skymesh.com.au or ph 43561196
Craft/scrapbooking 2nd Sat of the month Somersby Hall (10am to 2pm) cost \$5 per person Carmen 0434071305
Saturday Craft Group/Spining and bobbin lace Last Sunday of month 2pm at Angels Sussurri Cafe Yarramalong. Contact Margaret Dale 0411104770
Yarn group (knit, crochet etc)

HALL BOOKINGS
Kulnura Hall Contact Central Coast Council.
Mangrove Mountain Hall Hall bookings Ryan Howard 0405416289
Somersby Hall and Mountain Districts Hall bookings: 0413 359 655
Culture and Heritage Centre or AH 4373 1488
Yarramalong school of Arts / Hall David Gillett 0416 097192
enquiries@yarramalonghall.org.au
<https://yarramalonghall.org.au>

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The Outbreak website publishes information on outbreaks of exotic plant and animal pests and diseases in Australia. This includes responses to current outbreaks and advice to prepare and respond to outbreaks.

Outbreaks - Outbreak reports on exotic pests and diseases that:

- have been detected in Australia
- are under official national

eradication programs.

We may also provide details on a pest or disease that is no longer under an official eradication program. We'll do that if:

- there are still surveillance activities underway
- we need people to report the pest or disease to see if it's spreading.

Help to prepare - We publish advice to help you:

- prevent the spread of pests and diseases
- be prepared in the event of an outbreak.

Potential risks - We also publish details of potential pest and disease risks in the region.

These pests and diseases are not currently found in Australia. We publish this advice to help you keep watch and be prepared.

Go to <https://www.outbreak.gov.au/>

POSITIONS AVAILABLE

TRUCK DRIVER WANTED - Local tipper company needs another driver for mainly bogie tipper driving into Sydney a few times a day. Must be experienced (several years). Grumpy old buggers that know more than the boss are welcome to apply. Long days, comfortable truck. Above award wage. Must be more reliable than my trucks. Phone Wayne 0411868437

FARM MANAGER, Calga, live-in. Requirements - experience in farm maintenance, fencing, mowing, handyman work, mechanically minded, \$20-\$25 / hr. Suit retired person. Ph 0417 406 556

WANTED

OLD BATTERIES, will pickup, phone 0413 975 107

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for more information
Department of Agriculture, Fisheries and Forestry

WILD DOG AND FOX CONTROL PROGRAM

Dear neighbours,
Glenworth Valley Outdoor Adventures will be holding a wild dog and fox baiting program on our property. This is part of our on going work to control pest animals and their impact on primary production and native wildlife. 1080 wild dog and fox ground baits will be laid. The program will run from the 22nd of August until the 9th of October 2023.

Please restrain all domestic pets and working dogs during this time. In the event of accidental poisoning seek immediate veterinarian assistance.

For further information please contact, Jason Lawler on 0417022720 or Email Jason@glenworth.com.au



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Home: 4374 1640

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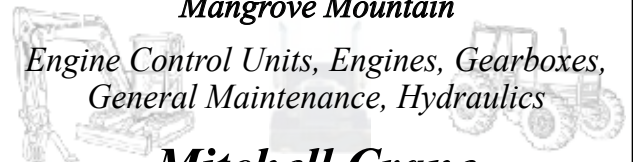
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CLASSIFIED ADVERTISEMENTS

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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FIREWOOD \$150/bin phone 0419412993

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

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WATER LICENCE Kulnura Mangrove Mountain Ground water source, open to offers, call 0407761375

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GOT SOME ACRES that could do with cattle on them? Call George on 0432 649 824 to discuss. Fencing/property improvement and maintenance can be looked after.

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*Wednesday 6pm Angel Sussurri Yarramalong.
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Valleyrestorativeyoga@gmail.com
Or Text 0490951584

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