

COMMUNITY NEWS

No. 941 Ph: 4374 1039 Mo: 0412 669 649 Email: enquiries@cnews1.com.au Web: cnews1.com.au 19th April 2024

CHANGE OF DATE!

NSW FARMERS CENTRAL COAST BRANCH ANNUAL & GENERAL MEETINGS

Wednesday 24 April | 6:00pm |
Mangrove Mountain Memorial Club

NSW Farmers' Central Coast Branch invites members and non-members to its Annual and General Meetings to be held at the Mangrove Mountain Memorial Club, 18 Hallards Rd, Central Mangrove on Wednesday 24 April at 6pm.

NSWF Central Coast Branch want your input for the Branch Annual Strategic Plan (ASP). Submit your top 5 issues for consideration in the 2024/2025 ASP. Your input will guide the Branch executive in addressing member needs, future guests, planning future actions and events. The ASP is reviewed at the Branch General Meeting following the Branch Annual Meeting. Use the register button to submit your input.

RSVP is ESSENTIAL for catering purposes.

Guest Speaker

Micah Sharpe - ARUVA Modular Homes - Introducing their local Lisarow based business and discussing your exclusive NSW Farmers member offering.

Annual Meeting Agenda

- Submission of Annual Report [Chair]
- Presentation of Balance Sheet [Treasurer]
- Election of Office Bearers
- Motion for Capitation Fees
- Nominate Annual Conference Delegates

NB: We would love to see some of our new branch members attend and nominate for Office Bearer Positions

Following the Annual Meeting a General Meeting will be opened.

General Meeting Agenda

- Motions for Annual Conference/ Executive Council Meeting - An opportunity for members to assist in the direction of your organization moving forward. Please consider providing proposed motions in your RSVP, this will allow us to check for an existing policy and/or background to the issue.

You are invited to a combined
'Mangrove Mountain CWA Evening Branch' and
'The Union Church Trust' Event



POETS' BREAKFAST

Come and enjoy a hearty cooked breakfast with an array of CWA home baked desserts, juice and a bottomless cup of tea or coffee,



With plenty of poetry



\$25 per head

When: Sunday 19th May starting 8.30 a.m. for 9.00 a.m.

*At Mangrove Mountain Union Church
2154 Wisemans Ferry Rd, Mangrove Mountain NSW 2250*



Please buy your ticket for this event soon
as there is limited seating

Enquiries to Judy B 43771728 email
judybetteridge@gmail.com
(Please contact Judy before paying)

Bendigo Bank BSB 633 000
Acct No. 191925106
CWA NSW – Mangrove Mountain Evening
And put your name in as reference!!

- General Business - Points of Discussion:

- Minimal Rural Lot Sizes
- Housing Hamlets

Please note FIVE [5] voting members are required to form a quorum. The Branch is eligible to send TWO [2] delegates to Annual Conference.

Members are encouraged to bring a non-member as a guest and introduce them to the benefits of NSW Farmers' membership.

For further information please contact:

Tim Kemp - Chair - 0400 224 588
timothy.kemp@bigpond.com
Roger Wilson - Hon Secretary
0417 451 764 | wilsonrl@bigpond.net.au

Tanya Hayes - Regional Services
Manager - 0407 533 218
hayest@nswfarmers.org.au

"Thy nakedness shall be discovered, and thy shame shall be seen: for I will avenge me of thee, and will show no mercy to thee, as I do to other men"

Isaiah 47:3

STOP!

Next issue Published
3rd May 2024

**** DEADLINE ****
**** 26th April '24 ****

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

St. Joseph's Workshop Receives Boost

St Joseph's Workshop in West Gosford operated by the St Vincent de Paul Society has received \$4,939 from the Federal Labor Government's National Shed Development Programme.

workshop to purchase a thicknesser which has improved the efficiency of the workshop and allowed volunteers to construct more items for people in need.

Federal Member for Robertson, Dr Gordon Reid MP said "I applaud St Joseph's Workshop on receiving this

The grant funding has enabled the

grant funding.

"The new thicknesser has already been put to good use and it was amazing to see it in action helping volunteers construct items for people in need.

St Joseph's Workshop Manager, Wayne Gibb said "Thanks to funding made available through the Australian Government's National Shed Development Programme, we were able to purchase a new thicknesser which will improve the efficiency of our operations and allow our volunteers to construct more items for people in need.

"St Joseph's Workshop has been in operation for more than 30 years and produces thousands of items of furniture each year which the St Vincent de Paul Society NSW distributes to people experiencing hardship and disadvantage.

"The workshop provides a welcoming and supportive environment for our volunteers to connect and make an impact in the community", Mr Gibb said.

The National Shed Development Programme aims to improve the health and wellbeing of members of men's sheds, deliver activities, and improve the facilities and sustainability of men's sheds across Australia.



Please note that the
Digital Connect - Free Technology for 50's and over
WILL NOT BE HELD ON APRIL 25th
due to that day being ANZAC day.
We will be back the following month on May 23rd at
Mangrove Mountain Computer Club
6 Waratah Road, Mangrove Mountain
9.30am - 11.30am
Contact: Suzanne 0412 298 126



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Cookery News

One of the best jobs on the Friday night before the Mangrove Mountain District Country Fair is surely that of judging the Cooking. We certainly have some good cooks up here, and it is great to see lots of entries each year.

The Mangrove Mountain Evening branch CWA is again offering several special cash prizes at this year's MM Country Fair (19th October) in 4 of the categories in Adults Cooking:

Biscuits – 3 each of 3 types, plain or fancy, any shape, 4-6 cm wide.

Loaf Cake – your favourite recipe, labelled please.

Coconut Ice – a traditional sweet.

Relish – made from mostly local produce.

Of course cooking projects are not made till just before the Fair, but, with this advance notice, all those good cooks out there have a chance to practice their recipes.

Sue Douglas

“Your services are greatly appreciated by our local community, and we are all so thankful for the work you do.

“I look forward to visiting again

soon”, Dr Reid said.

For more information, visit:
<https://www.health.gov.au/our->

work/national-shed-development-programme-nsdp

Media Release From The Office Of
 Gordon Reid MP
 Federal Member For Robertson



Join us for a fun-filled community event



What's happening?

Central Coast Council is developing a resilience action plan with the Yarramalong Valley and Hawkesbury River communities. The resilience action plan is designed to bring us closer together, build and strengthen connections and help us to recover quicker from disasters and other challenges.

In times of crisis, it's our connections that make a difference. Knowing our neighbours, having good relationships with friends and family, and being part of a connected community is important. That's why we're coming together to develop this plan and make sure it reflects our community.

Have your say!

We spoke to the community at our pop-up events earlier this year and have prepared a draft plan based on your feedback. Come along to a free community event to meet your neighbours,

check out the draft plan and share your thoughts. Bring the whole family along for an exciting event with face painting, a kids' activity and opportunities to meet local community organisations.

Hawkesbury River event details

Date: Saturday 4 May 2024
 Time: 10am – 12pm
 Location: Spencer Hall, 4776 Wisemans Ferry Road, Spencer
 Cost: Free

Yarramalong Valley event details

Date: Saturday 4 May 2024
 Time: 2pm – 4pm
 Location: Yarramalong Hall, 1640 Yarramalong Road, Yarramalong
 Cost: Free

**No need to RSVP – just show up and join the fun!
 We can't wait to see you there.**

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Tocal College Graduation Day 2024

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A successful Graduation Day was held on March 15th at Tocal College with over 500 graduates and families in attendance. More than \$175,000 in scholarships were distributed to over half of its fulltime students. By the end of the year, and after midyear allocations, it is expected that around 40 separate scholarships will have provided over \$205,000 specifically to Tocal students.

Mr Tim Eyes gave this year's Occasional Address, Tim studied at Tocal Agricultural College and finished Dux of the Year, he was also the recipient of the BBM Global Industry Scholarship.

Tim manages six farms and his consultancy looks after another 35 clients working with many different people on all aspects of their agricultural business. He seeks to educate people about modern agriculture and sells produce directly to consumers.

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

Sarah Pace: DUX – Cert IV Ag
Town/city of origin? Bargo, NSW



What are you doing now? I am working for a company called Cordina Chickens as a farm service manager. I provide advice to growers in regards to general husbandry support and make sure the compliance of the farms are within all relevant organisations including RSPCA and food authority's, across all of the farms located across Central Coast/ Gosford through to Peats Ridge.

What your ultimate career aspirations in ag are? Last year, I was honoured to be awarded the Global Footprints Scholarship, granting me

the opportunity to explore sustainable farming practices across the world. Inspired by this experience, I aspire to extend my travels and pursue a career in the international agricultural sector. With a keen interest in animal nutrition and genetics, I envision specialising in poultry genetics and nutrition, influencing my overseas experiences to further grow my skills and contribute to the global agricultural community.

Abbie Whalen: DUX Trainee

Town/city of origin? Central Coast NSW



What are you doing now? I am currently working in a feedlot as a pen rider/stock person. Delungra. Gunnee station.

What your ultimate career aspirations in ag are? Agricultural teacher or get

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involved in the genomics industry.

Erin Flower: DUX – Cert III Performance Horse

Town/city of origin? Born in Armidale but lived most of my life in Narrabri NSW.



What are you doing now? I am currently studying a Bachelor three in psychological Science at the university of Newcastle. I am hoping to gain work at an equestrian centre and training up my own horses.

What your ultimate career aspirations in ag are? I wish to always be a part of the equestrian community/work force in one way or another throughout my life. Ultimately, I would love to one day have a centre of my own where I teach and breed horses as well at performing

equine aided therapy and other clinical psychology services in rural areas that are in desperate need for them.

Hannah Ireland: DUX – Cert III Ag

Town/city of origin? Thornton NSW.



Hannah is enjoying undertaking further studies at ANU in Canberra

*Total College
DPI Agriculture | Primary Industries
Department of Regional NSW*



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!

*Kim & Leila
0401 516 501*



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 burgers – 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
entry fee \$5










Find us on Facebook & Instagram

18 Hallards Road, Central Mangrove, 2250
02 4373 1129 www.mmmclub.com.au

Constitutional Referendum on Councillor and Ward numbers

A Constitutional Referendum to determine the future number of Central Coast Councillors will be held at the same time as the local government election for Central Coast Council on 14 September 2024.

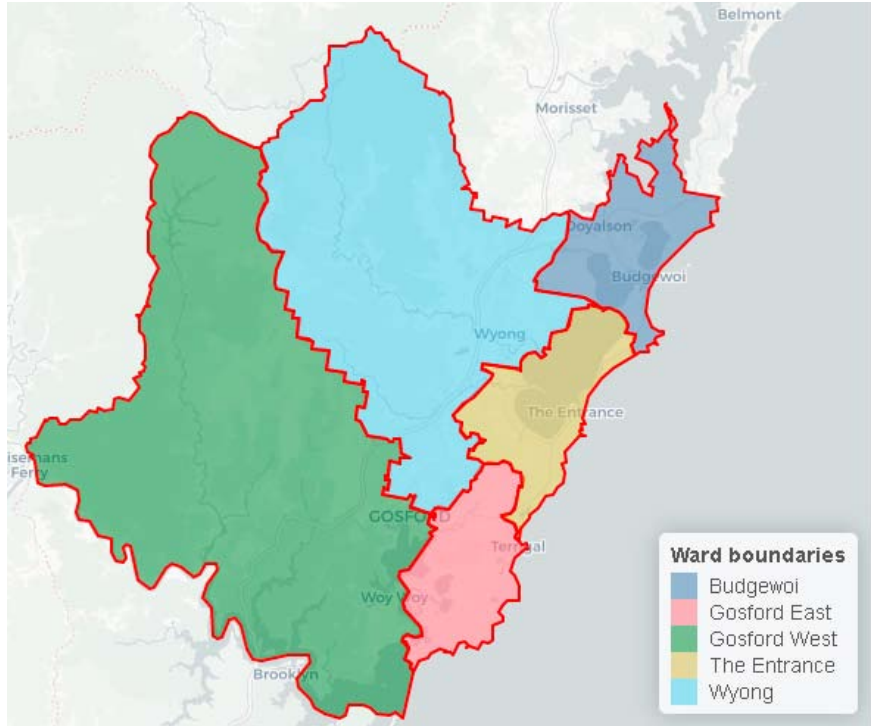
The Referendum had been previously postponed from 4 September 2021 due to the Public Inquiry about the Council.

The Central Coast Local Government area is currently divided into five wards, The Entrance, Wyong, Budgewoi, Gosford West and Gosford East, with 15 councillors. Each Ward votes for three Councillors but the Councillors act for the LGA as a whole.

Referendum question

Community members will be asked to vote on whether they feel the current structure of 15 Councillors should be reduced to nine Councillors.

The reduction of Councillor numbers would also require the reduction of Wards in the Central Coast Local Government from five to three, with



each Ward to be represented by three Councillors.

Councillor roles and responsibilities

Councillors are the governing body of a council, similar to how a Board of Directors is the governing body of a private corporation. Councillors elect the Mayor.

Councillors are expected to represent the views of the whole community (key stakeholders) while making decisions

in their interests, demonstrate conduct that the community expects and deserves, and plan and oversee the running of a significant and complex business of Council.

Currently, the Administrator of Central Coast Council, Rik Hart, constitutes the Council and must perform all the functions, powers and duties of the Council, which must be treated as if they were performed by the Council. The Administrator effectively

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acts as the Mayor and the Councillors. This means the Administrator conducts the Council Meetings and undertakes the administrative, civic and ceremonial functions of the governing body.

The “For and Against” arguments presented by the council are simplistic and the issues should be considered in much greater depth. The comparison of the options (15 vs 9 Councillors), is broken up into four areas:

Decision making -

- A larger number of Councillors may lead to less cohesion and poorer decision making.
- Reducing the number of Councillors may lead to greater cohesion and improved decision making.

Representation -

- Reducing the number of Councillors may mean that electors feel they are not adequately represented.
- A larger number of Councillors may mean that electors feel they are adequately represented.

Costs -


- A larger number of Councillors will be an ongoing cost for Council.
- Reducing the number of Councillors will provide an ongoing cost saving for Council.

Diversity -

- Reducing the number of Councillors may mean there is less diversity on Council with fewer different points of view.
- A larger number of Councillors may mean there is more diversity on Council with different points of view.

Regarding costs, Councillors are paid \$34,000 per annum. So for 15 councillors the total would be \$510,000 or \$306,000 for 9 councillors. The difference, \$204,000, is not really significant considering the total annual expenses are around \$730million (2024 FY). Also, after the administration is ended, there will be no Administrator’s salary.

Democracy and representation of the ratepayers is of prime importance and



Notification of wild dog and fox control program

Greater Sydney Local Land Services will be leading an integrated wild dog and fox control program in the Central Coast with support from NSW National Parks & Wildlife Service, Central Coast Council and the Forestry Corporation. 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 and fox ground baits and Canid Pest Ejectors will be used on the listed properties below from **Tuesday 23 April to Friday 31 May**. 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.

60 Hitchcocks Lane Dooralong
 277 Ravensdale Road Ravensdale
 33 Dunks Lane Jillyby
 3653 Wisemans Ferry Road, Greengrove
 Central Coast Wetlands – Pioneer Dairy, 1897 South Tacoma Road, Tuggerah
 276 Ravensdale Road Ravensdale
 304 Ravensdale Road Ravensdale
 625 Ravensdale Road Ravensdale
 McPherson State Forest, Kulnura
 13 Springs Road Kulnura
 1398 Wisemans Ferry Road Somersby
 16 Murraba Road Kulnura
 15 Murraba Road Kulnura
 1 Darkinjung Road Calga
 51 Brush Creek Road Cedar, Brush Creek
 78 Wirrinda Road Somersby
 26 Hershon Road Mangrove Mountain
 50 Dittons Road Dooralong
 1371 Dooralong Road Dooralong
 52 Meriki Road Mangrove Mountain
 40 Finns Road Kulnura
 1224 Dooralong Road Dooralong

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.

maintaining the number of Councillors at the current level of 15 seems the best way to achieve that.

The community is being told that they must consider having fewer Councillors as there is a perceived risk that having too many elected representatives will lead to a less

effective council. If this line of thought was extrapolated across the country, State and Commonwealth government representation would be slashed!

*Information from Central Coast Council, the Tallyroom website, NSW Electoral Commission.
Keith Aranjo*



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Revised dates for Public Hearings on reclassification of community land

Revised dates and venue changes have been announced for the two public hearings into the reclassification of 10 Council owned properties from community to operational.

As previously advised, the sites to be reclassified were reviewed by Council in 2023 and the choice of sites was streamlined to ensure that only sites with the highest level of community benefit were included.

Most of the sites will continue to remain in community ownership in the future, being either retained in Council ownership or transferred to well-established locally based community organisation that provide valued recreational, sporting or accommodation facilities.

One property will be sold on the open market with the proceeds of sale being used to fund a new community centre. Both the property to be sold and its replacement are located at Norah Head.

The reclassification of some of the other sites will allow vital road upgrade projects to proceed in the fast-growing northern sector of our area.

The reclassification process is overseen by the NSW Government through the Minister for Planning, Housing and Infrastructure and there is an extensive series of public interest tests that must be met in order for the reclassifications to gain ministerial approval.

The 10 properties were on public exhibition from 20 February to 18 March 2024.

The revised dates and new venues for the public hearings are:

- Wednesday 8 May 2024 – 6pm – 7.30pm at The Erina Centre (Erina Library)
- Thursday 9 May 2024 – 6pm – 7.30pm at Wyong Golf Club Auditorium

The public hearings are held in accordance with the Local Government Act 1993 and will be chaired by a person who is independent of Council.

The hearings will provide opportunities for the public to comment on the change of classification of the lands from community to operational, including the opportunity to make a short verbal presentation to the chairperson of the hearing. Written submissions will also be accepted by the chairperson.

Following the public hearings, the chairperson will prepare a report on the hearings, a copy of which will be

ERINA ARCHERY CLUB COMES TO FRED PINKSTONE OVAL AT PEATS RIDGE

Erina Archer Club has been going for about 45 years and has excellent coaches, supporting team and an Olympic style field at Fred Pinkstone Oval.

Archery is a weird and wonderful sport that has been ongoing for thousands of years. At the Club the archers' ages range from the early teens to the mid eighties and some are so proficient that they could hit

made publicly available.

If you wish to attend the public hearings, register via Eventbrite.

View all details of the Planning proposal at:

<https://www.centralcoast.nsw.gov.au/council/media-release/revised-dates-public-hearings-reclassification-council-community-land>

Central Coast Council
Media Release

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UPCOMING CATTLE AUCTIONS

Maitland Regional Saleyards

- Weekly Monday Liveweight Cattle Sales 9am, followed by Calves, Pigs & Sheep from 12 noon.
- Monthly Store Cattle Sale Saturday April 20th from 12 noon.

Gloucester Saleyards

- Fortnightly Thursday Store Cattle Sale April 25th 11am.

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

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a tennis ball at 70m while others just come to enjoy shooting and make new friends.

If any reader is interested in trying archery out, they are more than welcome to come to the Club and do the learners course. At a fee all coaching and equipment are supplied. After you finish the course you are more than welcomed to join the Club.

For more information regarding cost and dates and many other information please go to: <https://www.erinaarcheryclub.com.au/beginners-course>.

One of the most important features of training to become an archer is the safety aspect. There are very strict protocols involved in archery. This is well covered in the induction course.

You will learn to adhere to the whistle direction by the DOS (Director of Shooting). The DOS controls all archers on the field by whistle blasts - 2 blasts go to shooting line, 1 blast begin to shoot and 3 blasts go to target.

Once you have finished the beginners class then you will cover all other aspect of archery in time; shooting techniques, fletching, cutting arrows to your specific length, arrow points types and weights and a whole



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ANTONIO MONACHINO

14/02/1932 – 23/03/2024

Born in the small village Frazzano' in the province of Messina, Sicily in Italy on the 14/2/1932 to Nuzia and Calogero.

Antonio was the second child of four having an older sister, Maria and a younger brother Lorenzo and a

and others. He bought a small farm in Calga in 1959. Living in Annandale at the time he came to his farm every weekend and that is when he met his wife to be, Valerie in 1962 they married in 1963.

During this time he worked for DMR on the Expressway. Until in 1964 the Dept. of Main Road acquired his farm for the new road to go through.

Tony and Val then settled in Ironbark Road Mangrove Mountain where they raised their 4 children,



younger sister Catena.

He worked on farms in Frazzano' until he was 23 years old. Then he and 5 others from the village came to Australia on board the Flaminia (an old army ship) to cut sugar cane in Cairns. He did that for 6 years, coming to Sydney when the cane season finished and going back the following year to cut more cane.

While in Sydney he worked in different jobs including IXL, the Waterboard, on Gladesville Bridge

Carlo, Nancy, Paola and Catena. Their 13 grandchildren and 14 great grandchildren were also lucky enough to spend much of their time on the farm.

They grew all types of fruit and vegetables over the years including tomatoes, zucchini, beans, snowpeas, cabbages, cucumbers and plums just to name a few. Going to Haymarket to sell his produce and then later to Flemington growers market

CONDOLENCES

For the information of those who may not yet know, the following people with connection to our community have recently passed away:

Michael Corbino on 30/3/24 as a result of a motorcycle accident near Cooma. Michael is understood to have most recently been resident at Kariong, and formerly a resident of Iron Bark Road, Mangrove Mountain. We express our condolences to Michael's family and friends in this time of their loss.

John Madsen, formerly of Bloodtree Road, Central Mangrove. A funeral for John was held on Monday the 8th April 2024, at Woy Woy. John was an active member of the community and past president of the Mangrove Mountain and Districts Community Group. We express our condolences to John's family and friends in this time of their loss.

Yours sincerely,

*Robert Meggs
for the Mountain Districts Christian
Church Inc.
0429 443 310*

every Saturday, where he continued to go to for many years even if it was a dozen boxes in the back of the car.

He continued working the farm right up until December 2021 when he had a stroke and unfortunately was unable to continue doing what he loved. He remained on the farm with his wife Val as his carer until he sadly passed away in Gosford Hospital on the 23/03/24.

Our family would like to thank everyone for their condolences, kindness, thoughts, prayers, support and love during this difficult time. It has meant a lot to us all.

*Regards Valerie and
all the Monachino Family.*



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Somersby CWA

Well it is hard to think we are three months into the year. This all started with our Australia Day breakfast, this is always a nice way to start the year and to be able to catch up with our friends.

Gosford Rotary. February starts with our ladies bring all their beautiful handicrafts in for judging, what a lovely show this was. After this it

was off to Group judging on the 21st March.

This was exciting when Somersby was given 2nd at Group level. SO VERY EXCITING. Group cooking was also held on the same day, so if we had cooked at our Branch level and got a 1st or 2nd we then had to do it all again for Group. (Group is 13 branches). First at Group means you have to do it all again for State, so well done to our member Sue who won the chocolate cake so now doing



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Mangrove Mountain/ Kooree Guides

Well how nice it was to finish 2023 with two girls gaining one of their PEAK AWARD, these girls put a lot of work into their challenges, so it is great and exciting when all is complete.

Lovely to see so many family members join Guides for the last night and enjoy a nice gathering.

Now it is hard to believe that we have finished term 1. Guides all working on new challenges, we have also had Guides making their Promise, all very exciting for us Leaders.

Our Junior Guides got to camp first weekend in April although due to the bad weather it was reduced to a one night, but these girls still had a fun time, but our 10+ Guides who would camp out doors missed out due to the Weather, (who would want to put tents on that very bad Friday Night). But this has now been moved to the end May, at the Terrigal camp site, sounds great as Guides will get to do some water activities, all sounds great. Guides are at the Kooree cabin every Monday night 5pm to 6.30pm, 1913 Wiseman Ferry Road Mangrove. Girls from 6 to 12 welcome to join our fun.

Sue Ward



it for State which is at Coffs Harbour this year in May.

We also have craft every Wednesday morning where all is welcome. Some of our Wednesday craft ladies thought it would be great to try a new craft Mosaics. What a great day it was, great smashing tiles great therapy for mental health. Now craft starts at 10am every

Wednesday, everyone is welcome. It was lovely, a lady come in for help with a crochet pattern so now we are watching the growth of her crocheted Giraffe. This was thanks to the ad in the Community news for Saturday craft morning which is bobbin lace and many other crafts.

Sue Ward
Publicity Officer



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In Loving Memory of
Philip John Woodbury

24.08.1929 – 09.03.2024

Beloved husband of Dawn (Deceased), loved Father of Greg, Andrew (Deceased), Donna & Matthew (Deceased). Adored father-in-law, grandfather, great-grandfather, uncle, cousin and a dear friend to all who knew Phil.

A Requiem Mass in celebration for the life of Phil was held at the Holy Trinity Catholic Church, Spencer on Tuesday, 19th March 2024 Following the Mass, Phil was laid to rest with his beloved wife Dawn in the church cemetery

Removal of Salvinia weed on Wyong River

Central Coast Council Water and Sewer is working with the State Government to act quickly in removing

Salvinia weed recently identified on Wyong River.

The declared plant was identified in March on Wyong River Weir area near Wyong Milk Factory.

In managing the Salvinia, booms were installed on the river surface in four locations to contain the weed in

designated places during the removal process. Manual weed removal is estimated to take four to six weeks with any heavy rainfall impacting timings.

Salvinia is listed as a Weed of National Significance.

Central Coast Council
Media Release



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KIM GWENDOLINE GANE-STARKEY

27/12/64 - 26/3/24

My Mum, My best friend
 Kim was the much-loved daughter of Keith.
 The cherished wife of Terry.
 Beloved mother of Aimee and Shane.
 Devoted grandmother to Violet, Layla, Blaine and Harvey.

Mum was loved by everyone and was always there for us, she was so patient, supportive and understanding. Kim always put everyone's needs above her own. There was nothing my Mum couldn't do. She was outgoing, fun, kind-hearted and brave.

Mum was born in Sydney on Sunday the 27th of December in 1964. Her childhood and teenage years were spent growing up between Orange and Woy Woy. She often shared memories she had of celebrating at the family holiday home in Shoalhaven Heads.

Kim started her working life as a pharmacy assistant, but she had many jobs, from working in Kariong Shell service station in 1986 to packing fruit at Lentini citrus. Mum even worked in most cafes and shops around Mangrove Mountain and Spencer.

Kim and Terry's love began in 1986, their first child Aimee was born in 1988 and then Shane came along in 1989. In 1992 Kim and Terry along with my Pop Keith built our family home at Spencer.

Some of my fondest childhood memories with Mum would be our wake up calls telling Shane and I that Australia needs us. Every Saturday at Shane's soccer games mum was running on the sideline yelling tips to Shane and his team mates.

I also remember mum often stopping traffic to save any animal and I mean any animal.

She became a grandmother in 2018 and by 2023 Mum was



the proud Nanna of 4 crazy Grandchildren that she adored more than anything.

Kim loved her life in Spencer with Dad and her animals. She enjoyed having a bevvvy with her friends, she was the life of the party and always had a smile on her face.

The day mum was taken from us was the hardest day of our lives, our family will never be the same without her.

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So as Mum watches over us all, we will take comfort in knowing she is now at peace.

Mum will be loved eternally,
Missed forever,
And always in our thoughts and our hearts.
I love you Mum

Aimee Starkey

Thank You...

On behalf of Terry, Aimee, Shane and the Starkey family we would like to take this opportunity to thank all of Kim's family and friends for attending Kim's service. We would also like to show our appreciation to Mangrove Mountain Union Church for generously having us all, a huge thankyou to Trent, Bianca and Team from The Anchor at Spencer, and lastly a special Thankyou to Chris and Tanya. Our family has been shown so much love and support at this hard time and we appreciate you all.

Robertson Photographer Competition Open

Back by popular demand, the 2024 Robertson Photography Competition will again take place this year and calls on photographers of all levels to enter.

The competition is looking for vertical or horizontal, large, or small, photographs of spectacular landscapes of the Central Coast, specifically of the Robertson electorate.

Two winning photographs will be selected, and each will receive a \$50 gift voucher.

They will also be displayed in Dr Reid's Parliamentary Office in Canberra.

One entry per person. There are no age limits.

Federal Member for Robertson, Dr Gordon Reid MP said "Last year's Robertson Photography Competition was a huge success!"

"I know this year will be even bigger and I am encouraging people living in my electorate of Robertson to get snapping.

The Robertson Photography Competition will start from April and finish at the start of June 2024.

You must live in the federal electorate of Robertson to participate.

The two winning photographs will be chosen by June 10, 2024, and will be notified.

Submit your winning photograph, suburb, and contact details to Gordon.Reid.MP@aph.gov.au

For further information or if you have any questions, call (02) 4322 2400 or email Gordon.Reid.MP@aph.gov.au

Media Release from the Office of Dr Gordon Reid MP

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Blues on the Mountain special event Celebrating the historic Mangrove Mountain Hall's 97th Birthday

On the 27th of April 1927 the historic Mangrove Mountain Public Hall was officially opened with celebrations and music well into the night to mark the grand occasion. 97 years on, our beautiful hall remains the heart of the Mountain community, a meeting place and community space for local events, functions, weddings and family gatherings owned and lovingly cared for and managed by the community for the community.

To celebrate, on Saturday 27th of April 2024, we are holding a special Blues on the Mountain event on the hall's birthday featuring the winner of the 2023 international Blues Challenge, Frank Sultana and his Blues Band.

We've brought some of the best acts in OZ to the historic Mangrove Mountain Hall over the years and now the Bluesman voted the best in the world is set to perform on our little stage!

Frank Sultana won the converted International Blues Challenge, held in Memphis Tennessee USA in 2013 and is bringing his all star Blues Band to perform at Mangrove Mountain Hall for the very first time on this special day. Tickets are already selling fast for this show, and cost \$30 (Adults), \$15 (Youth 12years - 18years old) children under 12yrs old accompanied by a paying adult, free. Great food will be available to purchase, BYO welcome. Doors open at 6pm. To book visit www.trybooking.com/CODOD

Ryan and the Blues on the Mountain team

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Farmers Warned – Safety First Around Farm Vehicles After Three Deaths This Year

SafeWork NSW is reminding farmers to wear seatbelts, use helmets and choose the right vehicle when using side-by-side vehicles, quad bikes and motorcycles after a spate of incidents where people, including children, have been seriously injured or killed while using farm vehicles.

In the most recent incident on February 14 at Coonamble, SafeWork is investigating an incident where a 37-year-old man and a four-year old suffered serious injuries when ejected from a quad bike. Initial enquiries indicate that neither was wearing a helmet.

SafeWork is currently investigating three fatalities which have occurred since January 1, including:

- On January 8 in Goolhi, a side-by-side vehicle being driven by an adult with two child passengers

were mustering cattle when the ATV rolled into a dam trapping and causing the death of one of the child occupants. Initial enquiries indicate that none of the occupants may have been wearing their seatbelts.

- On January 25 in Narromine, a 51-year-old man died after being ejected from a moving side-by-side vehicle while undertaking farm-related work. Again, initial enquiries suggest that the seatbelt was not being worn.
- On February 1, a 32-year-old female contractor was thrown from a motorbike and suffered fatal injuries on a property 120km east of Tibooburra while not wearing a helmet.

SafeWork is reminding people using side-by-side vehicles to use all available safety features, including wearing seatbelts and helmets which will help protect operators and passengers from fatal or serious injuries in case of roll over.

Since 2001, there have been more than 56 deaths in NSW from quad bike incidents. A further 20 people have died on side-by-side vehicles. Rollovers can occur even at low speeds and on flat terrain, leaving riders trapped, or crushed under the quad bike.

For farmers that continue to use quad bikes, SafeWork advise users to adhere to the manufacturer's instructions,

particularly relating to load limits and keeping loads balanced. Heavy or unstable loads like chemical tanks for spraying can affect braking, alter the centre of gravity and make the vehicle difficult to control and more prone to rollover.

For more information on Farm Safety, please visit <https://www.safework.nsw.gov.au/your-industry/agriculture,-forestry-and-fishing/farming>.

Head of SafeWork NSW, Trent Curtin said "A quad bike can weigh 400 kilos and reach speeds of more than 50 kilometres per hour. They are extremely dangerous and are certainly not a machine a child under the age of 16 should ever operate or be a passenger on.

"The safety features on your vehicle could save your life. It is an unnecessary tragedy when workers operating vehicles with numerous safety features including roll-over protective structures and seatbelts lose their lives by simply not wearing their seatbelt.

"Where SafeWork Inspectors come across workers operating side by side vehicles not wearing seatbelts or operating quad bikes without wearing helmets or having an operator protective device fitted, they will be taking a zero-tolerance approach and issue notices and fines."

SafeWork NSW

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REGULAR ACTIVITIES & MEETINGS

RURAL FIRE SERVICES

Bucketty RFS	Weekend Training Station Maintenance General Meeting	3rd Sat, 9am-12 pm, breakfast 8.30am Every Thurs as required, generally 10am-1pm 3rd Sat in even months, at 1pm, All welcome 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 Coastlink Friendship Group	First Tuesday each month 7.00PM MMMC 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)	Third 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 Union Church, 2154 Wisemans Ferry Rd, MMtn. 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.
Kulnura & District Garden Club	Second Monday, 9.30 for 10am start. Jacqui Maxwell 0455364262 kulnuradgc@gmail.com
Kulnura Tuesday Tennis	Tue 9.30am-12.30pm, Kulnura Tennis Courts. Enquiries: Alison Palmer 0427731548.
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, 7.30pm, Mangrove Mtn Hall. Contact: mepccinc@gmail.com , 0412669649
Mangrove Emergency Planning & Communications Committee	
Mangrove Mountain Country Fair Committee Meeting	3rd Thu of mth except Jan, 7pm, at The Hub of Mangrove Mtn. Pres- Shane 0417 436 529
Mountain Districts Association (MDA)	www.mountaindistrictsassociation.com.au secretary@mountaindistrictsassociation.com.au
Mountain District Football Club Meeting	Second Tuesday of the Month 6.30pm at the Mangrove Memorial Club https://permaculturecc.org.au/
Permaculture Central Coast	President Marlee Maxwell 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	Every 2nd month. Check website for further details. www.somersbyequestrianclub.org.au
Newsletter	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 Union Church Trust	General Meeting 3rd Monday, 7.30pm at the Mangrove Mountain Union Church Hall
Mangrove Mountain Christian Service	9.30am second and fourth Sundays. Mangrove Mountain Union Church, cnr Bloodtree Rd & Wisemans Ferry Rd

(cont'd next page)

LIVESTOCK MARKET REPORT



Maitland Liveweight Cattle Sale 8th April 2024

A total yarding of 515 cattle yarded today, comprising of 475 trade/yearling cattle and 50 export cattle.

Trade/yearling market was stronger. Export market remained firm.

- Restocker steers up to 250kg made 220c/kg to 415c/kg
- 250kg-300kg made 270c/kg to 415c/kg
- 300kg to 380kg made 2700c/kg to 415c/kg
- Restocker Heifers up to 250kg made 190c/kg to 340c/kg
- 250kg-300kg made 200c/kg to 335c/kg
- 300kg-380kg made 210c/kg to 346c/kg
- Yearling Steers made 220c/kg to 360c/kg
- Yearling Heifers made 200c/kg to 310c/kg
- Cows made 150c/kg to 220c/kg
- Bulls made 120c/kg to 215c/kg

1st Maitland Angus Weaner Sale 4th April 2024

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Sale.

With a great run of cattle the market was all firm to stronger, with support from Southern Queensland, Coonamble, Tamworth, Cootamundra alongside good local support.

- Steers 300kg – 380kg made \$1200 to \$1320 to average \$1240
- 250kg – 300kg made \$900 to \$1260
- 200kg – 250kg made \$650 to \$1020
- Heifers 300kg – 380kg made \$1000 to \$1100
- 250kg – 300kg made \$700 to \$960
- 200kg – 250kg made \$580 to \$800

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)

<p>St Barnabas Christian Service Yarramalong Serbian Orthodox</p> <p>Kariong Community Baptist Church</p> <p>Restitution Ministries Independent SDA Church Divine Retreat Centre (Ph 04 6848 6782) 160 Hensons Road, Somersby www.divineretreatcentre.org.au</p> <p>Catholic Service -Spencer</p> <p style="padding-left: 40px;">- Wollombi</p> <p style="padding-left: 40px;">- Somersby</p> <p style="padding-left: 40px;">- Yarramalong</p> <p>YOUTH Junior Girl Guides 5-10 Girl Guides 10-15</p> <p>Scouts, Cubs & Venturers Peats Ridge Scout Hall</p> <p>HISTORICAL Brisbane Waters Historical Society</p> <p>Dharug & Lower Hawkesbury Historical Society Inc. First Fleeters Central Coast Chapter</p> <p>The Pearl Beach Aboriginal History Group</p> <p>Wyang District Museum & Historical Society</p> <p>ACTIVITY/HOBBY Central Coast GNU/Linux Users Group Coastal Communicators Toastmasters</p> <p>Craft/scrapbooking</p> <p>Saturday Craft Group/Spining and bobbin lace Yarn group (knit, crochet etc)</p> <p>HALL BOOKINGS 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 & (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</p> <p>Sun @9.30am, Church & Kid's Program, Philip House, Mt Penang Gardens, Chris Clarke email pastorkcbc@outlook.com</p> <p>10am every Saturday, Mangrove Mountain Union Church.</p> <p>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</p> <p>Holy Trinity Church, 2nd Sat of the month 4pm, Contact 43771374 or 43771168 as times may change each month.</p> <p>2nd & 5th Sunday of the month, 4.30pm Mass at St Michael the Archangel, Wollombi. Every Sat. evening vigil – 5.30pm St. Francis of Assisi Centre, 30 Lutana Rd, Somersby. 1st Sunday each month, 11.15am St. Barnabas All welcome. Enq 0428 438577</p> <p>Kooree Guide Cabin, 5.00pm – 6.30pm Mondays in school term, Kooree Guide Cabin, 6.00pm-7.30pm Mondays in school term, Contact 0417451764 for further information</p> <p>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</p> <p>Last Sat of month. All welcome, contact Jan Kofron 0405321478 jankofron@optusnet.com.au</p> <p>2nd Sat of the month, 10.00am for 10.30, Point Clare Hall (except Jan & Dec). Contact Margaret 0409467710 or Gavin 43404435.</p> <p>3rd Fri of month 7.30pm Pearl Beach. Peggy 0411754577 pbaboriginalhistory@gmail.com</p> <p>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</p> <p>1st & 3rd Thurs of month, 6:45pm to 8:45pm at Doyalson-Wyee RSL. Debbie 0421216952</p> <p>Yarramalong Hall 10am to 5pm, \$12/person. Bring along your projects. Dates & details: stackm@skymesh.com.au or ph 43561196</p> <p>2nd Sat of the month Somersby Hall (10am to 2pm) cost \$5 per person Carmen 0434071305</p> <p>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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YOUR HEALTH

The effects of Stress?

We all live such busy lives these days and when ever there is a busy lifestyle there is always the added risk of stress.

What are the effects of stress on the human body?

I used to sell health books door to door and in one of the books dealing with family health, there was a section that showed all of the vitamins and minerals needed for a healthy diet and what their individual roles were in the human body.

Next it showed what happens in the human body when it was deficient in that particular vitamin or mineral and what were some of the causes or reasons why the body became deficient in that vitamin or mineral and lastly the natural way to replace the ones that were depleted and also the supplements that could be taken to replace the depleted vitamin or mineral.

Now let's look at stress and what it does to the human body.

One of the major causes of Heart attacks and Strokes is an over stressed situation that continues for some time. Such situations like family breakdowns, divorce, and many other such situations.

For the body to cope with these conditions and in an effort to help the

nervous system cope, the body uses up it's stores of the B group vitamins.

If the situation is only brief, then that's not too bad, the system can recover, but in extreme circumstances the B group vitamins can become completely depleted during prolonged stressful situations.

What is the major side effect of depleted B group vitamins in the human body?

Depression.

If those vital B group vitamins are not replaced quickly, then the Depression will only deepen. The more stressed and depressed the person gets, then more the B vitamins are depleted.

In the end, the Depression becomes not only an emotional condition but a physical Depression due to the inability of the body to cope with the depletion of the B vitamins that it needs so much to keep the nervous system in balance. The end result of this kind of depressed nervous system can be a complete nervous breakdown.

The other serious effect of these types of over stressed conditions is that the red blood cells begin to clump together forming small blood clots. If the condition continues, these small clots can become bigger and bigger until they can cause a heart attack or stroke, leading to paralysis and even death.

So what can we do about this condition?

One of the best relievers of over

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stress is exercise in the fresh air and sunshine. Get outside in the fresh air and go for a walk, or some other form of exercise that you like.

It will not fix the situation itself BUT it will help you to cope with it by lowering your stress levels.

And the quickest way to replace those depleted B group vitamins that are causing the nervous system to be depressed is a product available in your health food shop called Brewers Yeast. Simply place half a teaspoon under your tongue and let it slowly dissolve. It will be absorbed straight into your blood stream and bring almost instant relief.

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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