

# COMMUNITY NEWS

No. 932 Ph: 4374 1039 Mo: 0412 669 649 Email: enquiries@cnews1.com.au Web: cnews1.com.au 3rd November 2023

## DEVELOPING A COMMUNITY LED RESILIENCE PLAN

Work has begun to gather the concerns, experiences and ideas of residents of the Mangrove Mountain and Districts community with the aim of developing a community led resilience and disaster preparation and response plan.

The Red Cross notes “Recent global trends within emergency management have seen a shift towards a sharing of responsibility between various levels of government, emergency agencies, community services and communities themselves. With disasters being more widespread and intense, and official resources limited, emergency agencies have neither the capacity nor the volunteer base to support all affected communities during an event, particularly in remote locations.”

“Communities are increasingly taking on a level of responsibility for their own emergency preparedness, response and recovery from disasters. This has a range of social and environmental benefits. Local communities know their history, risks, people, resources, capacities and geographical location better than anyone from outside the community.”

The NSW DPI, the Red Cross and Central Coast Council in conjunction with the Mangrove Emergency Planning & Communications Committee, the Mangrove Mountain & Districts Community Group and the Mountain Districts Association have planned a series of events to encourage community engagement in this undertaking.

The first, a **Community BBQ and Engagement day** held on 24th September provided an opportunity to meet with representatives of the Red Cross, DPI, Carers NSW, Mangrove Mountain RFB and the SES.

Then, on the 11th October the **Wholesome Collective** conducted a free nutrition and cooking class and community connectedness workshop that was booked out. The people from the Wholesome Collective are specialists in practical nutrition

education. They teach essential life skills with a strong focus on cooking skills, budgeting and implementing nutrition recommendations to improve the physical and mental health of clients.

A **Farm First Aid workshop** was held on the 26th October at the Mangrove Mountain Memorial Club with participants provided with nationally recognised statement of attainments in “Provide Basic Emergency Life Support” / “Provide First Aid”

**There are two more community participation events to be held:**

**Wednesday 8th November 6pm to 7:30pm at Mangrove Mountain Hall** - A Simtable, which is a digital sand table, will be used to provide custom simulation models to explore the way fires and floods move through the landscape.

There will be an opportunity to review the issues raised at the Community BBQ & Engagement day and to begin discussions on the structure and elements of a community led resilience and disaster preparation and response plan.

**Wednesday 22nd 6pm to 7pm at Mangrove Mountain Hall** - This session will be an opportunity to flesh out more of the community resilience plan, to plan future actions and form a project team of community members to carry it forward.

With advice and support from emergency management agencies such as Red Cross, State Emergency Services (SES), and Rural Fire Services (RFS), as well as Local Emergency Management Officers at local councils, communities can improve their preparedness and resilience for disaster events. Community-led Resilience Teams (CRTs) provide a way for community members to support each other and improve their capacity for disaster resilience.

For more information go to <https://www.redcross.org.au> and search for Community-led Resilience Teams.

### REMINDERS FOR YOUR DIARY

Central Coast Plateau Chamber of Commerce AGM - 7.00pm Tues, Nov 14, at the Mangrove Mountain Memorial Club  
Country Fair General Meeting Thursday 16th November at 7pm at The Hub.



## Fair Congratulations

Everyone's a winner when we have a great day at the Country Fair. However, there are some specific prizewinners to be mentioned from inside the Hall this year. The displays of school Art were very good, and Kulnura Public School won the Best School Art award. Keeping with the theme, “Dynamic Living Systems”, Liana Wright won the Contemporary Art Award with her sculpture. The Kerr family took out the Family Aggregate, a closely fought competition this year.

No doubt spurred on by her photo appearing in this news last month, Christina Genge won the Adults Best Produce award again. Ava Starkey also won the Children's Produce award for the second year in a row, well done. Rob Meggs, as well as winning the Man cake category, received a fancy ribbon for Best cake overall.

Wishing to encourage more adults to have a go, the Mangrove Mountain Evening Branch CWA sponsored some extra special prizes in craft and cooking.

Here are the winners: Knitting – Barbara Lyon, Toys – Mandy Hassler, Metalwork – Josephine Stiddad, Scones – Gloria Fenner, Chocolate Cake – Christina Genge. The Yarn Bombers' award winning coat went to Silent Auction and was successfully bid for by Olivia.

Thank you to everyone who entered, to those who helped take and display the entries in the hall and especially to those who coordinate it all.

Sue Douglas 43761350

### STOP!

Next issue Published  
17th November 2023

\*\* DEADLINE \*\*

\*\* 10th November '23 \*\*

Send adverts & copy by  
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# General Meeting and AGM

Our next meeting will be on Thursday 16th November at 7pm at The Hub. We request that all community groups send along at least one member to this important meeting.

This will be a LESSON'S LEARNT meeting to discuss the fair and what worked well and any ideas/issues for reflection for next year. It would be great to hear from each group about your stall.

Please be advised that our AGM will be held on Thursday 14th December 7pm at The Hub of Mangrove Mountain.

All Community Groups that have requested a grant from the 2023 Country Fair must have a member in attendance at this meeting

Louisa Foxford  
Secretary

Mangrove Mountain & Districts  
Country Fair

# Recruitment begins for the next generation of leaders

Central Coast Council is recruiting for its unique youth leadership program 'Youth-for-Youth' (or Y4Y) Action Team to help build a brighter future for Central Coast community

for generations to come.

Applications are now open for this once in a lifetime opportunity to join the 2024 Y4Y Action Team – a group of 12 young people, aged 15-24, connecting like-minded individuals who care about community challenges and want to work together to develop meaningful solutions that create positive change.

Council's Director Community and Recreation Services, Melanie Smith said the program engages young people, empowering them to take action, be advocates for their peers and provide advice on Council initiatives



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from a young person's perspective.

"Now in its fifth year, the Y4Y Action Team has developed a thriving network in the local youth sector committed to working with Council to continue to create positive change and shape a thriving, dynamic Central Coast community guided by the Central Coast Youth Strategy," Ms Smith said.

"The Y4Y leadership program equips young people with essential skills like communication, teamwork, project delivery and problem-solving. Specifically, the team works together to deliver three actions based on key themes in the Central Coast Youth Strategy."

"Last year's Y4Y Action Team produced a series of resources to build awareness of the LGBTQIA+ community called 'Voices of the Rainbow', along with engaging local young people to design artwork for Kariong Skate Park, facilitated workshops educating young people on how they can turn their passion into a paycheck and played a pivotal role in the planning of Youth Week 2023."

Council Administrator Rik Hart said Council is committed to empowering young people by providing pathways to lifelong learning opportunities.

"Young people enrich the life of our community – and are our future leaders. Making sure they are included in community life and local decision-making creates a more vibrant Central Coast – socially, culturally and economically," Mr Hart said.

"Council would also like to thank the local youth sector, who work hard to support young people on the Central Coast every day. We value your experience, knowledge, ideas and opinions and Council is excited to continue the strong partnerships to

## MANGROVE MOUNTAIN CATTLE FEEDLOT DA WITHDRAWN

Notifications have been sent to those who made submissions on the matter.

Council has advised:

*Dear Sir/Madam  
Property: 2 Hershon Road,  
MANGROVE MOUNTAIN*

*Proposal: NOMINATED  
INTEGRATED Rural Feed Lot,  
Sheds and Associated Works*

*DA/4247/2022*

*I refer to your submission for the above development and would like to advise that the application has been withdrawn  
Should you require any further information, please contact me on (02) 4306 7900.*

*Information from  
Central Coast Council*

make the Central Coast an even better place for young people."

Applications for the 2024 Y4Y leadership program are open now and close 5pm Friday 17 November 2023, with successful applicants announced in December.

To join the Y4Y Action Team search 'Y4Y 2024' at [centralcoast.nsw.gov.au](http://centralcoast.nsw.gov.au) and register to become a young leader of tomorrow.

*Central Coast Council Media Release*



## NOVEMBER MEETING

Topic: The symbiotic relationship between plants and birds. Plants play a vital role in the life cycle of birds

Presenter: Cathie Stubbs, Wildlife Carer Support and Education Association

When: 1.30 for 2.00pm start

Where: Philip House, 21 Old Mt Penang Rd, Kariong

Cost: \$3 Members & Visitors (with lucky door prizes)



Cathie Stubbs has been with Wildlife ARC for almost 15 years, caring mostly for birds. She was Coordinator of the Central Coast branch of Australian Seabird Rescue. Cathie has a certificate in Permaculture and a passion for gardening. She is currently running the Wildlife Carers' Support and Education Association educating the public on a variety of wildlife related topics. Included in this is training for bird carers which is available for several rescue organisations.

Enquiries EJ Kydd 4362 3065 or see the website:

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## Congratulations for an Epic Country Fair!

Wow! What a great Country Fair! Blue skies, dry Fair ground, loads of visitors, lots of things to see and do, and a feast of yummy food and drink stalls without any long queues!! Well done everybody!

This year was the 60th Anniversary of the Mangrove Mountain & Districts Country Fair! A great milestone! For newcomers to the area, the Fair began in 1963 as a fund-raising vehicle to fund a Bush Nurse for the local area. When NSW Health finally stepped in, the local community wanted to carry on this annual tradition by continuing to have a fun family-oriented Fair day but use the fund-raising efforts to give financial support to the local community groups up here – such as the Soccer Club, the Scouts, the Guides, the Pony Club, Childrens' Centre, local primary schools and many more.

How it works is that the local community groups help to organise



Country Fair 60th Anniversary Birthday Cake knitted by the Ladies of the CWA

the Fair, run a stall on Fair Day, help with all the set-up and clean-up, and then can apply for a grant. ALL profits from the Fair go back to these community groups. That not only helps their survival but also helps our whole community not just survive, but thrive! And I think when it comes to an area having a strong sense of community, our area gets a 10 out of 10!!

So EVERYONE involved deserves a huge THANK YOU! Thank you to all you wonderful volunteers and stall-holders, who happily worked so hard, many for many months, to make the day a huge success. Thank you to all our wonderful animal owners, who had to put in many weeks of work getting their animals "Fair-ready", and then transport them to and from

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# Tinsel Town and the Pirates

- a Xmas Pantomime

date: Sunday, 26<sup>th</sup> Nov 2023  
 time: 2 sessions 2.30-3.30pm & 4.30-5.30pm  
 place: The Erina Centre, Erina Fair Shopping Centre, Erina  
 cost: \$10 adults, \$5 children, \$20 family, under 5yrs free  
 tickets: Trybooking.com/CMEVK or tickets at the door  
 contact: Jennie at coastalacappella@gmail.com

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the Fair. You are all great ambassadors for our wonderful mountains farming community!

A heartfelt thank you to our fabulous Platinum Sponsors – Central Coast Masonic Lodge, Bendigo Bank; Hanson, Michael Kidd Property, Eastcoast Beverages, Andreasen's Green and Workforce Road Services. We really appreciate your generous support and enthusiasm for our Country Fair!

And lastly, I'd like to thank my fellow VERY hard-working Country Fair Committee members and associates – Stephen Raines (Vice-President & Outdoor Convenor), Neil

Genge (Treasurer & Food/Logistics Organiser), Louisa Foxford (Secretary), Christina Genge (Rides), Jodie Swan (Indoor Convenor) and Ryan Howard (Entertainment & Publicity), and three people especially who are not even on the Committee - John O'Toole (Traffic), Mike Wheeler (Signs and Set-Up Dynamo) and Peter Chin (Set-up and Clean-Up Champion)!

You are all a joy to work with and I thank you for your passion, energy and dedication to the Country Fair. You are an inspiration to us all!

And THANK YOU ALL to everyone who entered our Arts & Crafts competitions, donated plants,



Annual General Meeting of the CC Plateau Chamber of Commerce will be held on Tuesday, November 14 at the Mangrove Mountain Memorial Club commencing at 7.00PM.

Business Chamber members, business owners and those interested in our community are welcome to join us in the ANZAC Room.

Guest Speaker is the inimitable Member for Gosford, Leisl Tesch, who will be ready to provide a short report on what's happening in state politics of benefit those of us who live, work and own farms and businesses west of the M1. Leisl is always happy to answer questions or discuss issues which affect your business and community.

Look forward to seeing you,

*Lorraine Wilson, Chairman  
Central Coast Plateau Chamber of Commerce*

produce, food, drinks, handicrafts and prizes, and thank to all of you who came to this year's Fair! Without your patronage and support the Country Fair would not have been the success that it was this year!

*Shane Eastman-Wheeler  
President*

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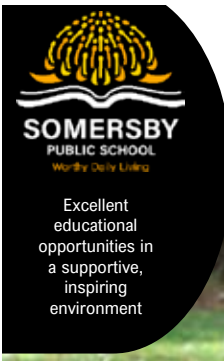
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# Mountain Community Children's Centre Inc.

**A huge thank you for donations for Country Fair**

Thank you to the Mountain Community for their generous support of our Produce and Face Painting stalls at the recent Country Fair. We had an amazing year with so much beautifully grown local produce.

We would like to sincerely thank the following families for their kind donations for the Produce Stall. We genuinely appreciate your donations considering the hard year the farmers have had with not much rain.

Thank you to our helpers on the stall who volunteered their time including our staff who painted 100's of faces for the whole day (the line never ended). Thank you for giving up your precious weekend to support this community event.

**A huge shout out to our supporters**

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**Enrolments for 2024**

We have limited vacancies for 2024. 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. Noni 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.

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](http://www.mountainchildren.com.au)



# Mangrove Mountain

## MEMORIAL CLUB & GOLF COURSE

**WHATS ON WEEKLY**

**TUESDAY**

BINGO from 11am  
 Pizza & Pasta specials starting from \$10

**WEDNESDAY**

MEAT RAFFLE drawn at 730pm  
 \$15 schnitzel night from 530pm

**THURSDAY**

MEMBERS BADGE DRAW drawn at 730pm  
 \$15 roast night from 530pm

**FRIDAY**

HAPPY HOUR 4-6pm  
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# Blues on the Mountain Presents: Karen Lee Andrews

Blues on the Mountain returns to the historic Mangrove Mountain Hall on Saturday the 18th of November featuring the Queen of Oceanic Blues and Soul, Karen Lee Andrews and her all star Band, plus 2023 Australian Idol finalist, Piper Butcher.

## Karen Lee Andrews

Powerhouse, Karen Lee Andrews celebrates the release of her new EP EDIN. EDIN is powerful, entertaining and vulnerable – a journey where Karen shares her artistry and her story with her audience.

Performing at Woodford Folk Festival, Queenscliff Music Festival and Bello Winter Music and supporting icons such as Jimmy Barnes and Gregory Porter. Karen Lee Andrews has toured extensively and become a highlight at major festivals and events across Australia including WOMAD and Blues on Broadbeach.

Karen Lee Andrews will be performing at the historic Mangrove Mountain Hall with her all star band, featuring Adam Ventoura and Yanya Boston.

## Introducing the band

**Adam Ventoura** is an established bass player, vocalist, percussionist, composer, music director and producer. Adam has played, recorded and toured with an array of world-class artists and musicians. Artists include Kelly Rowland, Al Green, Jon Stevens, Guy Sebastian, Jessica Mauboy, Stan Walker, Ian Moss, Kate Ceberano and Vika & Linda Bull. He is widely recognized as one of Australia's top bass players, with a vast and extensive musical knowledge, which has taken

him to audiences across the globe in South America, USA, UK, Asia, the Middle East and New Zealand.

**Yanya Boston:** In a career spanning over 25 years, Yanya Boston has played all over the world. His work behind the drums has seen him perform with the likes of Tina Arena, Neo, Jesse J, Karen Lee Andrews, Robyn Thicke, Thandi Phoenix, Anne-Marie,

Meghan Trainor, Human Nature, JOY, Thelma Plum, Ronan Keating, Danni Minogue, as well as a slew of upcoming independent artists.

Supporting Karen Lee Andrews band, will be the amazing Piper Butcher.

## Piper Butcher

A top 24 finalist in this year's Australian Idol, Piper's soulful tones

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are way beyond her years. Hailing from Newcastle, this up & coming artist has kicked off her career supporting acts such as Kav Temperley (Eskimo Joe), Diesel, Kasey Chambers, You Am I, Robben Ford (USA), Mia Dyson, Russell Morris, Casey Donovan, The Black Sorrows, Shane Nicholson, The Badloves, Ryan McMullan (UK), Thirsty Merc, Ray Beadle, The Screaming Jets, Melody Moko, 19-Twenty, Josh Pyke & Tori Forsyth, which has paved her music pathway.

“This young energised and effervescent young lady not only can sing, play great guitar and write songs way beyond her years but she can also command a packed audience with amazing charisma and charm”. *Brian Lizotte*

“Captivating, multi-talented, down to earth, songwriting, guitar playing, young songstress. An original, true, up n’ coming Aussie artist. I believe, Piper has that special something to take her to the top – keep an eye on her!!” *Karise Eden*

This powerhouse double act bill is not to be missed! Doors open at 6pm, with live music from 6.30pm. Great food will be available to purchase or BYO welcome. All ages family friendly event.

Tickets to the event are limited and pre booking is recommended. To book visit [www.trybooking.com/CHXTN](http://www.trybooking.com/CHXTN)

*Ryan Howard*

## Much Loved Child and Family Health Nurse Helen Retiring

Nurse Helen has retired after almost three decades working as a midwife and Child & Family Health Nurse.

Helen has served the Karing and Mountains communities for much of this time. Through her weekly clinics, new mothers’ groups and one-on-one appointments, she has touched the lives of many local families - including

multiple generations of new mums.

The community wishes Helen all the best and thanks her for her excellent and compassionate service.

*Elizabeth Knight*

Photo: Helen with her last Mothers Group - October 2023



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# Successful Fundraiser for the Union Church

The Mangrove Mountain Union Church Hall was full as the community came together to enjoy a night out and were treated to a thought provoking film, live music and some tasty treats prepared by the local CWA ladies.

The film "Up Armidale Road" is an emotive production about the village of Nymboida that, in 2019, was decimated by a hurricane of fire that left 200 out of its 300 residents homeless.

Only weeks after the fire Grace and Hugh were welcomed by the people of Nymboida who shared their stories of survival and recovery which were compiled into an award winning documentary film.

From these stories the duo composed the song 'Up Armidale Road' and in collaboration with the community brought the song to life. Done on a shoe-string budget but including a full orchestra and with help from friends, the song along with the film, stitches together the stories of devastation, survival, community spirit and recovery.

The film was followed by a set of live music by Grace and Hugh, performing the song they had written about the Nymboida fires and then also engaging the audience in fun singalong.

And in a twist to the tale, it was discovered that the lead singer, Grace Hickey, is a niece of Sue Brew, owner of "the Barn" at Peats Ridge.

It really is wonderful to have the Union Church back in the hands of the community and thanks go out to Grace and Hugh who donate their time and performances so communities can raise funds but more importantly come together to celebrate as a community.

<https://www.graceandhugh.com/>

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# Kids Party on at Local Small Schools Disco

With entertainment and activities by “Bop Till You Drop”, students from the local small schools accompanied by their siblings enjoyed a fun evening with music, dancing, games, glow sticks and food.

While patient parents waited in the background (some parents joining in to resurrect some rusty disco skills) the kids burnt a bit of energy and had a great time together.

The event was organised by the Central Mangrove P&C and it is planned to hold another disco with an open invitation to all primary school aged kids.



Some of the over 50 kids who enjoyed the disco

# GIRL GUIDES LOVE COMMUNITY...

Another fantastic outcome for the 2023 Country Fair’s drink stall.

So proud of the Girl Guides customer service and the long day they all put in working on the stall.

But wait, that wasn’t all they did. The Guides also put a lot of pre fair effort into exploring new and old skills making competition entries including art, cake decorating, knotting figures and more. Congratulations to the Guides who won prizes, especially the cake decorating section. Photos show community connection art poster and one of the cakes.

Well done Country Fair Committee!

Lorraine Wilson  
Kooree District Manager  
43761218 Mob. 0417451764



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# CWA Mangrove Mountain Branch News

## What a busy fortnight

What a busy month. Our members have been actively out and about. Karen and David attended the Putt Putt Regatta, run by Legacy and sold our jams and preserves.

Karen, Roseanne and I attended the evening showing the movie Up Armidale Road and served a supper there, fronting two days later to do the Country Fair.

Last Monday night we made 40 jars of passionfruit butter and 60 jars of lemon butter. How was this possible. A few weeks ago we juiced and zested the lemons and froze them. One of our friends donated bottles of frozen passionfruit all ready to go.

At the Country Fair we had Catherine and Karen selling our preserves, selling 374 jars of jams, relished, pickles, chutneys and sauces. They

also sold local honey sourced from the mountain.

Meanwhile in the kitchen our other members Sharyn, Karen, Janette and Judy were heading up the lunches for the day. We were ably assisted with our busy day by Robyn and Sandra, along with Peat's Ridge members Christine, Margy, Donna and Miranda. We thank all our amazing ladies for the hard work they put in on the day.

We served 370 scones, 40 sandwiches, 30 pieces of slice, 105 cups of tea, 27 cups of coffee and 45 sausage rolls.

I thank our members for the hard work they have put in especially for the Country Fair as we are there every year.

## Membership Opportunity

You are invited to join our Mangrove Mountain Evening Branch. We are open to different age groups and would welcome you to visit us to see the engagement and contribution we offer to community groups. Come along and help us make all the preserves for Country Fair 2024.

Branch President  
Judy Betteridge



# COMMUNICATING DURING EMERGENCIES

- Do you 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?

## Loss of communications and isolation can be a major problem.

To address this problem residents are now able to participate in a community led emergency communications network using UHF CB Radios that are provided at no cost. This program is supported by the Commonwealth Government through the Black Summer Bushfire Resilience Grants program. The network includes the rural areas west of the M1 from Mt White through to Wollombi and reaches out west past Gunderman.

The objective of the CB Radio network is to provide a means for people to communicate during emergencies and disasters when other communication methods fail and provide a last chance method to get through to "000" and emergency services. It also puts individuals in a position to get help for themselves and to help neighbours and others in the community.

To date 128 CB Radios have either been deployed or awaiting deployment. Testing has proven that the system functions well even in some of the most radio unfriendly terrain in the region.

Two training sessions have been held to explain the operation of the radios and the do's and don't's of talking on air.

## Soul Speak Healing



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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.

If you would like more information or would like to be involved please email your details to [mepccinc@gmail.com](mailto:mepccinc@gmail.com)

**Keith Aranja**  
Secretary, MEPCC

Email [mepccinc@gmail.com](mailto: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.*

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# KULNURA AND DISTRICT GARDEN CLUB

This month we visited the garden of Martin and Gwenda Thompson at Kulnura. What a magnificent vista looking north east over Yarramalong

Valley. Six years of re-designing, planning and dedicated work have paid off with a lovely space to enjoy. Martin described himself as enthusiastic amateur, just wanting to be immersed in his projects, including fostering frangipani plants brought from Sydney. Hopefully more will survive the journey and relocation.

The vegetable garden had several raised beds where friendly Isa Brown chickens were allowed to roam free.

Some veggie patches had “works in progress” which is good at this time of spring, but the rhubarb and mint were festive and abundant. The passionfruit vine had fabulous flowers presaging plentiful fruit.


Water, always wanting in sandstone country, is supplied by a 50m bore, pure enough to fill the house tank. A carpet python found a restful spot in a staghorn up on the morning sun side of the house, looking very posh in a



Diamond Python in a Staghorn fern



Arbor of Wisteria highlightst the path



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# CENTRAL COAST MARKET SNAPSHOT

The Central Coast region, known for its stunning beaches, natural beauty and accessible location, has long been a popular choice for homebuyers and investors alike.

Lets look at a snapshot of how we are doing and why.

bright new skin.

President Louise reported on members' success in the Wyong District Open Gardens including Tony Meehan for large rural garden and grand champion, and Sid and Pam Leotta as runners-up. Helen and Ross commented on the rhododendron, azalea and wisteria at gardens at Mt. Wilson. Louise also reminded us of upcoming events – Mangrove Mtn Country Fair 21st October selling their raffle tickets, Mudgee Sculptures in the Garden till next weekend, and our AGM to be held at the December meeting. Our November meeting will be on Monday 13th planned for Pine-Lea Nursery in Ironbark Road. Please contact us for more details.

Please email [kulnuradgc@gmail.com](mailto:kulnuradgc@gmail.com) for information about meeting, membership, or any other questions, or feel free to call Jacqui on 0455 364 262. Feeling enthused in our gardens.

*Pia Voigt and Gail Taylor*

**Fewer Listings** - There has been a notable reduction in property listings in many suburbs on the Central Coast. Buyers on the Central Coast can expect to face a competitive market as demand continues to outpace supply.

**Lifestyle Properties in High Demand** - One of the significant factors influencing the Central Coast property market is the growing preference for lifestyle properties. The pandemic has prompted a re-evaluation of priorities, with many individuals seeking a balance between work and play.

The Central Coast has emerged as a top choice for those seeking a serene lifestyle away from the bustling city. With its natural landscapes, pristine beaches, and tranquil surroundings, the Central Coast presents an irresistible haven for those seeking a picturesque escape.

**Ever Present Interest from Sydney Buyers** - Proximity to Sydney has always been one of the Central Coast's most appealing aspects and more than ever, Sydneysiders are recognising not only the convenience but also the advantages of living on the Central Coast. With improved transportation infrastructure such as the NorthConnex and a shift towards hybrid work models, the region has become an attractive option for individuals looking to escape the city while still maintaining convenient access to urban amenities.

**First Homebuyer Activity on the Rise** - The Central Coast property market has also experienced a surge in first homebuyer activity throughout the first half of 2023, with the Central Coast ranking number five for first home buyers in NSW, according to a report published by InfoTrack. The report listed the suburbs of Gosford, Erina, Wyoming, Mount White and Peats Ridge in particular, and these were the only suburbs that were located outside of Sydney's west and south-west. This increased demand has contributed to a competitive landscape, particularly in the more affordable segments of the Central Coast market.

**Strong Rental Market** - In addition to its robust property sales market, the Central Coast has experienced a strong rental market in the first half of 2023. Vacancy rates sit below 2% in countless suburbs such as Long Jetty, The Entrance, Erina and East Gosford.

As the appeal of the region continues to grow, both investors and individuals looking for rental properties have found the Central Coast to offer attractive opportunities. Rental yields have remained healthy, making the area an appealing choice for those seeking an investment property.

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# Organise A Home 'Safety Visit' Today

As we approach end-of-year celebrations and the warmer months, it is important that homeowners check their smoke alarms to ensure they are in good working condition and installed in suitable areas.

Fire & Rescue NSW is encouraging vulnerable people to contact their local fire station to organise a home 'Safety Visit'.

A home 'Safety Visit' will have firefighters visit your home and inspect your smoke alarms to determine whether they are in good working condition.

If your home requires a new smoke alarm or a change of batteries, Fire & Rescue NSW will organise this, at no cost to homeowners.

Federal Member for Robertson, Dr Gordon Reid MP, says this initiative is an outstanding service.

"There are vulnerable people in the community who cannot always check to see whether their smoke alarms are working or suitably located in the house", Dr Reid said.

"This service allows vulnerable people to organise Fire & Rescue NSW to visit their home and identify any potential problems with their smoke alarms".

"I thank all our emergency service workers, especially our firefighters who respond to a range of challenging callouts every day – our community is

so appreciative", Dr Reid said.

Saratoga Fire Station Captain, Mr Craig Dodds, says Fire and Rescue NSW (FRNSW) is encouraging the local community to stay vigilant around fire danger this spring.

"There were 930 residential fires across NSW in spring last year.

"No fewer than 40% of them started in kitchens or cooking areas so your local firefighters want to help you stay safe during the warmer months.

Captain Craig Dodds from FRNSW's Saratoga Fire Station warns, "Always keep 'looking while you're cooking' and if a fire breaks out on your stove, never throw water on it...that will make the flames more intense".

"Turn the stove off and ensure you have a fire blanket nearby to place over the fire and smother the flames."

"Make sure you have at least one smoke alarm in working order, installed in or near bedrooms as a priority. We also recommend you invest in at least one fire extinguisher for your home."

"This is the time of year when we tend to get stuck into some spring cleaning."

"Clear your yards of debris and flammable materials like cardboard boxes and old furniture that could catch alight in a bushfire".

"Cut back any foliage you might have and clear your gutters of leaf litter".

"The warmer weather also means barbecues".

"When you're cleaning your gas-powered outdoor cookers, check there are no leaks and that hoses and nozzles are in good, working order".

"As the weather gets warmer, you'll be using your e-bike or e-scooter more. Remember, don't charge it where it will block your exit path out of the building if there is a fire."

"If you haven't created a home escape plan with your families or fellow residents, take the time to map one out...Where is the easiest escape route in the event of a fire? Do you have a back-up option? Are you able to phone Triple-Zero (000)? Do you have stairs that might be cut off in a blaze? What about access to a torch if the power goes out?"

"Familiarise yourselves with identifying your path to safety and maybe run a few fire drills with others in your home to make it second nature".

"If a major fire does occur in your home, get out and stay out, don't risk your life by going back in for a few belongings".

"In the event of a fire, we'll be there...but every second counts and you can improve your odds of survival by following this advice."

- Dust and check smoke alarm
- Clear lint filters
- Replace damaged or frayed electrical cords.

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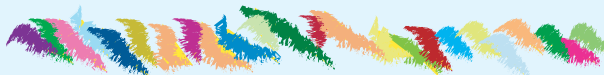
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- Clear leaves and debris from gutters
- Check and maintain BBQs.
- Organise and declutter garages.
- Review and update your family's fire and emergency plan.
- Remove obstacles and clutter from emergency exits.
- Implement or review your Bush Fire Survival plan.

Anyone can organise to have a home 'Safety Visit', however, there are people within our communities that are at greater risk of fire incidents, including those over the age of 65, those who live alone, people living with disability, people who are supported by carers, and people with English as a second language.

For more information and to organise a 'Safety Visit', head to: <https://www.fire.nsw.gov.au/visits>

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

## Mangrove Mountain Computer Club

6 Waratah Rd, Mangrove Mountain (The Old Fire Shed)

The club is community based and is open to locals and those from afar

Our aim is to enjoy using computers (not to be afraid of them)

If you have a computer based skill and would like to share it with others please contact  
Sue Grist: Mobile 0408 895330

### Short list of programs covered over the years:

- Photoshop
- Power Point
- Word
- Excel
- Publisher
- Computer Craft
- Calendars
- Movie Editing
- Slide Shows

Through the club you can gain access to a 3D printer



Our classes are mostly group learning with input from all those in attendance. Our aim is for social and friendly learning.

#### Classes:

- Monday: A.M. Beginners
- Wednesday: A.M. Intermediate
- Wednesday: P.M. Computer based crafts.
- Thursday: Q & A.

Contact: Sue Grist 0408 895330  
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## REGULAR ACTIVITIES & MEETINGS

### RURAL FIRE SERVICES

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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: <a href="http://www.facebook.com/YarramalongRuralFireBrigade/">www.facebook.com/ YarramalongRuralFireBrigade/</a> Phone contacts: 0406 360588 or 0418 280764 Email: volunteer@yarramalongrfs.org.au

### COMMUNITY & SOCIAL

Coastlink Friendship Group		Wed 9.30am-2pm at the Health Centre, Nurses Rd, Central Mangrove
Country Women's Association (Somersby)		Second Wed of each month, at Somersby Hall Wiseman's Ferry Road, Somersby, contact Sue, 43721280 or 0407768000.
Country Women's Association (Peats Ridge & District)		First Monday of the month at Community Hall, Peats Ridge School. Any enquiries please contact Christine 0419 400163.
Country Women's Association (Mangrove Mountain Evening Branch)		2nd & 4th Tues of the month, 4-8pm at Mangrove Mtn Hall, General meeting 6pm 2nd Tues. Ph Judy 43771728
Gosford North Inner Wheel club		2nd Wed each month 7pm at Phillip House in Kariong. Contact: Glenis Ph: 0400 486 760
Gosford World Vision Community Group		4th Tues 11am in Presbyterian Church, West Gosford Contact: Glenis Ph: 0400 586 760. <a href="https://permaculturecc.org.au/">https://permaculturecc.org.au/</a>
Permaculture Central Coast Kulnura & District Garden Club		Second Monday, 9.30 for 10am start. Jacqui Maxwell 0455364262 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 <a href="http://www.mountaindistrictsassociation.com.au">www.mountaindistrictsassociation.com.au</a> <a href="mailto:secretary@mountaindistrictsassociation.com.au">secretary@mountaindistrictsassociation.com.au</a>
Mountain Districts Association (MDA)		Second Tuesday of the Month 6.30pm at the Mangrove Memorial Club
Mountain District Football Club Meeting		President Robyn Downham 0414248224 Email info@rivercares.com.au
River Cares for the Lower Hawkesbury River District		Friday 7.15am at Phillip House. 43404529
Rotary Club Meeting		President Brad Maisey, Community Meetings, 4377 1167, spencercpg2@gmail.com
Spencer Community Progress Group Inc		Last Fri of month. 12.00 noon Spencer Community Centre, Jennifer Dayes 4377 1364 Articles to: spencercpg2@gmail.com
Spencer Community Ladies Social Club		Tue 9.30am-12.30pm, Kulnura Tennis Courts. Enquiries: Alison Palmer 0427731548.
Newsletter		Every 2nd month. Check website for further details. <a href="http://www.somersbyequestrianclub.org.au">www.somersbyequestrianclub.org.au</a>
The Mountain Tuesday Social Tennis Group		Tues & Sat. 9am-5pm. Contact: Alan Hunt 4566 4626 or Adrian Acheson 0448 833 781
Somersby Equestrian Club Club & Committee Meeting		
Wisemans Ferry Community Men's Shed		

### 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 the Mangrove Mountain Union Church Hall
Christian Service		9.30am second and fourth Sundays. Mangrove Mountain Union Church, cnr Bloodtree Rd & Wisemans Ferry Rd

(cont'd next page)

# Solar Power: Your Go-To Saviour Amidst Skyrocketing Energy Bills

In these times of relentless energy price hikes and ever-growing power bills, it's high time we talk about our friendly neighborhood hero: solar power. This renewable energy source comes packed with advantages that can rescue your finances from the ongoing energy cost rollercoaster.

First and foremost, solar power is your ticket to slashing those electricity bills. Solar panels soak up the sun's rays, delivering a steady stream of power all day long. By generating your electricity, you can drastically reduce your reliance on traditional grid power, resulting in some serious, ongoing savings. And as energy prices seem to only know one direction—upward—solar power becomes an even smarter long-term investment.

What makes solar power even cooler is its predictability. Once you've got those panels installed (and they don't need much fussing over), you can count on a stable energy bill. No more sweating over sudden price spikes; you've got the reins in your hands. Solar power empowers you to take control of your energy future in a world where stability is a rare gem.

But wait, there's more! Solar power isn't just about saving your wallet. It's also about saving the planet and your community. By reducing greenhouse gas emissions and weaning off fossil fuels, solar energy is your superhero against climate change. Plus, the whole process of setting up and maintaining those solar panels creates local jobs and pumps life into your community's economy.

To wrap it up, when energy costs are through the roof and power bills are skyrocketing, solar power steps in as your trusty sidekick. It's the way to cut electricity expenses, secure financial predictability, and make a positive impact on the environment and society. Going solar isn't just a money-saver; it's a step towards a more sustainable

and resilient future in the face of rising energy costs.

Just some top tips we recommend to anyone looking to start their solar journey:

- (1) Ensure they are a local company with local employees who are fully accountable from start to finish
- (2) Ensure the company uses their own employees and not contractors as you want to be confident in the process with no hiccups during or after installation
- (3) Ensure the company has experience within the field with 3 - 5 years or more of continuous service
- (4) Check out reviews and filter them from the worst to the best to give you a true indication of the success and quality of service provided by each solar company

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**REGULAR ACTIVITIES & MEETINGS (cont'd)**

<p>St Barnabas Christian Service Yarramalong Serbian Orthodox</p> <p>Kariong Community Baptist Church</p> <p>Divine Retreat Centre (Ph 04 6848 6782) 160 Hensons Road, Somersby www.divineretreatcentre.org.au</p> <p>Catholic Service -Spencer</p> <p style="text-align: right;">- Wollombi - Somersby - Yarramalong</p> <p><b>YOUTH</b> Junior Girl Guides 5-10 Girl Guides 10-15 Scouts, Cubs &amp; Venturers Peats Ridge Scout Hall</p> <p><b>HISTORICAL</b> Brisbane Waters Historical Society Dharug &amp; Lower Hawkesbury Historical Society Inc. First Fleeters Central Coast Chapter The Pearl Beach Aboriginal History Group Wyang District Museum &amp; Historical Society</p> <p><b>ACTIVITY/HOBBY</b> Central Coast GNU/Linux Users Group Coastal Communicators Toastmasters Craft/scrapbooking Saturday Craft Group/Spining and bobbin lace Yarn group (knit, crochet etc)</p> <p><b>HALL BOOKINGS</b> Kulnura Hall Mangrove Mountain Hall Somersby Hall and Mountain Districts Culture and Heritage Centre Yarramalong school of Arts / Hall</p>	<p>Every Sunday, 9.30am. (Easter &amp; (Christmas Carols dates to be advised) 2nd &amp; 4th Sun. of the month. 10 am, followed by luncheon, tea, coffee, cakes (cost \$20). 1184 Peats Ridge Rd, Peats Ridge Sun @9.30am, Church &amp; Kid's Program, Philip House, Mt Penang Gardens, Chris Clarke email pastorkcbc@outlook.com Daily Holy Mass 8.00am to 8.30 am 1st Fri, 5.30pm-8.30pm Divine Mercy Friday 1st Sat, 5.30pm-9pm, Youth Ministry 18-35yr Last Sun, 9am-4pm, One Day Retreat Holy Trinity Church, 2nd Sat of the month 4pm, Contact 43771374 or 43771168 as times may change each month. 2nd &amp; 5th Sunday of the month, 4.30pm Mass at St Michael the Archangel, Wollombi. Every Sat. evening vigil - 5.30pm St. Francis of Assisi Centre, 30 Lutana Rd, Somersby. 1st Sunday each month, 11.15am St. Barnabas All welcome. Enq 0428 438577</p> <p>Kooree Guide Cabin, every Monday in school term, 5.00pm - 6.30pm Kooree Guide Cabin, every Monday in school term, 6.00pm-7.30pm Cubs meet 6.30pm - 8.30pm Wednesdays Scouts meet 7.00pm - 9.00pm Tuesdays Venturers meet 7.00pm - 9.00pm Mondays Contact 0460 696 941</p> <p>25-27 Henry Kendall St., West Gosford, Ph: 4325 2270. www.henrykendallcottage.org.au Last Sat of month. All welcome, contact Jan Kofron 0405321478 jankofron@optusnet.com.au 2nd Sat of the month, 10.00am for 10.30, Point Clare Hall (except Jan &amp; Dec). Contact Margaret 0409467710 or Gavin 43404435. 3rd Fri of month 7.30pm Pearl Beach. Peggy 0411754577 pbaboriginalhistory@gmail.com Open Sun to Thurs, 10am-2pm, other times by appt. Contact 43521886 email info@ alisonhomestead.com.au. website: www. alisonhomestead.com.au</p> <p>www.cclug.org.au - all most welcome 1st &amp; 3rd Thurs of month, 6:45pm to 8:45pm at Doyalson-Wyee RSL. Debbie 0421216952 Yarramalong Hall 10am to 5pm, \$12/person. Bring along your projects. Dates &amp; details: stackm@skymesh.com.au or ph 43561196 2nd Sat of the month Somersby Hall (10am to 2pm) cost \$5 per person Carmen 0434071305 Last Sunday of month 2pm at Angels Sussurri Cafe Yarramalong. Contact Margaret Dale 0411104770</p> <p>Contact Central Coast Council. Hall bookings Ryan Howard 0405416289 Hall bookings: 0413 359 655 or AH 4373 1488 enquiries@yarramalonghall.org.au https://yarramalonghall.org.au</p>
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# A New President and Vice-President for River Cares

I am very proud of how River Cares has developed since its formation in July 2020. River Cares is the point of contact for all the emergency services and other agencies and has earned the respect of all 3 levels of government, and has established a strong relationship with the media such as Scott Levi and Mary-Louise Vince with the ABC Central Coast, Newcastle NBN News, Terry Collins at Coast Community News, the Mangrove Mountain and Districts Community News and the Living Heritage newsletter at Wisemans Ferry.

River Cares has put the Lower Hawkesbury River District on the



map – we are now no longer forgotten, excluded, omitted and ignored! The boots on the ground during the March and July floods in 2022 can testify to this. One of the first of many River Cares achievements was fundraising for (2) AEDs (automated external defibrillators) located at the now renamed the Anchor Café in Spencer and at the Marlow Public Wharf, and subsequent funding by applying for a grant in conjunction with Sophie Wills from the Community Defib Project for an additional (4) AEDs located in Spencer at Cohens Creek and at the Malaluka Caravan Park, Oyster Shell Road in Lower Mangrove and at the bottom of the Divvy at Greengrove.

River Cares has grown far beyond anyone's expectations however it is time for me to step down as President. I have been the local activist since 2015 when I started campaigning alongside my counterpart Belinda Repton from Wendoree Park for a mobile tower (which was finally activated early 2019), agitating to Liesl Tesch MP in September 2017 for an upgrade of the Spencer public wharf (completed late October 2019), complaining to the Central Coast Council in 2019 for new public toilets (completed 25th January 2023) and countless other issues over an 8 year period, as well as being a voice for the Lower Hawkesbury River District but it is time for me to hand the baton over.

It gives me great pleasure to announce that we now have a new President Marlee Maxwell and Vice-President Rory Gibson for River Cares. Marlee and Rory have lived in Gunderman for over 2 years and have experienced first-hand

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the impact of extreme weather losing property in the floods that ravaged their home located on the banks of the Hawkesbury River. Marlee and Rory have supported River Cares and donated generously as they see the importance of the work that this community group have been conducting since its inception not only for Spencer and Gunderman but for the other river communities in the Lower Hawkesbury River District.

I will continue as a River Cares committee member in the capacity as the point of contact - Community Liaison Officer, and in addition as the Publicity Officer and Philanthropy Coordinator. I will be assisting Marlee ease into her role as the new River Cares President especially as we move into a potentially worrying bushfire season. River Cares still needs to continue its journey working to maintain the health, safety and well-being of the residents in this isolated part of the Central Coast LGA but we cannot do this work alone. We still require more support and welcome new members to come on board to help us continue developing our 'Community Led Emergency Response Plan, participate in the CB radio project and help us build community connectivity and resilience.

I am very grateful that Marlee has agreed to carry the baton for River Cares and to Rory for his on-going support as the new Vice-President.

*Robyn Downham*  
Publicity Officer  
River Cares

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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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