

# COMMUNITY NEWS

No. 943 Ph: 4374 1039 Mo: 0412 669 649 Email: enquiries@cnews1.com.au Web: cnews1.com.au 17th May 2024



## Mangrove Mountain Country Fair 2024 Contemporary Art Prize

Our Country Fair will be held on Saturday, 19th October.

The theme for this year's Contemporary Art Prize is: -

### “Growers and Showers”

This category that is linked to a set theme is growing each year, and we are always thrilled with the quality of the entries.

Entries can be any medium and we encourage diversity. Our sculptural

entries have been very interesting. I look forward to our first digital or film responses!

We know that there are many local artists producing work of high standard and we encourage all of you to enter this prize to showcase our area!

Entry is free and the winner will receive a cash prize of \$200 in addition to the honour of the award.

Entries from artists over 16 years of age can be delivered to the Mangrove Mountain Hall on:

- Thursday, 17th October between 3pm and 5pm or
- Friday, 18th October between 8am and no later than 11am

Please include a brief description of your work explaining its link to the theme

Please contact me for further information

Poppe 0400105653

## Tougher penalties for environmental crimes

The Central Coast will benefit from the NSW Government's introduction of landmark environmental reforms that ensure NSW has the strongest environmental regulations of any state or territory in Australia.

Central Coast Council's Acting Director Environment and Planning Luke Sulkowski, said the reforms to existing legislation are welcomed, agreeing an overhaul and tougher penalties were needed.

“It means that Council can take a tougher stance on environmental crimes, including being able to issue much higher on-the-spot fines for a range of offences including pollution offences and failing to comply with lawful directions and orders.

“For example, the on-the-spot fine amount for the pollution of waters was previously \$4000 for an individual and \$8000 for a corporation.

“The same offence now carries a monetary penalty of \$15,000 for an individual and \$30,000 for a corporation for a first offence, and \$22,500 for an individual and \$45,000 for a corporation for another offence.

“The same new monetary penalties apply to individuals and corporations who fail to comply with directions and orders issued under the POEO Act to remedy environmental nuisances and pollution.” Mr Sulkowski said.

Central Coast Council  
Media Release

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

## POETS' BREAKFAST

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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  
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CWA NSW – Mangrove Mountain Evening  
*And put your name in as reference!!*

“You can't use reason to convince anyone out of an argument that they didn't use reason to get into”

Neil deGrasse Tyson

### STOP!

Next issue Published  
7th June 2024

**\*\* DEADLINE \*\***

**\*\* 31st May '24 \*\***

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# Council Elections and Community Representation

With the Central Coast Council elections and the referendum on the number of councillors and wards scheduled for September 2024 the report *“Not so Simple: the origins and implications of Central Coast Council’s ‘financial calamity’ ”* by Graham Sansom, Adjunct Professor, Institute for Public Policy and Governance, University of Technology Sydney makes for a compelling read.

The report offers a neutral assessment of the administration and the events leading up to it. A short timeline:

2016 - The Central Coast Council was established in May by a merger of the Gosford and Wyong LGA’s.

2016 - Initially the LGA was governed by a state-appointed Administrator (Mr Ian Reynolds) and interim General Manager (Mr Rob Noble).

2017 - The first elected council and mayor took office in September 2017.

2018 - A ‘permanent’ Chief Executive Officer (Mr Gary Murphy) was engaged.

2020 - In late October 2020 the elected councillors were suspended by the state minister for local government, who appointed an Interim Administrator (Mr Dick Persson AM).

He took office at the beginning of November and soon after dismissed Mr Murphy, who was replaced by an interim CEO (Mr Rik Hart).

2021 - Mr Rik Hart takes over as administrator.

2022 - Minister for Local Government, the Hon Wendy Tuckerman tabled the report into the Public Inquiry into Central Coast Council.

2022 - The Minister terminates all Councillors.

Professor Sansom’s report concludes that the Interim Administrator laid almost all the blame for CCC’s financial situation at the feet of the former CEO and Chief Financial Officer (CFO), and the councillors. It also states that “the current situation at Central Coast again demonstrates the fragility of local democracy in NSW, captured in the Minister’s statement on 26 April: *‘Public interest trumps democracy and we have to do what’s best for the ratepayers.’* This begs the question: what about all the citizens?

Alone amongst the states, the NSW constitution defines local government as comprising ‘elected or appointed’ bodies, and there is now an ingrained tendency on both sides of state politics to replace elected councillors with appointed administrators when significant problems need to be addressed. The LG Act has been amended more than once to give the Minister alternative ways to intervene when necessary, yet suspension of

democratically elected councillors remains a regular occurrence.”

The Minister for Local Government, at the time, the Hon Shelley Hancock MP, had the option of ending the administration and restoring the elected council under a PIO (Performance Improvement Order) overseen by a financial controller.

The Interim Administrator (Mr Dick Persson AM) has made clear his preference for a smaller number of elected councillors and opines that councillors should operate more like a ‘board of directors’. Hence the ‘constitutional referendum’ to decide whether the number of councillors should be reduced from 15 to 9 and wards reduced from 5 to 3, although Mr Persson acknowledges that this change could not guarantee improved outcomes and performance.

The NSW Local Government Act 1993 (LG Act) provides a clear role for a council and councillors:

### Section 222 Who comprise the governing body?

The elected representatives, called “councillors”, comprise the governing body of the council.

### Section 223 Role of governing body

(1) The role of the governing body is as follows—

(a) to direct and control the affairs of the council in accordance with this Act, ....

[through to]....

(k) to consult regularly with



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community organisations and other key stakeholders and keep them informed of the council's decisions and activities,

(l) to be responsible for ensuring that the council acts honestly, efficiently and appropriately...

**Section 232 The role of a councillor**

(1) The role of a councillor is as follows—

(a) to be an active and contributing member of the governing body,

(b) to make considered and well informed decisions as a member of the governing body,

(c) to participate in the development of the integrated planning and reporting framework,

(d) to represent the collective interests of residents, ratepayers and the local community,

(e) to facilitate communication between the local community and the governing body,

(f) to uphold and represent accurately the policies and decisions of the governing body,

(g) to make all reasonable efforts to acquire and maintain the skills necessary to perform the role of a councillor.

(2) A councillor is accountable to the local community for the performance of the council.

It can be seen that under the LG Act a council is more than just a board of directors and is required to proactively represent the interests of residents, ratepayers and others in the LGA.

**Do you think that ratepayers and residents will be effectively represented if there are fewer than 15 Councillors?**

# SATURDAY CRAFT GROUP

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## YOUR HEALTH

### Fresh, Pure Air

What is air?

By volume, dry air contains 78.09% nitrogen, 20.95% oxygen,[2] 0.93% argon, 0.04% carbon dioxide, and small amounts of other gases. Air also contains a variable amount of water vapour, on average around 1% at sea level, and 0.4% over the entire atmosphere. Air content and atmospheric pressure vary at different layers, and air suitable for use in photosynthesis by terrestrial plants and breathing of terrestrial animals is found only in Earth's troposphere and in artificial atmospheres.

How important is fresh, pure air to our wellbeing? Especially in our homes?

Many people live in closed houses with no windows open and no fresh air circulating through them.

Our lungs and whole body needs fresh, pure air each day, and especially in the night.

In the cool of the evening it may be necessary to guard against chilliness by extra clothing; but there should be a free circulation of pure air through the room during sleeping hours.

The free air of heaven, by day or night, is one of the richest blessings we can enjoy.

Many are suffering from disease because they refuse to receive into their rooms at night the pure night air.

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Fresh air will purify the blood, refresh the body, and help to make it strong and healthy. The invigoration produced will be reflected upon the mind, imparting to it tone and clearness, as well as a degree of composure and serenity. It gives a healthful stimulus to the appetite, renders the digestion of food more perfect, and induces sound, sweet sleep.

Living in close, ill-ventilated rooms, weakens the system, makes the mind gloomy, the skin sallow, and the circulation feeble; the blood moves sluggishly, digestion is retarded, and the system is rendered peculiarly sensitive to cold. One should so accustom himself to fresh, cool air that he will not be affected by slight changes of temperature. Of course he should be careful not to sit in a draft or in a cold room when weary, or when in a perspiration.

Regular exercise would induce the blood to the surface, and thus relieve the internal organs. To deprive the lungs of air, is like depriving the stomach of food. Air is the food that God has provided for the lungs. Welcome it; cultivate a love for it, as a precious gift of heaven.

In order to have good health, we must have good blood; for the blood is the current of life.

It repairs waste and nourishes the body. When supplied with the proper food elements and when cleansed and vitalised by contact with pure air, it carries life and vigour to every part of the system. The more perfect the circulation, the better will this work be accomplished.

*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 10:00 am)*

## Guides to help prepare for and recover from disasters

NSW DPI have released three essential guides to help you plan for, prepare against, and recover from natural disasters. These will provide practical advice, checklists, and strategies tailored to primary producers. It is your go-to guide for resilience and recovery in agriculture.

- Managing risk before, during and after natural disasters: A guide for primary producers
- Finding help after a natural disaster: A guide for primary producers
- Disaster-Ready Plan: A guide for primary producers

See <https://www.dpi.nsw.gov.au/emergencies>



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## Purebred Blue English Staffordshire Terrier puppies are for sale



Fran's beautiful litter is ready to find their forever homes from 8 June 2024.

Fran is a purebred Blue/Brindle English Staffy. The father is a purebred Blue/White English Staffy. The vaccinated and microchipped puppies are sold as pets. without papers.

Both parents have lovely personalities. There are 4 boys and 4 girls available. The pups live in Mangrove Mountain and you can arrange to see them by calling or texting 0427606303. \$2200

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# NSW Farm Safety Advisory Program

## About Us

Workers in the agriculture sector are at far greater risk of being killed or injured at work than most. While farmers make up just a small fraction of our total workforce, they make up a large number of workplace deaths and serious injuries.

The NSW Farm Safety Advisory Program aims to provide the tools and support that farming businesses need, provided by people who understand the pressures and complexities of farming.

This free program offers practical tools and specialised advisors to improve health and safety, tailored for farmers.

Charles and Ian can support your safety efforts by:

- Holding a discussion or information session with our workers on safety topics specific to your needs and farm
- Working with you to identify safety issues
- Providing you with practical resources so you can farm safely. These include induction checklists, hazard checklists, safe work procedures and safety awareness videos

NSW Farmers delivers this program in partnership with NSW Government.

## Pilot Program

In 2019 and 2020, NSW Farmers delivered the NSW Farm Safety Advisory Pilot Program, funded by SafeWork NSW. The pilot highlighted the need for specialised assistance to help farming businesses meet their employment obligations by:


- 83% of participants either not having developed their business work health and safety or feeling like they needed help in developing the framework.
- 56% of participants not having an emergency plan for their business,
- 45% of participants had not discussed work health and safety issues with their staff and
- 38% of participants did not have any work health and safety policies in place for their business.

The businesses completing the pilot



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program found:

- For over 70%, it was the first time they had received on-farm advice and assistance in developing their work health and safety framework.
- 97% of farmers felt their understanding of work health and safety increased through the program.
- 97% of farmers felt the visit helped their business comply with obligations.
- 97% of farmers would recommend this program to other farming businesses.

Our friendly advisors are ready to help.

**Advisor Profile**

The Program is delivered by NSW Farmers, who employ two dedicated advisors to support farmers improve work health and safety.

**Charles Laverty**

Having first-hand experience of the stresses of farming from drought and destocking – to 400mm of rain overnight – to devastating bushfires and trying to support family and community during these events, Charles knows all too well the need to just get the job done quickly and effectively.

Charles’ experiences in managing farming operations in both grazing and horticulture led to his undertaking development of the Farm Safety Advisory Pilot Program which was the



forerunner of the NSW Farm Safety Advisory Program. This is aimed to bring all farmers, families and employees home safely to their loved ones, without adding to the pressures you are already facing.

The program draws heavily from Charles’ experiences within livestock management, a firm believer in ‘pressure and release’ he feels that when things are starting to go wrong or the job is becoming a problem, it is time to take a break and reassess what is really going on.

**Ian Porch**

Having spent over 25 years working in corporate agribusiness across the agricultural value chain, Ian now operates his farming and grazing property in Central West NSW which includes both winter crop and cattle production.

Ian is passionate about Australian agriculture, and the families and communities that prosper from its continual growth and success.



Ian is also intimately aware of the risks it presents with regards to safety and wellbeing, and looks forward to working closely with producers in both identifying and mitigating these challenges in their farming businesses.

<https://www.nswfarmsafety.org.au/>  
To speak to an Advisor, call NSW Farmers: 1300 794 000

[nswfarmsafety@nswfarmers.org.au](mailto:nswfarmsafety@nswfarmers.org.au)  
NSW Farmers’ Association & NSW Government





# 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  
\$20 steak – available all day

**FRIDAY**  
HAPPY HOUR 4–6pm  
COCKTAIL HOUR 6–7pm  
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**SATURDAY**  
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### Digital Connect - Free Technology Classes for 50 and Over's

Are you 50+ and would love some help with using digital technology? Mangrove Mountain Computer Club has partnered with Central Coast Digital Connect offering free classes for you to develop your skills and knowledge in the digital world!

The digital connect program provides free workshops and a chance to learn and ask questions about using smart phones, tablets and computers in your daily life. Learn how to securely access and use the internet, use and make the most of your device and keep in touch with others online.

These classes will help you make the most of your devices and keep up to date with all the latest improvements and services

#### What is Digital Connect?

Digital Connect is funded through Be Connected, an Australia wide initiative empowering all Australians to thrive in a digital world. Be Connected provides online learning resources as well as a network of community partners - the Be Connected Network - who offer in-person support so you can develop your digital skills and confidence.

Students are asked to please bring along a device of their choice. This may include:

- Smartphones - iPhones & Androids
- Tablets - iPads & Androids
- Laptops - Apple & Windows

Each session will commence with a workshop followed by morning tea, and an opportunity for small group support with our team of volunteer digital mentors.

**When:** 4<sup>th</sup> Thursday of every month - **Next Session - May 23, 2024**

**Time:** 9.30am - 11.30am

**Where:** Mangrove Mountain Computer Club  
6 Waratah Road, Mangrove Mountain

**Contact:** Suzanne - 0412 298 126

## Central Coast Water Rates to Rise 12% on 1 July 2024

- Central Coast Water Rates will have risen 51% in just 3 years
- A Typical Water Bill on the Central Coast will be 28% higher than Sydney Water, and 13% higher than Hunter Water

Central Coast Council will rubber stamp next year's water rate increase at its 28 May meeting, but ratepayer Kevin Brooks, who has campaigned against recent rate hikes, has been informed of the increase early after making queries to IPART about water pricing across the three main NSW water utilities (Sydney, Hunter and Central Coast).

Email from IPART confirming next year's increases indicates a typical water bill on the Central Coast will rise 11.9% from \$1,414 per year to \$1,582 per year on 1st July.

This means Central Coast water bills will have risen 51% in just 3 years.

In contrast, Sydney Water and Hunter Water will not be increasing prices at all next year. A typical water bill in Sydney remains \$1,232 and Hunter \$1,407.

This means Central Coast customers will be paying 28% more than Sydney customers for a worse service.

*For further information/queries, contact Kevin Brooks - 04 2224 2856*



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## More Cost-Of-Living Forums Planned

Following an informative cost-of-living forum at Narara Community Centre, a series of cost-of-living forums are now being planned across the region.

Over 50 people attended the forum organised by Federal Member for Robertson, Dr Gordon Reid MP, in partnership with State Member for Gosford, Liesl Tesch MP.

The forum included Services Australia, Service NSW, and Central Coast Council representatives.

The purpose of the forum was to inform the community of cost-of-living assistance and the agencies that provide the support.

Dr Gordon Reid MP Federal Member for Robertson said "The cost of living is the Federal Labor Government's number one priority.

"We are also linking the community with government agencies like Services Australia and Service NSW, which administer our cost-of-living support.

"I would encourage interested community members to come along to our next forum", Dr Reid said.

State Member for Gosford, Liesl Tesch MP said "I know that for our community, cost-of-living is the number one issue that Coasties are facing.

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"The Robertson Cost-of-Living Forums are a fantastic way for our community to find out what help is available, across every level of government.

"The NSW Government's number one priority is cost-of-living support. Service NSW has put together a handy Cost-of-Living Hub, which brings together all NSW Government supports in one easy to navigate place. The Cost-of-Living Hub can be found by visiting <https://www.nsw.gov.au/money-and-taxes/cost-of-living-hub>

"Thank you to Dr Reid for facilitating these important forums

and to representatives from Services Australia, Service NSW and Central Coast Council for coming along to provide support to our community", Ms Tesch said.

Contact Dr Reid's office to request a copy of the Cost-of-Living Help Kit on (02) 4322 2400 or email Gordon.Reid.MP@aph.gov.au

Or visit: <https://www.drgordonreidmp.com.au/community-support/request-a-free-cost-of-living-booklet/>

Media Release from the offices of  
Liesl Tesch MP and  
Dr Gordon Reid MP

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## VALE JOHN THOMAS

Some more sad news. John Thomas of Kulnura recently passed away after a tragic a farm accident.

His funeral service was held on the 3rd May, 2024 at Palmdale, Ourimbah

Deepest condolences to family and friends.



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- \* 5-bedroom Traditional style home which features 3 metre ceilings throughout, dual zone reverse cycle ducted air conditioning, Parents retreat, Theatre room.
- \* Large light filled open plan living areas this home is perfect for a large extended family. The living areas open onto the wrap around verandah in several locations including the in-ground pool area.
- \* A 5 bay lock up workshop has 2 high lift doors, mezzanine floor for storage and there is currently further living accommodation which would be perfect for a home office.
- \* Essential farming infrastructure include water bore, permanent spring water well, 6 Fenced paddocks all irrigated, holding yard with covered race and machinery/feed shed.

For further information or appointment to inspect, please contact Michael Kidd on 0439 761 440. TO SEE ALL OUR LISTINGS, GO TO [www.michaelkidd.com.au](http://www.michaelkidd.com.au).



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## Mountain Districts Association

Working for our Rural Community and the Environment

[www.mountaindistrictsassociation.com.au](http://www.mountaindistrictsassociation.com.au)

### Action at the Crossroads!

Through a "Stronger Communities" grant we have liaised with Council to build a native garden at the Crossroads. The objective being to invigorate the town's entrance, making it more appealing to the local community. The design uses low maintenance native plants that will act as a gateway to our area, warmly welcoming visitors.

A significant advantage of this garden will be to enhance the visibility of vehicular traffic at the intersection



So if you see some work going on at the Crossroads late this month, you'll know what it is. For more information contact Poppe 0400105653



The Wollombi Valley Arts Council encourages and fosters all kinds of artistic and cultural expression within the Wollombi Valley in order to support and promote artists and our community.

Please visit our website [www.wollombi.org](http://www.wollombi.org)

### What's on at the Old Fireshed Gallery

Our current exhibition...

'ARTZ EMERGENCE'

Sheryl Cain, Sheridan Menchin, Syann Williams, Rowena Lloyd - Jones, Toni Cooper, 4th - 19th May, Open DAILY 10am - 4pm

"Artz Emergence is a collective of emerging artists coming together to showcase our diverse range of skills, techniques, knowledge and experience. With a variety of background and experiences, we offer a taste of what's to come in the art world by displaying our talents in one space."

Coming up next...

'LAGUNA COLLECTIVE 2024'

An exhibition by five local



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craftspeople - Jane Mowatt, Loris Self, Shelagh Brigg, Jordis Pointu, Sharyn Roache, 25 May - 10 June, Open DAILY 10am - 4pm



Shelagh Brigg – silk scarves

You are warmly invited to attend the exhibition opening on Saturday 25 May, from 10.30am - 12.00 for morning tea. All welcome.

Laguna Collective is a collection of local craftspeople who will exhibit a range of handmade knitted clothing ranging from sweaters for adults down to socks, mittens and beanies. This year we also have silk scarves, woodwork



Loris Self



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and felting. The exhibition will be open from 10 to 4 every day from the opening on the 25 May to the 10 June (weather permitting). There will also be demonstrations of hand spinning of wool and an opportunity to have a go on the wheel yourself.



Sharyn Roache – hand made buttons

Shelagh Brigg – hand hemmed silk scarves, painted with silk dyes, each scarf unique and vibrant

Jordis Pointu –wearable freestyle one-off local knitwear from cotton, acrylic and wool yarns

Sharyn Roache – wood turning, hand made buttons, knitting and crochet

Loris Self – felting and textiles

Jane Mowatt – handspun yarns, knitted rugs, beanies, socks,

earwarmers, wristwarmers, scarves

**WVAC 2024 Office Bearers**

The AGM of the WVAC was held on 13th April 2024.

The following Office Bearers were elected...

- President - Leanne King
- Vice-President - Fiona Bateman
- Minutes Secretary - Cordelia Howell
- Treasurer - Cordelia Howell
- Public Officer - Cordelia Howell
- Aboriginal Representative - Leanne King
- Bookings Secretary - Chantal Mahoney
- Publicity - Jenny McDonough
- Maintenance - Giles Tester
- LYG Roster Coordinator - Kerryn Raco
- Committee members - Amanda Broberg, Jordis Pointu & Sheree Roberts

Wollombi Valley Arts Council Inc  
c/o General Store, Wollombi 2325  
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# Peats Ridge & District CWA

Our meeting held on 15th April at Donnas home was full of information, so lets begin. 21st March on the Groups Display day of handicrafts and cooking competition, members Kaye, Donna and Julianne won prizes and our branch had two firsts, two seconds and three thirds- what a great effort. Also Donna received the Judges Award. Well done ladies. The ladies who won first prizes will now bake again for the competition at the State Conference which is held at Coffs Harbour. Three members are going to the conference and hope the weather will be fine.



The Country of Study this year is France and by chance our meeting day was the anniversary of the terrible fire which happened at the Notre Dame back in 2019. A programme on TV called The Restoration of Notre Dame where over one thousand people



working everyday to restore to the original materials and designs to bring back the way the Notre Dame was. This was very interesting.  
Our first market of the year held at the

M M hall on 7th April was successful with members working together where Devonshire teas, packs of scones, cakes, jams and pickles were sold. Our next market will be 7th July and hope

## Harvest Festival

Central Coast

**SAT SUN 8-9 JUNE 2024**

**Important changes in traffic conditions:**

Please note on June 8 and 9 between 8am and 5pm there will be changes to traffic conditions including speed reductions in areas including Somersby, Kulnura, Peats Ridge and Wyong Creek for Harvest Festival 2024.

Please take care and drive safe.

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to see you.

ANZAC day held at the Cenotaph at Calga was attended by about 26 people from the community and a four legged member as well. What a beautiful and sunny day it was. Mr Ian Betteridge spoke of his experience in the Vietnam War and had us all listening intently. There were other speakers as well talking of their families experiences.

Margie wrote and read out a poem of a local family whose three brothers joined up and what happened to them. Judy read out a poem written out by a 14year old boy on the effects of the war. Kaye acknowledged the many animals who had a great part in the war as well. We are so blessed to live in this beautiful Country especially here on the Central Coast. The Ode was said then the two National Anthems of Australia and New Zealand. A lovely but sad morning. On behalf of everyone there I want to thank Leif and Karen and their children for working hard to make the morning welcoming.

Lest We Forget.

By chance I watched a TV programme titled ANZAC: Lemnos 1915 – this was so interesting I just have to share this with you all.

Lemnos is an Island across the bay to Gallipoli where during the war soldiers waited to be transported there. Lemnos was turned into the base where the wounded arrived as this was where the hospital was and hundreds of tents housed the soldiers to recover

## Combatting Australia's Back Pain Epidemic: National Spinal Health Week

Four in every five Australians experience back pain at some point

or if passing away were buried. There were many nationalities at the base with doctors and nurses seeing to the wounded and putting their comforts aside. The village people were very kind to them giving fresh food like figs, oranges etc. The officials at the top of the army realised that Gallipoli was not a success and after eight months or so ordered an evacuation BUT this had to be done silently as they did not want the enemy to find out so during the night with silence all the soldiers were evacuated to Lemnos. A granddaughter of a nurse Sister Nell Pike spoke on the nurses experience and how horrific it was.

In 2020 the Lemnos Trail was formed and there are so many headstones of the fallen and the villagers to remember them named streets, hospital and even a football field ANZAC . This was a learning and interesting programme to watch.

Till next time, take care,

*Christine Sanfilippo*  
Publicity Officer

in their lives, usually as a result of Musculoskeletal Disorders (MSDs) which account for the greatest proportion of persistent pain conditions and the second largest contributor to disability worldwide.

According to the new World Health Organisation (WHO) guideline for non-surgical management of chronic primary low back pain in adults in primary and community care settings (Dec 2023), LBP is a very common condition.

The guideline written by a world-wide range of leading musculoskeletal health practitioners provides evidence-based recommendations on holistic non-surgical interventions including chiropractic treatments.

Common risk factors for Chronic Primary Low Back Pain

- Heavy physical work
- Frequent twisting, bending or lifting
- Poor posture
- Weakness in back and abdominal muscles
- Sitting too long — for example, sitting in an office environment
- Too little physical activity
- Being overweight

To download a FREE Australian Chiropractors Association (ACA) Back Pain Factsheet, Stretching Poster, the Straighten Up app or to register participation in Spinal Health Week, visit [www.spinalhealthweek.org.au](http://www.spinalhealthweek.org.au).

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# Time to strengthen your grant writing skills – Grants program opening soon!

Council is hosting a variety of free workshops and information sessions this May and June, to help community groups and organisations improve their grant writing skills, ahead of the Community Grants Program application period which opens 1 June 2024.

Council's 2024-25 Community Grants Program will open with \$900,000 in annual funding available to support local community groups and organisations to deliver worthwhile projects, programs and events that strengthen our community.

Council Director Community and Recreation Services, Melanie Smith, said now is the time for local community groups and organisations to register for a workshop and prepare their applications.

“Community leaders are urged to seize this valuable opportunity to create compelling funding applications, thereby bringing to life their vision for achieving shared community objectives.

“The community benefits from all projects, and funding distribution is often determined by the quality of the application,” Ms Smith said.

“To help you succeed, we urge you to join us for Grant Writing Workshops, Information Sessions, and Drop-in

sessions, all developed to support your community projects and ideas.”

The workshops and information sessions on offer include:

## Grant Writing Workshops:

An independent workshop facilitator will guide community members on how to develop a project plan and funding application to increase the chance of success for not only Council's Grant program but all grant programs.

- Wednesday, 8 May 2024, The Art House, Wyong - 10.30am-1pm
- Wednesday, 8 May 2024, targeted to artists, creative arts groups & practitioners, The Art House, Wyong - 5.30pm-8pm
- Thursday, 9 May 2024, Erina Centre Meeting Space 3, Erina Fair - 5.30pm-8pm

## Grant Information Sessions:

To guide on Council's Community Grant Programs with information on guidelines, eligibility, application process, grant management and timeframes.

- Wednesday, 29 May 2024, The Art House, Wyong - 1.30pm-3pm
- Thursday, 30 May 2024, Online - 2.30pm-4pm

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- Wednesday, 5 June 2024, Erina Centre – Erina Room, Erina Fair - 1.30pm-3pm
- Thursday, 6 June 2024, Online - 2.30pm-4pm

**Drop-in Session:**

One-on-one discussions with a Council Grants Officer to strengthen an application in accordance with the grant program guidelines.

- Thursday, 27 June 2024, Central Coast Council Administration Building Wyong - 9.30am-11.00am
- Thursday, 27 June 2024, Online - 5pm-7pm

Council Administrator, Rik Hart

said Council’s Community Grants Program, the information sessions and the workshops aim to build the community’s potential to deliver innovative events, programs, and projects.

“With the information sessions and workshops on offer, this is an opportunity for community groups and organisations to strengthen their applications and submit initiatives that enrich our community and create a stronger Central Coast,” Mr Hart said.

Council’s 2024-25 Community Grants Program includes:

- Community Development Grant Program: Applications open 1-30

June 2024, with funding up to \$20,000 per project available.

- Community Events and Place Activation Program: Applications open 1-30 June 2024 with funding up to \$20,000, per activity available.
- Community Support Program: Applications remain open throughout the year, with up to \$5,000 in funding available per project, per financial year.

For more information on the workshops and information sessions or to register to attend visit: <https://www.centralcoast.nsw.gov.au/grants>

Central Coast Council  
Media Release



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**Maitland Regional Saleyards**

- Weekly Monday Liveweight Cattle Sales 9am, followed by Calves, Pigs & Sheep from 12 noon.
- Monthly Store Cattle Sale Saturday May 18th from 11am.

**Gloucester Saleyards**

- Fortnightly Thursday Store Cattle Sale May 23rd 11am.

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

### 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	
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: <a href="mailto:mepccinc@gmail.com">mepccinc@gmail.com</a> , 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)	<a href="http://www.mountaindistrictsassociation.com.au">www.mountaindistrictsassociation.com.au</a> <a href="mailto:secretary@mountaindistrictsassociation.com.au">secretary@mountaindistrictsassociation.com.au</a>
Mountain District Football Club Meeting	Second Tuesday of the Month 6.30pm at the Mangrove Memorial Club <a href="https://permaculturecc.org.au/">https://permaculturecc.org.au/</a>
Permaculture Central Coast	President Marlee Maxwell Email <a href="mailto:rivercaresinc@gmail.com">rivercaresinc@gmail.com</a>
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, <a href="mailto:spencercpg2@gmail.com">spencercpg2@gmail.com</a>
Spencer Community Progress Group Inc	Last Fri of month. 12.00 noon Spencer Community Centre, Jennifer Dayes 4377 1364 Articles to: <a href="mailto:spencercpg2@gmail.com">spencercpg2@gmail.com</a>
Spencer Community Ladies Social Club	Every 2nd month. Check website for further details. <a href="http://www.somersbyequestrianclub.org.au">www.somersbyequestrianclub.org.au</a>
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	
<b>SPIRITUAL</b>	
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 6th May 2024

A total yarding of 320 cattle yarded today at Maitland comprising of 300 Trade/Yearling Cattle and 20 Export Cattle

Steer job remained firm to last week whereas the heifer job was stronger 30c in places. Export market was 5-10c stronger.

- Restocker steers up to 250kg made 220c/kg to 360c/kg
- 250kg-300kg made 285c/kg to 340c/kg
- 300kg to 380kg made 280c/kg to 340c/kg
- Restocker Heifers up to 250kg made 230c/kg to 302c/kg
- 250kg-300kg made 260c/kg to 340c/kg
- 300kg-380kg made 280c/kg to 330c/kg
- Yearling Steers made 250c/kg to 336c/kg
- Yearling Heifers made 245c/kg to



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316c/kg

- Prime cows made 210c/kg to 220c/kg
- Store cows made 150c/kg to 200c/kg
- Bullocks made 220c/kg
- Bulls made 215c/kg

### Maitland Liveweight Cattle Sale 29th April 2024

A total yarding of 715 cattle yarded today at Maitland comprising of 675 trade/yearling cattle and 50 export cattle.

Trade/yearling market was firm to easier in places. Export Market remained firm.

- Restocker steers up to 250kg made 220c/kg to 380c/kg
- 250kg-300kg made 270c/kg to 352c/kg
- 300kg to 380kg made 275c/kg to 340c/kg
- Restocker Heifers up to 250kg made 180c/kg to 270c/kg
- 250kg-300kg made 200c/kg to 320c/kg
- 300kg-380kg made 230c/kg to 330c/kg
- Yearling Steers made 230c/kg to 345c/kg
- Yearling Heifers made 190c/kg to 305c/kg
- Cows made 130c/kg to 208c/kg
- Bulls made 210c/kg
- Bullocks made 208c/kg

A friendly reminder that we are often in the area seeing clients and looking at their livestock and if you would like us to call in be sure to give us a call.

Like and share our Facebook page!  
Keep up to date with [www.bowelidbury.com.au](http://www.bowelidbury.com.au)

*Michael Easy & Rodney McDonald  
Bowe & Lidbury  
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P: 02 4932 7066*

## 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](mailto:pastorkcbc@outlook.com)  
10am every Saturday, Mangrove Mountain Union Church.

Restitution Ministries  
Independent SDA Church  
Divine Retreat Centre (Ph 04 6848 6782)  
160 Hensons Road, Somersby  
[www.divineretreatcentre.org.au](http://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](http://www.henrykendallcottage.org.au)

Dharug & Lower Hawkesbury  
Historical Society Inc.

Last Sat of month. All welcome, contact Jan Kofron 0405321478 [jankofron@optusnet.com.au](mailto: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](mailto:pbaboriginalhistory@gmail.com)

Wyong District Museum &  
Historical Society

Open Sun to Thurs, 10am-2pm, other times by appt. Contact 43521886 email [info@alisonhomestead.com.au](mailto:info@alisonhomestead.com.au) website: [www.alisonhomestead.com.au](http://www.alisonhomestead.com.au)

### ACTIVITY/HOBBY

Central Coast GNU/Linux Users Group  
Coastal Communicators Toastmasters

[www.cclug.org.au](http://www.cclug.org.au) - all most welcome

1st & 3rd Thurs of month, 6:45pm to 8:45pm at Doyalson-Wyee RSL. Debbie 0421216952

Craft/scrapbooking

Yarramalong Hall 10am to 5pm, \$12/person. Bring along your projects. Dates & details: [stackm@skymesh.com.au](mailto: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

Yarn group (knit, crochet etc)

Last Sunday of month 2pm at Angels Sussurri Cafe Yarramalong. Contact Margaret Dale 0411104770

### 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

or AH 4373 1488

Yarramalong school of Arts / Hall

[enquiries@yarramalonghall.org.au](mailto:enquiries@yarramalonghall.org.au)

<https://yarramalonghall.org.au>

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# Major planning changes coming into effect

The NSW Government's Transport Oriented Development planning reforms estimated to deliver 170,000 more well-located, well-designed and well-built homes throughout Sydney, the Illawarra, Hunter and Central Coast begin this month.

In December 2023, the Transport Oriented Development State Environmental Planning Policy (TOD SEPP) identified 31 stations across 13 local government areas, around which new housing is to be located within 400m.

During engagement with the Department of Planning Housing and Infrastructure, Central Coast Council has welcomed the opportunity to develop housing plans for existing TOD sites, while also requesting the addition of new sites.

As a result, Woy Woy Station has been selected to be included in this program. Woy Woy Station will join Gosford, Tuggerah and Wyong Stations in the TOD Program, as announced in December 2023.

Member for Gosford, Liesl Tesch MP has spoken of the desperate need for increased housing in our Central Coast community, "Access to affordable

housing in our community is at an all-time low. Every day, I speak with people who are being pushed out of our community as they cannot afford to rent or buy in our community.

"We need more well-located homes to provide affordable housing within our community. We need to be encouraging more diverse housing types to ensure that our community's right to a safe home close to amenities is met. We need to ensure that these houses are built in areas close to infrastructure, community centres, green spaces and jobs. We need housing where our community can not only live, but live fulfilling lives.

"I really want people like the students I taught to be able to afford to buy homes, to be able to continue to live in the communities that they grew up with dignity and equity.

"Throughout the consultation process, consideration has been given to existing infrastructure capacity or planned upgrades that will support increased density. The TOD policy is designed to support more homes to be built near transport, jobs, services, night-life and open spaces.

"These reforms will simply require councils to consider developments they have previously ruled out. They will not create a housing free for all, instead they ask our councils such as Central Coast Council to think beyond a narrow perspective of housing. Under these reforms, Central Coast

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Council will maintain their right to reject applications on usual factors such as flooding, traffic and parking, or heritage.

"After 12 years where access to housing became more difficult for our community, we are making it easier for Coasties to access housing through careful but common-sense housing reform.

"As planning policy changes, I also look forward to working with Central Coast Council and the Department of Planning to ensure that our community infrastructure meets the need of our future."

Liesl Tesch MP  
Member for Gosford

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