

COMMUNITY NEWS

No. 938 Ph: 4374 1039 Mo: 0412 669 649 Email: enquiries@cnews1.com.au Web: cnews1.com.au 1st March 2024

FINAL FAREWELL FOR RUSSELL PONTIFEX



Russell Pontifex passed away on the 20th February.

His funeral service will be held at 11am at the Mangrove Mountain Union Church on Tuesday the 5th of March.

Following the service, a wake will be held at Mangrove Hall.

The Measure of a Man by Anonymous

Not--"How did he die?" But--"How did he live?"

Not--"What did he gain?" But--"What did he give?"

These are the units to measure the worth

Of a man as a man, regardless of birth.

Not--"What was his station?" But--"Had he a heart?"

And--"How did he play his God-given part?"

Was he ever ready with a word of

Mangrove Mountain

Farmers & Artisans Market

1st Sunday of every month
Mangrove Mountain Hall 9am ~ 3pm

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good cheer,
To bring back a smile, to banish a tear?"

Not--"What was his church?" Nor--"What was his creed?"

But--"Had he befriended those really in need?"

Not--"What did the sketch in the newspaper say?"

But--"How many were sorry when he passed away?"

REMINDERS FOR YOUR DIARY

Meet your local MP - Tues 5th March, 11am - 1pm, The Springs Golf Club. RSVP KPRHACPS@gmail.com

MMDCG AGM - 7th March, 7.30pm, Mangrove Hall

STOP!

Next issue Published
15th March 2024

**** DEADLINE ****

**** 8th March '24 ****

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

TALES OF BUSHRANGERS

April Speaker at the Dharug Chapel, Gunderman

The Dharug and Lower Hawkesbury Historical Society invites all to join us as we hear about the exploits of Martin Cash, the Wild Scotchman, Moondyne Joe, the Kenniff brothers and many other bushrangers, as well as the troopers who pursued them, from the colonial past of three states – Tasmania, Western Australia and Queensland.

New South Wales and Victoria were not the only places to experience a wild colonial history and in his latest book *Bushranger Tracks II: Beyond the Legends* renowned author Greg Powell will again join us to entertain us with the stories of the above bushrangers plus others.

Greg is a well known author of books about the Hawkesbury and he has explored the area over many years as well as writing about the characters who operated in other States.

We will meet at the Chapel 6445 Wisemans Ferry Road Gunderman at 12.30pm for a short AGM and then the speaker at 1.00pm.

After Greg's talk we will participate in a sumptuous afternoon tea. Greg will have some of his books available

Mountain Before & After School Care seeking EOI for Educators



MBASC is a small, community-run OOSH service, providing an important link between working families and the Kulnura, Central Mangrove and Peats Ridge Primary Schools. Hours of operation are Monday- Friday, 7 to 8:50am and 3:10 to 6pm. The committee is seeking experienced, motivated educators in both a part-time and casual capacity to run this service.

Essential Criteria

1. Minimum two years' experience in the provision of childcare and demonstrated ability to work with children and fellow educators.
2. Current Working with Children's Check.
3. Current First Aid Certificate or willingness to obtain.
4. Completed Food Handling Certificate or be willing to obtain.

Desirable Criteria

1. Familiarity with the My Time, Our Place Framework and ability to demonstrate how this can be implemented in an OOSH service.
2. Knowledge and application of Qikkids software.
3. Previous experience with healthy menu planning and preparation, including consideration of possible food allergies.

All applicants are invited to please forward any questions or their resume, including two current referees, and their suitability to the criteria to mountainbasc@gmail.com.

should you wish to purchase.

Date: April 6

Time: 12.30 for short AGM and then the speaker

Cost: \$15.00 members/ \$20.00 non members.

Secretary@dlhhs.org.au or phone/text 0405321478 by April 2.

Cash or credit card available. CC surcharge will apply.

All are welcome.

Bookings essential: Email the

Jan Kofron
Secretary, DLHHS



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- Microbiome imbalance - leaky gut - food intolerance

- Parasites - Vets can check faeces
- Weight - gain - loss
- Constipation - diarrhoea
- Smelly gas
- Fatigue - stress
- Inflammation
- Enzymes and nutritional supplements may assist dogs digestion and wellbeing

See Dianne at the Mangrove Mountain Markets, March 3rd

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Sodium	17mg	Glucosamine sulfate	100mg
Potassium	29mg		

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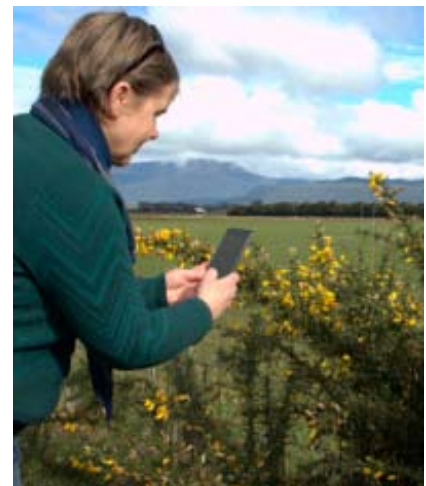
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WeedScan app is live!

WeedScan is a new app which helps you identify, report and manage over 450 priority and other weeds.



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COUNCIL PERFORMING ARTS PILOT SUPPORT PROGRAM

Central Coast Council is calling for artists to present and develop new performance work in Council's 'Performance Illuminated' pilot program.

The Performance Illuminated pilot program, to be run in Council owned and operated theatre venues, is intended to support emerging works and performers in Laycock Street Community Theatre, Wyoming and Peninsula Theatre, Woy Woy.

Director Community and Recreation Services Melanie Smith said the theatres were piloting three approaches in the program to attract a diverse and vibrant range of uses for the intimate stages of Council's theatre venues in Wyoming and Woy Woy.

"By Council offering a range of supportive options for the performing arts industry to pitch ideas to use the space, we are increasing opportunities for arts on the Coast and fostering work in a variety of forms," Ms Smith said.

The successful applications will be selected via a panel assessment, which will make recommendations about the applications that qualify against

the criteria in the assessment matrix provided in the application process.

"Council is looking forward to seeing a diverse mix of performing artists from a cross section of the industry utilise these theatres and deliver works to help define our region as a cultural destination.

The Performance Illuminated pilot program options supporting different stages of creative development are:

1. Greenlight Season – a program that supports artists to present new performance work through a door split model available at both Peninsula Theatre and Laycock Street Community Theatre.

2. Flashlight Access – a program that supports artists to access rehearsal space in the Don Craig Room at Laycock Street Community Theatre on dark days during staffed business hours.

3. The Pen Residency – a residency program that supports artists to develop new creative work in the Peninsula Theatre.

Applications will be open throughout March, with the programs running from April to October 2024.

Interested performing artists are invited to RSVP on centralcoast.nsw.gov.au/performance-illuminated for the Performance Illuminated information evening at Laycock Street Community Theatre at 6pm, Thursday 22 February.

Central Coast Council Media Release

MMUC - Special General Meeting & AGM Outcomes

On Monday, February 19th, 2024, the Mangrove Mountain Christian Group held a SGM followed by an AGM.

Members approved the change of the name of the association from "*Mangrove Mountain Christian Group Inc*" to "*Trustee for the Mangrove Mountain Union Church 1914 Trust Inc.*"

Members also approved the adoption of a new constitution that brings focus to the 1914 Trust under which the MMUC is governed. The role of the trustee is separated from the conduct of religious services.

The results of the committee election at the AGM are:

President - Ron Collins

Vice President - Lorraine Dickson

Treasurer - Ryan Howard

Secretary - Keith Aranjó

Committee Members - Pam Crocker, Kaye Collins, Ross Howard, Ruth Waddell

Keith Aranjó, Secretary, MMUC
MMUCsecretary@outlook.com
0412 669 649

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Notification of wild dog and fox control program

Greater Sydney Local Land Services will be leading an integrated wild dog and fox control program on Council owned/ managed land in the Mangrove Creek Catchments with support from Central Coast Council. This coordinated program is part of ongoing work to reduce pest animal numbers and their impact on primary production and native wildlife in these areas.

1080 wild dog ground baits and Canid Pest Ejectors will be used on the listed properties below from **Sunday 10 March 2024 to Friday 19 April 2024**. Pets and working dogs may be affected (1080 is lethal to cats and dogs). **Please restrain all domestic pets and working dogs and ensure they do not enter the baiting locations during this time.** In the event of accidental poisoning of domestic pets seek immediate veterinary assistance.

- Mangrove Creek Dam Catchment, KULNURA
- Mangrove Creek Weir Catchment (Dubbo Gully), MANGROVE CREEK and UPPER MANGROVE.

If you would like to participate in a future program or have any questions, please contact Greater Sydney Local Land Services on (02) 4724 2100 or Mark Lamb on 0427 346 797.



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EMERGENCY COMMUNICATIONS CB NETWORK

COMMUNITY TRAINING AND INFORMATION SESSIONS

As the rollout of the CB's continues and the rate of participation increases, community members are finding the network is enabling them to help each other during storms and power and phone outages.

The two recent training and information sessions were well attended.

Training covered the use of the equipment including some of the more advanced features, safety, how to speak effectively especially in an emergency situation and the appropriate "lingo" for radio communications.

Also discussed was the area covered by the network and the key aims including the priority of reaching a location that could contact "000".

The CB Radios are supplied and installed free of charge thanks to Commonwealth Government funding under the BSBR grants scheme.



Above: The session at Laguna Hall attracted a large audience.
Below: Participants enjoyed a pizza dinner after the training session that was hosted by "The Anchor" in Spencer.



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Fixed CB Radios are the preferred option as they utilise an external antenna mounted at the roofline but there is also an option for handheld CB's.

To date over 180 radios have been deployed or are programmed for installation.

The MEPCC CB Radio network covers most of the rural area of the Central Coast west of the M1 stretching from the Hawkesbury River up to Wollombi.

Further training session will be held in various locations to enable residents through the radio network area to attend.

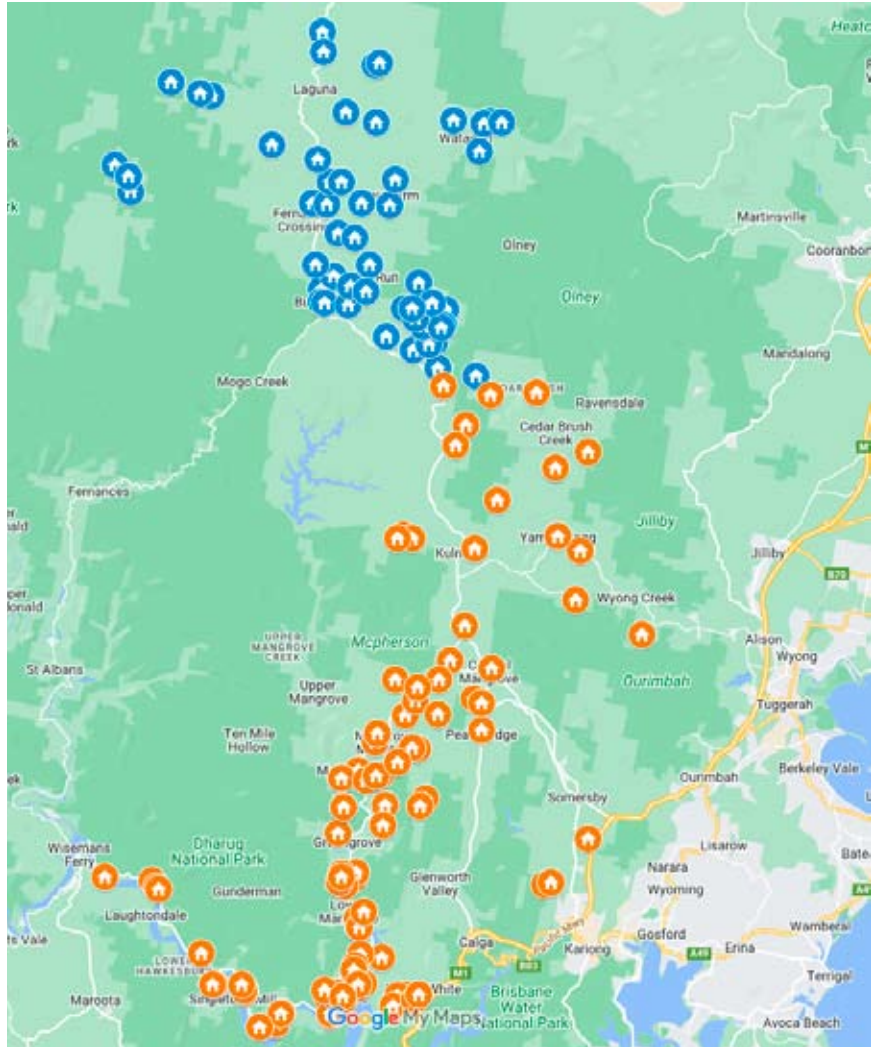
The CB Radio Emergency Communications Network is designed to provide a last line of communication when power, landline and mobile phones fail.

Using CB Radios will enable you to keep in touch with others in your team and to contact other groups, emergency services and support groups.


Especially when you become isolated by bushfires, floods or landslides, being able to communicate with others is essential.

If you would like to participate or would like more information please contact the MEPCC by email on mepccinc@gmail.com or phone 0412 669 649

Keith Arango
Secretary
MEPCC Inc



The above plot on Google Maps shows most of the locations to date with CB Radios installed or scheduled for installation..




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MANGROVE MOUNTAIN CHRISTIAN GROUP INCORPORATED

2022-2023 President's Report AGM 19th February 2024

Welcome and thanks for your presence here this evening and for your support of the Mangrove Mountain Christian Group Incorporated (MMCG Inc). I would also like to thank those who will later read this report for your interest in our activities.

Well! We did it! We have recovered the use and management of the Mangrove Mountain Union Church back into our community. Our prayers to our good Lord were answered, and our efforts were rewarded. Our community, together with others who have fond memories and continuing links to our local area, gathered for the task. With faith, devotion, persistence, and a not insignificant cost, the Mangrove Mountain Union Church is now open again and being used for Christian Worship and by Community Groups as per the terms of its 1914 Trust Deed.

In its second year, the MMCG Inc's main goals have been (see 2022 AGM

report): -

- 1) Closer engagement with our community and to promote a Christian presence in the Mountain Districts.
- 2) Regain access to the Union Church buildings for Worship Services and community use.
- 3) Secure the MMCG Inc as the new Trustee for the MM Union Church property.
- 4) Continue regular fundraising to support the "Save the Union Church" Campaign.

Regards Goal 1 - Regular Worship Services have continued on 2nd and 4th Sundays of each month with visiting preachers and our attendance numbers are frequently now in the high 20's.

Bible Study meetings were held 1st, 3rd, and 5th Mondays of each month. Members of the Worship Group have reached out into the community to assist local residents who are experiencing difficulty.

Regards Goals 2 & 3 - These were effectively achieved on 4th September 2023 when after payment to the Liquidator of just over \$80,000 (inclusive of his legal costs), he gave authority for the keys and possession of the property to be handed over to us, whence the MMCG Inc became the new Trustee for the Mangrove Mountain Union Church. Regular users now include the "Gunnadoos", CWA Mangrove Mountain Evening

Group, Mountain Districts Christian Church, and Restitution Ministries.

Regards Goal 4 - The MMCG has no outstanding debt from the "Save the Union Church" campaign and is currently paying its bills. Fundraising will continue in the year ahead with the Union Church to be an Activity Hub for the Harvest Festival in early June.

I have no hesitation in stating that the goals for 2023 reporting year, have been well met.

Some other notable events for the MMCG Inc since our last AGM are: -

- Union Church grounds regularly maintained and urgent property repairs are being attended to.
- A growing supporter base mostly members, but also several interested people from the Central Coast, Sydney and further afield.
- Receipt of several significant monetary donations and short-term loans (refer Treasurer's Report).
- All MMGC Inc Legal fees are settled, and all short-term loans have been repaid.
- Commencement of several permanent hall hires will ensure ongoing financial viability.
- The change of the name of the MMGC Inc to the "The Trustee for the Mangrove Mountain Union Church - 1914 Trust Incorporated" to more reflect the group's business.
- The Worship Group has separated

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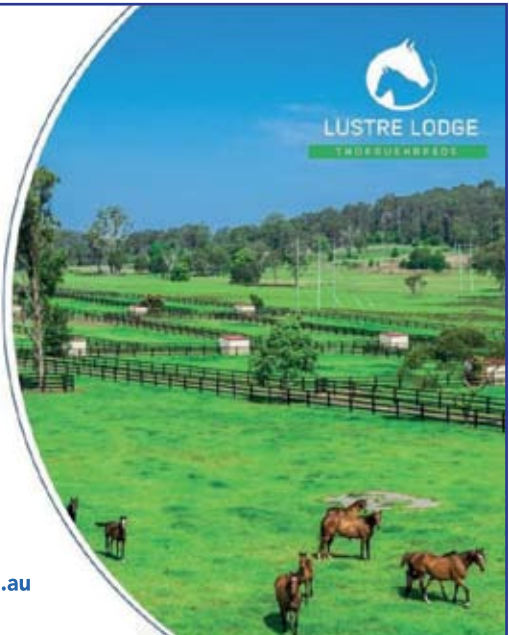
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Paige Belsham, Info@lustrelodge.com.au



from the MMCG Inc to form an Independent Christian Congregation, The Mountain Districts Christian Group Inc. This is in-line with the intention of the MMCG to keep “religious” user groups of the property apart from the management of the property.

I express my deep appreciation to my fellow MMCG Committee members for their significant contributions of time, effort, and monetary gifts made over the past year. It truly has been a Team Effort, but particular thanks are due to Secretary, Keith Arango and Treasurer,

Ryan Howard. I would also like to acknowledge Georgia Sidiropoulos and Ron and Kaye Collins for help with Worship Services these past 2 years. Many thanks are also offered to our Fundraising Working Group of Judy & Ian Betteridge, Ross Howard, Elaine Raines and Ryan Howard.

As I step down from the President’s position, I am confident that the Union Church is now reestablished back into the Mountain Districts community as a much valued and loved resource. I am also confident that the incoming

committee will manage the property to enable its ongoing use for both Christian and community purposes. It has been a blessing to serve my community in this way. I will continue to serve my God by encouraging and assisting use of the Union Church as a base for Christian outreach into our community.

Yours faithfully,

Robert Meggs, President 2021-2023
Mangrove Mountain Christian Group
 Incorporated
 (mob 0429 443 310)

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The Old Fireshed Gallery
Wollombi Cultural Centre

WVAC warmly invites you to: **'Paintings & Mosaics'** - Marilyn Miller, Kaye Lovie, Carole McDonald, Mary Francis.

2 - 17 March 2024

Open weekends 10am - 4pm

This is the 18th year of exhibiting in the Old Fireshed Gallery for this talented group of local artists. We welcome them back for their annual exhibition.

Marilyn Miller

"I paint mainly in acrylics, sometimes applied with a spatula, and love texture in paintings."

Marilyn won the WVAC 2023 Emerging Artist Award for 2325 Australian Flora, with her painting 'Rainforest Secrets'.

Kaye Lovie

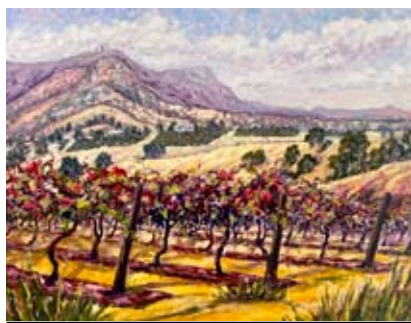
"I have painted as a hobby since high school and attended art classes in the early 1980's. Work and children meant I rarely had time to paint until later in life, attending annual workshops with professional artists as tutors in acrylics



'Flower Babies' - Marilyn Miller

and oils, of landscapes, seascapes and flowers. My style has evolved over time. The passion and pleasure that painting gives me, and others will never end."

Kaye was the winner of the WVAC 2325 Wollombi Award for her painting 'Springtime'



'Hunter Valley Vineyards' - Kaye Lovie

Carole McDonald

"My artistic life started as a child in South Africa. In my 20's in Sydney, I attended various workshops studying watercolour with Mignon Parker and Lyn Butchard, and landscape with Brian Agnew. Now living in the Hunter Valley, I am surrounded by wildlife and inspired by the prolific bird life. Pastels and animals are a passion of mine."

Mary Francis

"I have been creating mosaics for nearly 30 years. I have recently taken up abstract painting, although mosaics will always be my main interest."

Wollombi Valley Arts Council Inc
c/o General Store, Wollombi 2325

Email: artscouncil@wollombi.org

Web: www.wollombi.org

f: <https://www.facebook.com/artscouncilwollombi>

ANZAC DAY



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The Palmdale Group will host ANZAC Day Ceremonies at both Palmdale and Greenway on 25th April, paying respect to the memory of our service men and women.

Services and Wreath laying ceremonies will be held at both Palmdale and Greenway.

Palmdale Lawn Cemetery & Memorial Park

57 Palmdale Road, Palmdale, NSW.

Commencing at 9am, the service will be held adjacent to the Defence Force Memorial.

Palmdale phone: 4362 1203

Greenway Chapel & Memorial Gardens

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Ash Grunwald at Mangrove Mountain Hall

Australia's foremost bluesman, Ash Grunwald is bringing his national tour to the historic Mangrove Mountain Hall on Sunday the 14th of April!!! In celebration of the release of his new single – Life Without You, a chilled groove about going the distance in a relationship and having gratitude for your loved ones.

A collaboration with Garrett Kato,



most well-known for producing Tones & I's 'Dance Monkey' and many of Ziggy Alberts most recent releases – this is a track that hits you in the feels.

A journeyman, storyteller, and troubadour at heart, Ash Grunwald has

inspired a generation of roots artists to hit the road in an old beat-up van and 'surf by day, jam by night'.

Enshrined by Australian folklore, live on stage, Grunwald rocks the house yet touches the soul, serving a tsunami of dance, beats, roots, bass 'n' blues. He has supported legends James Brown, The Black Keys, Jack Johnson, Xavier Rudd, and Keith Urban, among numerous others, and played sold out festivals across Europe, Japan, and North America as well as the biggest Blues and Roots festivals in Australia including performing at the iconic Byron Bay Bluesfest a record 10 times!

With six Australian Top-50 albums

to his credit, alongside five ARIA and four AIR Award Nominations, two APRA Awards, and gong for Best International Act at the LA Music Critic Awards in 2014, Grunwald is cast in bronze among Australia's most

Mangrove Mountain & Districts Community Group

The AGM for the MMDCG will be held on March 7th, 2024 at 7.30pm at Mangrove Hall.

Nominations must be received by the Secretary seven (7) days prior to the meeting.

successful blues musicians

In a special show featuring all of the fan favourites curated from a career and catalogue spanning 20 years, don't miss your chance to witness Australia's most exciting blues act in action!

Opening the night for Ash Grunwald will be talented Central Coast Blues and Roots artist, Jye Sharp.

Be quick, because this show will sell out! Tickets are available here: <https://events.humanitix.com/ash-grunwald-at-mangrove-mountain-hall> SET TIMES 5:00 pm Doors Open

5:00pm – 6:00pm Dinner 6:00 pm - 6:40 pm Jye Sharp 6:40 pm - 7:00 pm Intermission/Set Change 7:00 pm - 8:30 pm Ash Grunwald 8.40pm – Close Meet and Greet all ages event, great food available for purchase, BYO drinks.

Ryan Howard



Mangrove Mountain MEMORIAL CLUB & GOLF COURSE

WHATS ON WEEKLY

TUESDAY

BINGO from 11am
Taco Tuesday - available all day

WEDNESDAY

MEAT RAFFLE drawn at 730pm
\$15 schnitzels - available all day

THURSDAY

MEMBERS BADGE DRAW - 730pm
\$18 burger night - available all day

FRIDAY

HAPPY HOUR 4-6pm
COCKTAIL HOUR 6-7pm
MEAT RAFFLE drawn at 730pm
New restaurant specials every week from 530pm

SATURDAY

POOL COMP from 630pm
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MARCH 28TH 2024 | 7.30 PM

ENTERTAINMENT FROM 8PM

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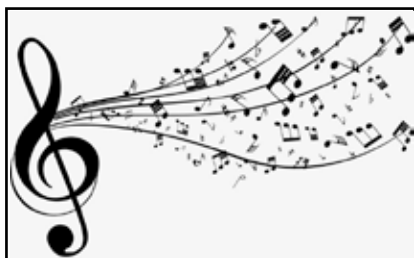
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Yarn Bombing Brightens up the District

Have you noticed the latest yarn-bombing to appear on the mountain? You may be surprised by the sight of Westies' new-look front entrance now.

Our crafty knitters and crocheters meet every Monday afternoon, 2 till 4, at the Hub. Beginners welcome.

Sue Douglas



Singing Group

It's a fun and relaxed time to sing along to your favourite tunes in a small group just for the joy of it.

There are a huge variety of songs from pretty much every decade and style of music; folk, pop, rock, country and show tunes. If we don't have what you'd like to sing we'll get it for next time.

Players of instruments and all type of music fans welcome.

Enthusiasm compulsory with talent entirely optional!

Meeting at Mangrove Mountain Hall 6pm on the 1st & 3rd Tues of the month.

Why don't you come along to sing along!

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Celebrating inclusion this International Women's Day

Member for Gosford, Liesl Tesch MP is thrilled to invite the Central Coast community to join the International Women's Day celebration with Meditation HQ Ocean Beach.

Ms Tesch says "This is such a beautiful opportunity to rise with the sun and enjoy some quiet contemplation on our picturesque Ocean Beach, as we come together to inspire inclusion across the Coast in celebration of International Women's Day.

For the fourth year running, Ms Tesch encourages Coasties to come on down to this free event, with everyone welcome.

"I love how this event opens-up the opportunity for everyone to get together and share inspirational stories of their life and of women who have inspired them. We can learn so much from those who have paved the way before us and be empowered to make a change in our community too.

The event will include a group meditation on the beach and reflections on "Inspire Inclusion", the theme for International Women's Day, followed by a free tea, coffee and a chat at the



KULNURA & DISTRICT GARDEN CLUB

On 12th February, Kulnura & District Garden Club met as usual on the second Monday of the month for our first meeting of 2024.

As always, visitors are welcome, and at this meeting we welcomed some guests from Erina Heights Garden Club at the home and garden of Megan Amory and Michael Krivo in Wyong

Ocean Beach Café.

"Bring along your hat, sunnies and a smile as we celebrate this special day together.

"This event is open to all Coasties, and I look forward to seeing you there."

The event will take place at 7:00am, Friday, 8 March 2024 at Ocean Beach Surf Club.

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

Media Release from the office of Liesl Tesch, Member for Gosford



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Creek. We enjoyed our morning tea first – supplied by our members, and then we began our meeting. We enjoyed hearing Megan speak on the history of her garden. We all voted in our plant competition, and we use the word competition loosely, followed by a sharing of plants and produce on our swap table. We then dispersed to have a stroll through the beautiful property.

We all enjoyed this 50 years old garden on a 90-acre property which is all 'OFF GRID'. As I wandered through the garden I heard, 'unique, enchanting and intriguing' all of which were appropriate descriptions for Megan and Michael's Garden.

The garden was centred around a 50 foot 45-year-old Liriodendron tulipifera (tulip tree). Much advice was given regarding this magnificent tree which is in a little bit of trouble. Megan thought the trouble was owing to a little too much moisture for too long, something many plants and particularly old established trees have been suffering from with the recent years of wet seasons.

Another unusual tree featuring in the garden is an ice cream bean tree, *Inga edulis*. A big attractive tree with spreading branches and white and yellow flowers. Edible beans that are said to taste like vanilla ice cream!

Chickens, horses, and guinea fowl are all free range with chickens and guinea fowls roosting in the 'Chicken



tree' at night.

Thank you, Megan and Michael.

Our next meeting will be at Jilliby on March 11th in the garden of our members Sid & Pam. 9.30am we gather for our morning tea and at 10am we start our short meeting followed by

a tour of the garden.

Please e-mail kulnuradgc@gmail.com for information about meetings and membership or phone Jacqui on 0455364262.

Sandy Price

Kulnura & District Garden Club

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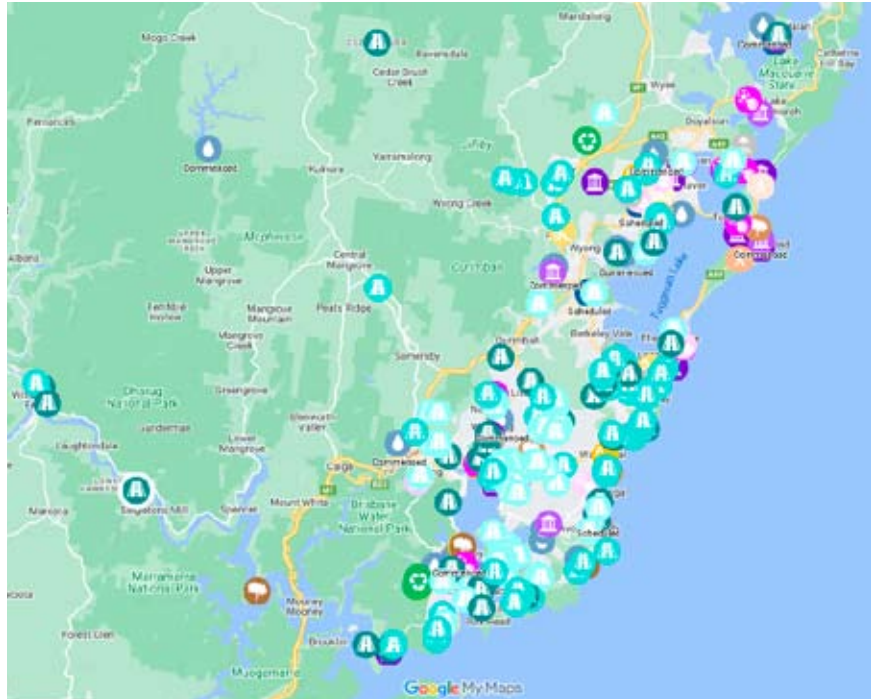
Federal Government Funding for Central Coast Roads

The Council works program include many major road projects west of the M1 but nearly all are marked "Pending Grant". It now remains to be seen which of the long awaited road repairs in the rural areas will be carried out. [Editors note]

Central Coast Council has received \$40 million for the Central Coast Local Roads Package, delivering on an Australian Government 2022 election commitment.

The funding package will see the delivery of 46 individual projects to be carried out over a four-year period, from 2024 to 2027.

Projects have been grouped into two programs: Projects will involve Road Pavement Upgrades and Road and Drainage Upgrades, and will benefit roads across the Central Coast.



The program of priority work addresses Council's high-priority roads contained within Council's Pavement Management System.

For all information on the progress of Council road projects visit Council's interactive Capital Works Map at <https://www.centralcoast.nsw.gov.au/about-council/capital-works-program>.

Quotes attributable to Infrastructure, Transport, Regional Development and

Local Government Minister Catherine King:

"When complete, these critical projects will improve safety and travel efficiency on the Central Coast – a key commitment of the Australian Government."

Dr Gordon Reid said "The Australian Government is getting on with our commitment of delivering safer and smoother roads for the Central Coast."

"When I am speaking with our



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The section of Wisemans Ferry Rd at Gunderman that is included on Council's Capital Works interactive map. This section had partly collapsed many years ago..

community, one of the key issues raised is the condition of local roads.

"I am pleased that through my advocacy, the Federal Government will provide \$40 million to Central Coast Council to undertake upgrades to 46 local roads.

"These upgrades will improve safety and driving conditions for every Central Coast resident.

"I am committed to continuing to advocate for increased funding for our local roads".

Central Coast Council Director

Infrastructure Services Boris Bolgoff said "This funding will add to the already allocated funding from Council's own Operational budget, as well as other funding from both the Australian and NSW governments.

"Projects were identified by taking the current road condition and life-cycle costs associated with any proposed treatment/upgrade into consideration.

"Council has also recently carried out a comprehensive road condition audit of the entire local road network using laser technology, which included

visiting sites in person to validate audit findings.

"The focus of this program is targeted at asset renewal, which primarily focuses on the structural integrity of the road pavement. The intent of the works is to reduce ongoing maintenance costs and improve road safety where possible.

"By identifying issues early on, and fixing them, we greatly reduce the maintenance burden and improve the user safety for perhaps the next 20 years for these upgraded roads."

Council Administrator Rik Hart said "Delivery of the \$40 million in funding from the Australian Government is extremely welcome.

"No council can entirely fund major capital works programs in their local government area.

"We thank the Australian Government for this important funding and look forward to continuing to work with both levels of government to identify future grants which will benefit the Central Coast."

Media Release from the offices of
The Hon Catherine King MP
Minister for Infrastructure, Transport,
Regional Development and Local
Government
Dr Gordon Reid MP
Federal Member for Robertson



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YOUR HEALTH

12 Vital Facts About Vitamin D

1. The healing rays of natural sunlight cannot penetrate glass. This means that you cannot generate vitamin D while sitting in your car or at home.

2. It's nearly impossible to get adequate amounts of vitamin D through diet alone. Exposure to natural sunlight is the only reliable way to generate vitamin D in your body.

3. The further away you live from the equator, the longer sun-exposure times you need to in order to generate sufficient vitamin D. Canada, the UK and most American states are considered far from the equator.

4. People with dark skin may need anywhere from 20 - 30 times as much exposure to sunlight as fair-skinned people, in order to generate the same amount of vitamin D. That's why prostate cancer is epidemic amongst black men - it's caused by a simple, yet widespread sunlight deficiency.

5. Vitamin D is crucial for calcium absorption in the intestines. Without sufficient vitamin D, your body cannot absorb calcium, rendering calcium supplements useless.

6. A chronic deficiency in vitamin D cannot be reversed overnight. It takes months of supplementation and sunlight exposure to rebuild the body's bones and nervous system.

7. Even weak sunscreens (SPF:8) inhibit your body's ability to generate vitamin D by 95%. This is the reason sunscreen products actually cause disease; they lead to a critical vitamin D deficiency in the body.

8. It's impossible to generate too much vitamin D in your body via sunlight exposure. Your body will self-regulate and only generate what it needs.

9. If it hurts to press firmly on your sternum (chest bone), you may be suffering from chronic vitamin D deficiency right now.

10. Vitamin D is 'activated' in your



Queensland Fruit Fly workshops

Join fruit fly expert Andrew Jessup in this exciting and informative session.

These workshops will raise awareness and management of fruit fly and teach techniques in identifying early season pest presence in response to varying climate and recent flood impacts. We will also discuss the information gathered from electronic surveillance, providing growers insight into Queensland fruit fly pest pressure trends in relation to climate, weather, and crop type/variety.

When and where

14 March 2024 | 10 am - 12 pm
DPI Research Station
111 Lackersteen Road, Somersby 2250

15 March 2024 | 10 am - 12 pm
LLS Demonstration Farm
40 Edwards Road Richmond Lowlands 2753

Register online



Scan the QR code or [register online](#)

Bookings are essential. RSVP by 12 March 2024.

For further information, please contact:
Hugh Littlefield - Land Services Officer
Mobile: 0457 818 593
Email: hugh.littlefield@lls.nsw.gov.au

The Fruit Fly Workshops & Surveillance Program are funded by the Early Needs Recovery Program which is part of the \$150 Million Primary Industry Support Package, which is co-funded by the Australian and NSW Government. For more information about the program, please visit [Early Needs Recovery Program](#)

lls.nsw.gov.au



body by your kidneys and liver before it can be used. Thus, having kidney disease or liver damage can greatly impair your body's ability to activate circulating vitamin D.

11. Your risk of developing serious diseases such as diabetes and cancer is reduced by 50%-80% through simple, sensible exposure to natural sunlight 2-3 times per week.

12. Super antioxidants greatly boost your body's ability to handle sunlight without burning. Astaxanthin is one of the most powerful 'internal sunscreens' and can allow you to stay under the sun

twice as long without burning. Other powerful antioxidants with this ability include super fruits like acai berries, pomegranates and blueberries. (Mike Adams. "Vitamin D myths, facts and statistics." Natural News, January 1, 2005. http://www.naturalnews.com/003069_vita-min_D_deficiency.html)

Neville Doherty, Restitution Ministries Inc.

(Restitution Ministries is an independent SDA not for profit charity organisation who meets at the Mangrove Mountain Union church every Saturday at 10 am)



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March bustling with local seniors' festivities

The 2024 Central Coast Seniors Festival is shaping up to be bigger and better than ever! With the theme 'Reach Beyond' the festival will run from 11 – 24 March 2024, with the annual Seniors Expo taking place on Thursday, 21 March at Wyong Racecourse.

Director Community and Recreation Services Melanie Smith said each year the festival provides a full calendar of events, with a huge variety of exciting activities across the Central Coast.

"Council is looking forward to delivering a festival that embraces everybody and recognises the important contributions seniors play in our community," Ms Smith said.

"Council will shine the spotlight on a range of local services and resources available to seniors by bringing them together under one roof at the Seniors Expo on 21 March.

"The event will feature a variety of stallholders from businesses, services, and community groups around the Central Coast. Attendees will have the

opportunity to speak to organisations first-hand, ask questions and gather resources.

"We really want to see older people taking advantage of the 70+ local events taking place over the two-week festival at 22 locations across the Coast, including our popular libraries, theatres, leisure centres, galleries, senior centres and more."

Administrator Rik Hart said the Central Coast Seniors Festival was a great time for older locals to 'Reach Beyond,' to seek out new experiences and make new friends by participating in the festivities.

"Council's commitment, for all ages, is to strengthen our diverse population by creating new opportunities for connection, creativity, inclusion, and opening the door to local sporting, community and cultural initiatives. This commitment is at the heart of our Community Strategic Plan," Mr Hart said.

"This vibrant calendar of events for Seniors Festival certainly has something for everyone, providing opportunities for belonging by getting together and celebrating the diversity of older people, and the products and services available to enhance their fantastic lifestyle on the Coast."

Seniors Expo

A highlight of the Festival is Council's free Seniors Expo, on Thursday, 21 March held at Wyong

Race Club.

Join the celebration and connect with local community groups and organisations and discover the wide range of services, activities and events available to older people living on the Coast.

Have fun together and celebrate your age, wisdom and experience!

Rik Hart stated: "We have incredible Seniors in our region, 89,000 of them who achieve amazing things and generously donate their time to a number of community and sporting groups, organisations and charities.

This Festival is all about celebrating our Seniors and also provides opportunities to get together to promote and celebrate the diversity of older people on the Central Coast."

"Council's commitment to strengthening our diverse population, by creating new opportunities for connection, creativity, inclusion and opening the door to local sporting, community and cultural initiatives that strengthen our collective sense of self, is at the heart of the belonging theme of our Community Strategic Plan. This fantastic Seniors Festival certainly delivers that. Enjoy."

Visit centralcoast.nsw.gov.au/seniorsfestival to download the full event calendar.

Central Coast Council
Media Release

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REGULAR ACTIVITIES & MEETINGS

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Bucketty RFS	Weekend Training Station Maintenance General Meeting	3rd Sat, 9am-12 pm, breakfast 8.30am Every Thurs as required, generally 10am-1pm 3rd Sat in even months, at 1pm, All welcome bucketty@lowerhunterffrs.com.au 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

Central Coast Plateau Chamber of Commerce		First Tuesday each month 7.00PM MMMC Wed 9.30am-2pm at the Health Centre, Nurses Rd, Central Mangrove
Coastlink Friendship Group		Second Wed of each month, at Somersby Hall Wiseman's Ferry Road, Somersby, contact Sue, 43721280 or 0407768000.
Country Women's Association (Somersby)		First Monday of the month at Community Hall, Peats Ridge School. Any enquiries please contact Christine 0419 400163.
Country Women's Association (Peats Ridge & District)		2nd & 4th Tues of the month, 4-8pm at Mangrove Mtn Union Church, 2154 Wisemans Ferry Rd, MMtn. General meeting 6pm 2nd Tues. Ph Judy 43771728
Country Women's Association (Mangrove Mountain Evening Branch)		2nd Wed each month 7pm at Phillip House in Kariong. Contact: Glenis Ph: 0400 486 760
Gosford North Inner Wheel club		4th Tues 11am in Presbyterian Church, West Gosford Contact: Glenis Ph: 0400 586 760.
Gosford World Vision Community Group		Second Monday, 9.30 for 10am start. Jacqui Maxwell 0455364262 kulnuradgc@gmail.com
Kulnura & District Garden Club		Tue 9.30am-12.30pm, Kulnura Tennis Courts. Enquiries: Alison Palmer 0427731548.
Kulnura Tuesday Tennis		1st Tues, 10am to 12 at Angels Sussurri Cafe Yarramalong. Margaret Dale 0411104770
Ladies of the Valley Morning Tea		1st & 3rd Tue, Mangrove Mtn Hall, 6-8pm Contact Kim & Leila 0401516501
Mangrove Mountain Singers		1st Thurs of the Month, 7.30pm, Mangrove Mtn Hall. Contact: mepccinc@gmail.com , 0412669649
Mangrove Mountain & Districts Community Group Meeting		3rd Thu of mth except Jan, 7pm, at The Hub of Mangrove Mtn. Pres- Shane 0417 436 529
Mangrove Emergency Planning & Communications Committee		www.mountaindistrictsassociation.com.au secretary@mountaindistrictsassociation.com.au
Mangrove Mountain Country Fair Committee Meeting		Second Tuesday of the Month 6.30pm at the Mangrove Memorial Club https://permaculturecc.org.au/
Mountain Districts Association (MDA)		President Marlee Maxwell Email info@rivercares.com.au Friday 7.15am at Phillip House. 43404529
Mountain District Football Club Meeting		President Brad Maisey, Community Meetings, 4377 1167, spencercpg2@gmail.com
Permaculture Central Coast		Last Fri of month. 12.00 noon Spencer Community Centre, Jennifer Dayes 4377 1364 Articles to: spencercpg2@gmail.com
River Cares for the Lower Hawkesbury River District		Every 2nd month. Check website for further details. www.somersbyequestrianclub.org.au
Rotary Club Meeting		Tues & Sat. 9am-5pm. Contact: Alan Hunt 4566 4626 or Adrian Acheson 0448 833 781
Spencer Community Progress Group Inc		Every Sun 8am at Peats Ridge Scout Hall, Sunday School during school terms
Spencer Community Ladies Social Club	Newsletter	General Meeting 3rd Monday, 7.30pm at the Mangrove Mountain Union Church Hall 9.30am second and fourth Sundays. Mangrove Mountain Union Church, cnr Bloodtree Rd & Wisemans Ferry Rd
Somersby Equestrian Club Club & Committee Meeting		
Wisemans Ferry Community Men's Shed		

SPIRITUAL

Anglican Service - Mountain Districts		
Mangrove Mountain Union Church Trust		
Mangrove Mountain Christian Service		

(cont'd next page)

LIVESTOCK MARKET REPORT



Maitland Liveweight Cattle Sale 19th February 2024

A total of 550 cattle yarded today. 500 trade/yearling cattle and 50 export cattle.

Trade/restocker cattle market was firm to 25c/kg to 30c/kg stronger. The export market remained firm.

- Restocker Angus Steers up to 280kgs made 340c/kg to 420c/kg – Firm to 15c stronger
- 280kgs to 350kgs made 320c/kg to 370c/kg – Firm
- Other Breeds of restocker steers made 240c/kg to 400c/kg
- Restocker heifers up to 280kgs 260c/kg to 315c/kg – 10c stronger
- 280kgs to 350kgs made 255c/kg to 330c/kg – 20c stronger
- Feeder Angus Steers Milk and 2 tooth (380kgs – 480kgs) made 300c/kg to 370c/kg – firm
- Feeder Heifers (350kgs – 450kgs) made 265c/kg to 315c/kg – 20-30c stronger
- Grown Steers made 220c/kg to 300c/kg
- Export Heifers made 240c/kg to 270c/kg
- Cows made 125c/kg to 260c/kg
- Bulls made 200c/kg to 240c/kg

Maitland Liveweight Cattle Sale 12th February 2024

A total yarding of 670 cattle, made up of 620 trade/yearling cattle and 50 export cattle.

All regular buyers were in attendance. Market was firm to slightly easier on the heifers and export cattle.

- Restocker Steers under 250kg made 290c/kg to 420c/kg
- 250 to 350kg made 260c/kg to 400c/kg to average 345c/kg
- 250 to 380kgs made 255c/kg to 375c/kg
- Restocker Heifers under 250kg made 250c/kg to 300c/kg
- 250 to 350kgs made 240c/kg to 310c/kg to average 275c/kg

- Feeder Angus Steers Milk and 2 Tooth made 325c/kg to 374c/kg
- Grown Steers 500kg + made 270c/kg to 335c/kg
- Export Heifers made 230c/kg to 260c/kg
- Cows made 200c/kg to 246c/kg
- Bulls made 200c/kg to 240c/kg

Upcoming Sales


2nd March 2024 - Maitland Annual Angus Female Sale & Cooreei Angus Bull Sale, Commencing 11am.

21st March 2024 - Mackas Beef Annual Female Sale, Commencing 11am.

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)

St Barnabas Christian Service
Yarramalong
Serbian Orthodox

Every Sunday, 9.30am. (Easter & Christmas Carols dates to be advised)
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

Restitution Ministries
Independent SDA Church

10am every Saturday, Mangrove Mountain Union Church.

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, 5.00pm - 6.30pm

Girl Guides 10-15

Mondays in school term,
Kooree Guide Cabin, 6.00pm-7.30pm
Mondays in school term, Contact 0417451764 for further information

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

HISTORICAL

Brisbane Waters Historical Society

25-27 Henry Kendall St., West Gosford, Ph: 4325 2270. www.henrykendallcottage.org.au

Dharug & Lower Hawkesbury
Historical Society Inc.

Last Sat of month. All welcome, contact Jan Kofron 0405321478 jankofron@optusnet.com.au

First Fleeters Central Coast Chapter

2nd Sat of the month, 10.00am for 10.30, Point Clare Hall (except Jan & Dec). Contact Margaret 0409467710 or Gavin 43404435.

The Pearl Beach Aboriginal History Group

3rd Fri of month 7.30pm Pearl Beach. Peggy 0411754577 pbaboriginalhistory@gmail.com

Wyang District Museum &
Historical Society

Open Sun to Thurs, 10am-2pm, other times by appt. Contact 43521886 email info@alisonhomestead.com.au website: www.alisonhomestead.com.au

ACTIVITY/HOBBY

Central Coast GNU/Linux Users Group
Coastal Communicators Toastmasters

www.cclug.org.au - all most welcome

Craft/scrapbooking

1st & 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 & details: stackm@skymesh.com.au or ph 43561196

Saturday Craft Group/Spining
and bobbin lace

2nd Sat of the month Somersby Hall (10am to 2pm) cost \$5 per person Carmen 0434071305
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
Culture and Heritage Centre

Hall bookings: 0413 359 655

Yarramalong school of Arts / Hall

or AH 4373 1488

enquiries@yarramalonghall.org.au

<https://yarramalonghall.org.au>



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NSW GOVERNMENT DEPARTMENTS CONSOLIDATED

The newly formed Department of Climate Change, Energy, the Environment and Water (DCCEEW) began on 1 January 2024 brings together all of the key environment and heritage activities, including NSW National Parks, EPA and much more into the one department.

Visit the DCCEEW website for more details.

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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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