

# COMMUNITY NEWS

No. 944 Ph: 4374 1039 Mo: 0412 669 649 Email: enquiries@cnews1.com.au Web: cnews1.com.au 7th June 2024

## Poet's Breakfast an Enjoyable Success

49 people enjoyed a delicious breakfast at the Poets Breakfast in the Union Church hall.

The breakfast was as a fundraiser for the upkeep and maintenance of the church and hall as well as for the CWA local branches.

Ian Betteridge and Steve Raines led the bbq team who cooked the eggs, sausages, bacon, tomatoes and mushrooms.

Meanwhile inside, the CWA ladies



Judy Betteridge addresses the diners

were organising the juices, toast, teas and coffee and all the scrumptious slices and cakes and of course the scones topped with jam and cream.

Poetry read or recited ranged from Banjo Patterson and Henry Lawson



Robert Kemp impressed by reciting some lengthy poems from memory and got some giggles with a spicy limerick

### Mangrove Mountain Rural Fire Brigade

Annual General Meeting

Wed 26 June, 2024 at 7:00 pm

156 Bloodtree Rd, Mangrove Mountain (Mangrove Mtn RFS Shed)

All welcome

to poems about Antarctica and a few limericks to bring a laugh to the crowd.

This is the fourth time a Poets breakfast has been held on the Mountain and all have been a great success in both fund raising and bringing the local community and others from further afield, together and having a good time.

Our thanks go to Judy and Fred for being M.C.s and the hard working ladies from the CWA.

After costs, a total \$1627.35 was raised and this was shared between the Church Trust and the CWA.

It has been absolutely wonderful to see the Church and hall being regularly used after it's return to the community.

There are regular worship services held in the Church and well as several community activities happening in the hall.



The audience relaxing after breakfast and sweets

"If I am walking with two other men, each of them will serve as my teacher. I will pick out the good points of the one and imitate them, and the bad points of the other and correct them in myself."

Confucius

### STOP!

Next issue Published  
21st June 2024

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

**\*\* 14th June '24 \*\***

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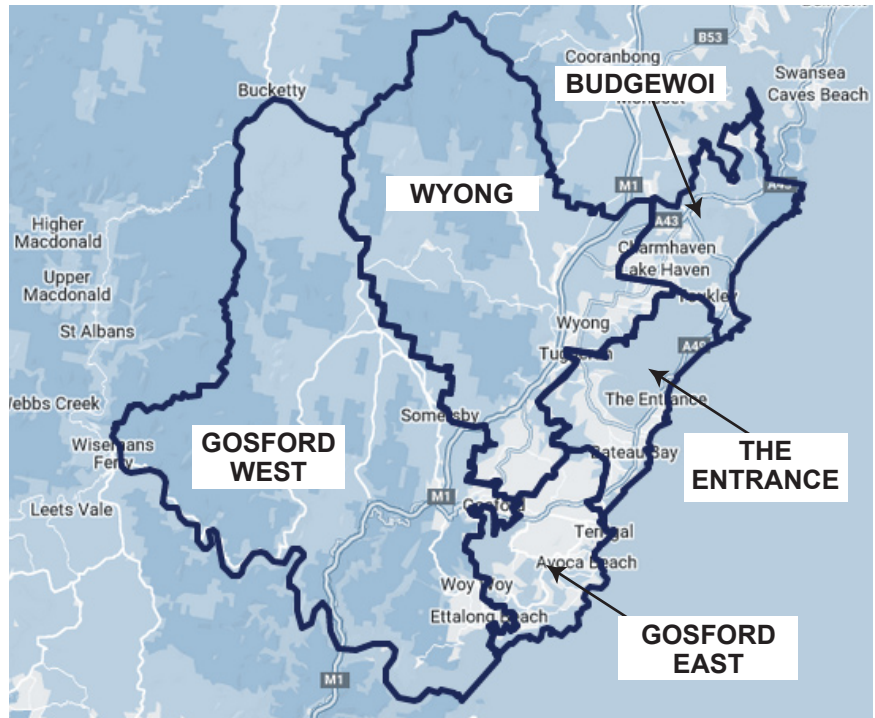
# 15 or 9 - How Many Councillors will be best?

**Role of the Council and Councillors**  
Under the NSW Local Government Act 1993 (LG Act), the role of a Council includes:

- to direct and control the affairs of the council in accordance with this Act,
- to consult regularly with community organisations and other key stakeholders and keep them informed of the council's decisions and activities,
- to be responsible for ensuring that the council acts honestly, efficiently and appropriately.

Also, the role of each elected Councillor includes:

- to participate in the development of the integrated planning and reporting framework,
- to represent the collective interests of residents, ratepayers and the local community,
- to facilitate communication between the local community and the governing body,
- to uphold and represent accurately



the policies and decisions of the governing body,

And finally:

- A councillor is accountable to the local community for the performance of the council.

### Democratic representation

According to the 2021 Census there are 346,596 people on the Central Coast with 263,967 over the age of 18.

In the conduct of their job Councillors would be expected to be open to dialogue and discussion with residents, particularly those able to vote in elections.

Fifteen councillors gives a ratio of about 18,000 voters to each councillor but with a reduction to nine councillors this increases to almost 30,000 voters to each councillor.

So a reduced number of councillors would make it extremely difficult for any Central Coast resident of voting

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Saturday - Sunday: Closed

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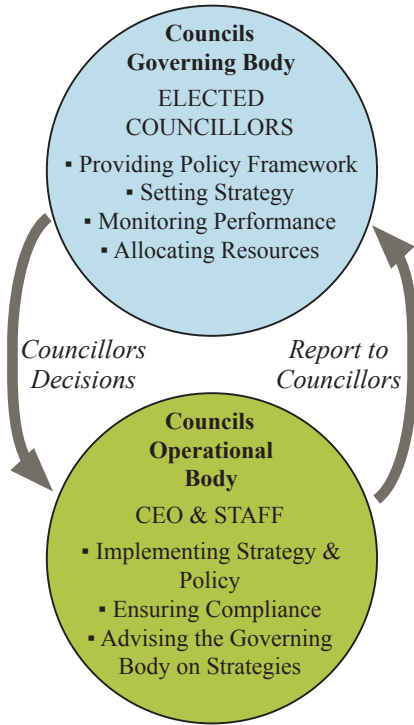
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age to be heard.

In the past Councillors have attended meetings with various community groups as well as community functions and events.

To get effective engagement, fifteen Councillors would seem to be a minimum number (the local government Act requires there to be a minimum of five and a maximum of 15 councillors with any change requiring a constitutional referendum and ministerial approval).



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### Costs

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 Council expenses are around \$730million (2024 FY). Also, after the administration is ended, there will be no Administrator's salary.

### Constitutional Referendum

The 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.

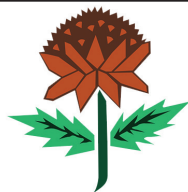
The referendum will ask Central Coast voters to determine the following question:

*'Do you favour a reduction in the number of Central Coast Councillors from fifteen to nine? This will result in three Wards with each Ward electing three Councillors.'*

Yes to reduce to nine councillors or No to keep fifteen councillors.

### Which way will you vote?

Information from Central Coast Council documents, the NSW Local Government Act, NSW Electoral Commission



## Mangrove Mountain MEMORIAL CLUB & GOLF COURSE

### WHATS ON WEEKLY

#### TUESDAY

BINGO from 11am  
\$15 Taco Tuesday

#### WEDNESDAY

MEAT RAFFLE drawn at 730pm  
\$18 schnitzels

#### THURSDAY

MEMBERS BADGE DRAW - 730pm  
\$22 steak night

#### 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

#### SUNDAY

Sunday Roast - available all day



### \$15 Lunch Menu

Bacon cheeseburger & chips

Chicken & salad wrap

9" pizza -Hawaiian or Supreme

Steak & salad wrap

Seafood basket & chips

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Schnitzel, chips & salad

-ham, cheese & tomato

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# The Mountains & Valley's Community Race Club

Ft. The Kulnura Cup

**Sunday  
4 August 2024**

at Wyong Racecourse



**The Mountains & Valley's Community Race Club is proud to announce its inaugural Locality Cup at Wyong Racecourse on Sunday the 4th of August.**

**DETAILS:**

Date: Saturday, 4 August 2024  
Time: Gates open from 11am  
Venue: The Pavilion, Wyong Race Club | 73-75 Howarth Street, Wyong  
Tickets: \$130



**\$5,000 of funds raised will be donated to the Westpac Careflight Helicopter Service**

For further information or to reserve your ticket to this exciting community day out, please contact the MVCRC Chairman, Pat Cohen on 0413 100 082

# Young people encouraged to have their voices heard in 'Your Voice, Our Future' survey

Young people aged 14-24 are being encouraged to share their views on issues that matter most to them in the 'Your Voice, Our Future' survey, which is open until Tuesday, 31 December 2024.

Results of the online survey, to be shared across the whole of government, will help guide the development of government policies, programs, and services to better support young people in NSW.

Member for Gosford, Liesl Tesch MP applauds the survey, which will inform ministerial priorities within the youth portfolio.

"Young people are our future, and it's wonderful to see our young people having their voices heard and having agency in the future direction of Government.

"It is so important that our young



Liesl Tesch MP, Member for Gosford and Central Coast Students

people are consulted about what matters most to them, what is working, and what is not. This important feedback will help Government to focus its efforts on the right things."

Although the survey is anonymous, there is an option for survey participants to add their contact details if they would like to be kept involved, or if they opt in to be entered into a monthly draw to win a gift card up to the value of \$250.

Survey participants under 18 will need to provide contact details of their parent or guardian who may be

contacted directly to confirm consent for participation.

The survey was developed by the NSW Government in partnership with the Advocate for Children and Young People (ACYP) and the Office of Regional Youth.

The 'Your Voice, Our Future' survey for young people aged 14-24 can be found here.

Media Release from the Office of Liesl Tesch MP Member for Gosford

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# SATURDAY CRAFT GROUP

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with the Community Hall in  
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## Spencer Playspace to be Upgraded

With the upgrade of the iconic Pelican Park at Woy Woy, the nearby Anderson Park will be converted back to a grassed area and the children's play equipment moved to the Spencer waterfront. The play equipment had been installed in Anderson Park about two years ago and is in excellent condition.

Central Coast Council Director of Community and Recreation Services Mel Smith said the [Spencer] playground currently features only a swing set and picnic table.

"With the upgrade, the community will be able to enjoy play equipment including a swing set, climbing and slide unit, rocker, rubber softfall and picnic table.

"Installation of the equipment will commence the end of June or early July with the aim for the works to be completed in late July (weather permitting)," Ms Smith said.

The works have been made possible thanks to a \$50,000 grant from the Australian Government's Investing in our Communities (IIOC) grant and \$45,000 from Central Coast Council.



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The Spencer River Cares group has been campaigning for an improved playground since the Spencer public toilets were completed in January 2023.

Council Administrator Rik Hart said the upgrade is part of Council’s overall strategy to see enhanced playspaces across the Central Coast.

As the Central Coast community grows, it is important that Council continues to provide young families and children with safe environments to engage in play-based learning,” Mr Hart said.

“This is one of over 260 public playspaces in parks, reserves, holiday/ caravan parks and community centres. “We thank the Australian Government for their support of this project.”

The Member for Robertson, Dr Gordon Reid said playspaces are important community facilities and is pleased to see the Australian Government partner with Central Coast Council, to undertake an upgrade of the playground at Spencer.

“I thank the community of Spencer and surrounding communities for their advocacy,” Dr Reid said.

Council reminds visitors to the area that there will be no access to the playspace while the installation of the new equipment and associated construction is underway.

*Information from Central Coast Council Media Releases*



Slide & climbing set currently at Anderson Park

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# Strengthening Emergency Services On The Central Coast

Terrigal Marine Rescue has received \$1,000 from the Federal Labor Government's 2023-24 Volunteer Grants.

Terrigal Marine Rescue will purchase new battery systems to ensure continued operations of the base following a power failure during weather events or disasters.

Dr Gordon Reid said "The volunteers at Terrigal Marine Rescue undertake outstanding work, assisting people on the water in emergency situations.

"The organisation also educates the community about safe boat use on the water and what to do in emergencies.

"I thank Terrigal Marine Rescue and its volunteers for their dedication to our Central Coast community.

Shaun Smith, Terrigal Marine



Rescue Unit Commander said "Terrigal Marine Rescue has approximately 41 members, and 3 vessels.

"We will use this grant funding to support our volunteers by purchasing battery back-up systems, which will enable the base to continue operating during a power outage.

"Our base patrols a significant stretch of coastline, from Terrigal all the way

to Lake Macquarie", Mr Smith said.

To get involved with Terrigal Marine Rescue, registration is free and can be completed by visiting: <https://terrigan.marinerescuensw.com.au/>

Or call: 02 4343 5400.

Media Release  
Dr Gordon Reid MP  
Federal Member For Roebtson



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# Central Coast Council prepares for September 2024 election and referendum

Council has held two information sessions on the election and referendum, with a further two sessions now confirmed, including one to be hosted by the Australian Local Government Women's Association.

This session will have focus on encouraging women to consider standing for local government.

Details of the upcoming sessions are:

Session 3: Saturday 22 June 2024  
 "Getting Women Elected" – hosted by the Australian Local Government Women's Association  
 Time: 1pm – 4pm  
 Venue: Erina Centre, Erina  
 To Register visit: Saturday 22 June information session

Session 4 – Tuesday 16 July 2024  
 Time: 6pm – 8pm (doors open 5.30pm)  
 Venue: Erina Trust Community Hall, 27 Karalta Rd, Erina NSW  
 To Register visit: Tuesday 16 July

## 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.

### Yarramalong Valley event details

Date: Saturday 22 June 2024  
 Time: Drop in any time between 2pm and 4pm  
 Location: Yarramalong Hall, 1640 Yarramalong Rd  
 Cost: **Free!** No need to RSVP, just show up and join the fun

### Hawkesbury River event details

Date: Saturday 22 June 2024  
 Time: Drop in any time between 10am and 12pm  
 Location: Spencer Hall, 4776 Wisemans Ferry Rd, Spencer  
 Cost: **Free!** No need to RSVP, just show up and join the fun



The Disaster Risk Reduction Fund (DRRF) is jointly funded by the Australian and New South Wales governments.



FIRE & FLOOD RESILIENCE

information session

All information about the upcoming election, including polling locations

and candidate information can be found on the Electoral Commission's website in the lead up to the elections.

Central Coast Council Media Release



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### TUKU is still missing!

She is an adult Maremma and she disappeared into the state forest around the Chapel Ridge area (1550 George Downes Drive, Kulnura) on the afternoon of Tuesday 21 May.

She will be spooked and doesn't like men or cars. Don't try to catch her please. Just call or txt Cath on 0405 745 476 and I'll come

## Award-Winning Singer/Songwriter Tate Sheridan to Perform Live at FunHaus Factory

Tate Sheridan, an artist who has consistently commanded attention with his musical talent, is set to take the stage at FunHaus Factory in Gosford on Sunday, June 9th.

Renowned for his prodigious skills as a jazz pianist, Sheridan's journey in music has been marked by accolades and milestones, solidifying his status as a name to watch in the industry.

Having been honoured with the 2014



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ACT Critics Circle Artist of the Year award for his dedication to jazz and pop music, Sheridan quickly rose to prominence. In 2015, he made history as one of the youngest-ever musicians to be nominated for the esteemed Freedman Jazz Fellowship.

Sheridan's latest release, 'Angel Man,' showcases the timeless rustic tones of Americana, signalling a new chapter in his musical exploration. With a maturity well beyond his years, Tate Sheridan continues to captivate audiences with his soulful melodies and evocative storytelling.

Join us for an unforgettable experience at this week's Sonic Sundays at Funhaus Factory and catch Tate Sheridan's mesmerizing performance live! Sonic Sundays is not only free but also family-friendly, making it the perfect outing for all ages. Indulge in mouth watering burgers, sides, and empanadas served fresh for lunch. Plus, kick off the festivities with our happy hour specials when doors open at 1 pm, featuring \$10 cocktails and \$6 schooners. Don't miss out on the fun!

Register your free tix online now: [funhausfactory.org.au/](http://funhausfactory.org.au/)

## Dying to Know Day 8 August

  
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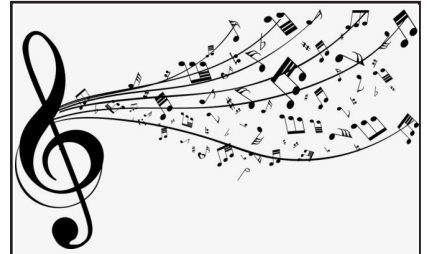
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# IN LOVING MEMORY

Long time Kulnura resident, Beryl Collins passed away at home on 13th May at the age of 97.

Beryl was born in Mosman, Sydney and moved to Kulnura when she married Ed Collins in 1950.

Beryl was always involved with the community – In earlier years she joined the Kulnura Public School P&C, the Kulnura Hall Committee, Somersby CWA, Mangrove Lions club and was founder of the Kulnura & Districts Garden Club.

Sadly missed by her children Ron, Jenn, Barb and Families.



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# The Hub Wins Community Service Award

On Saturday 25 May, Shane Eastman, owner and creator of The Hub of Mangrove Mountain was awarded a Community Service Award by the Kariong Somersby Rotary Club.

The award was in recognition of the service Shane has put into the Mangrove Mountain and surrounding communities, through both her 10 year involvement with the Mangrove Mountain Country Fair and her turnaround of the former, closed, Mangrove Mountain General Store into the thriving Hub of Mangrove Mountain.

"I felt that we really didn't have a centre of the community, a hub, in the Mangrove Mountain area, where people could come and grab a coffee, delicious lunch or takeaway food, or pick up groceries, bread, milk or whatever they wanted, without having to go to the coast," Shane explained.

Despite opening 3 years ago, just after Covid broke out, Shane's vision of a community Hub has certainly been realized.

Groups meet to sew and knit, meet with politicians, Country Fair meetings are held there and a myriad of others



L to R: Lorraine Wilson, Lyn Booth, Joan Brennan, Erin Williams, Shane Eastman-Wheeler, Trevor Williams, Mike Wheeler, Rodger Wilson

like the Central Mangrove Kooree Girl Guide District who love having a coffee when they meet there.

Through The Hub, Shane saves

leftover food and gives it to some of the local elderly single men who are living below the poverty line. Kitchen scraps are saved for local free range

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*Publishers of the "Community News"*

chickens, coffee grounds for keen local gardeners, and if she can help her customers in any way, she does.

Shane is also very active in the Mangrove Mountain Country Fair. Shane has spent over 10 years as a key promoter, fund raiser and for several years now, President of the Country Fair.

Noticing that there was no real sponsorship strategy, Shane threw herself into finding sponsors, even when they didn't know they wanted to sponsor a country fair, thus providing much needed funds to enable the committee to meet the never-ending compliance issues which had began to burden the intent of the fair - to provide substantial funding to local organisations needing financial support for a project beyond their singular means.

“Getting involved in putting on the annual Country Fair is the best thing I’ve ever done”, she said. “I have met the most amazing, generous, and enthusiastic group of people through. I highly recommend volunteering to help with the Fair this year. It’s a great way to meet people!”



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## END OF AN ERA AT THE CORRUGATED CAFE



After around twenty years Lee and her team at the Corrugated Cafe are calling it a day.

Best wishes to Lee and her family and all the crew in their future endeavours.

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# ONE ACT PLAY FESTIVAL

**7th - 9th June 2024**

Bookings Via  
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Red Tree Theatre, Tuggerah

RED TREE THEATRE | Wyong Rugby League Club | CREIGHTONS FUNERAL SERVICE

## 2024 One Act Play Festival

Wyong Drama Group is proud to announce the return of the One Act Play Festival to the Central Coast on the June Long Weekend.

After an absence of several years, we are very excited to be hosting this wonderful weekend of One Act Plays in our venue, the Red Tree Theatre, at Tuggerah.

Community Theatre Groups from as far afield as Bingara, Pt Macquarie and Lithgow will be competing, as well as local groups.

**WHEN:** Sat 8th June - 3 Sessions  
11am; 2.30pm; 7pm  
Sun 9th June - 1 Session 11am;  
Awards 2.30pm

Each session will include 2 different plays of 30-45mins each.

**PROGRAM:**  
Friday 7th Welcome Function 7.30 - 9 pm (All participants and Festival Pass holders ONLY)

Saturday 8th:  
11.00am "Cheating Death"  
(comedy)



On stage at the Red Tree Theatre, at Tuggerah.

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2.30pm "Old Nick" (drama)  
 "War of the Worlds" (drama)  
 "Mismatched" (comedy/drama)  
 7.00pm "Lockdown in Little Grimley"\* (comedy)  
 "Nasty Things, Murders" (comedy)  
 Sunday 9th:  
 11.00am "It's Complicated"\* (drama)  
 "Supersnout" (comedy)  
 2.30pm Awards Presentation (all welcome)  
 \* WDG entries

Adjudication is by Mark & Shirley Lucas from Excalibur Theatre in Queensland, with a total of 11 Awards to be presented.

REFRESHMENTS: Hot/Cold food, Snacks, Tea/Coffee and Drinks available throughout the day and evening.

**TICKETS:**

Each session \$15  
 Festival (Weekend) Pass \$45  
 Participant Festival Pass \$25 (cast & crew)

Wyong Drama Group Inc.  
 160 Pacific Highway  
 (Tuggerah Straight)  
 TUGGERAH NSW 2259  
 info@wyongdramagroup.com.au

# YOUR HEALTH

## The Importance of Exercise

Why is exercise so important to our health and wellbeing?

Let me share a short, true story with you that alerted me to why it is so important.

Many years ago I was a volunteer in the Rural Fire Service and as part of the training we received a practical lesson by an Ambulance Paramedic on how to treat snake bite in case we were bitten out in the bush while carrying out the duties of protecting the community from the effects of bush fires.

What I found fascinating was a statement that the Paramedic said that really got my attention.

He said that in most cases, when a snake bites, the venom is released into the persons Lymph system, not into the blood stream. He then said that the Lymph system is the sewerage system of the body, carrying waste products to either the skin or the other elimination organs and taken out of the body.

Then came the interesting bit. He then informed us that the lymph system only works by movement, it doesn't have a pump like the blood system.

We were then instructed on the importance of using a constricting bandage on the limbs and also most importantly to immobilise the limb so that the venom will stay where it is and not circulate through the lymph system.

That's when the light bulb went off in my head!

It told me the importance of exercise to the human body. If we don't exercise or at least walk or move our limbs regularly, the lymph system, which is "the sewerage system of the body" can't eliminate the waste products that can get clogged up in our body and start to cause many diseases.

This is especially important as we get older and start to slow down or even worse stop altogether. A sedentary lifestyle is probably one of the worst things for our health but if we get regular exercise it brings many, many benefits to our body and mind.

How long should we exercise for and what kind? Anything that increases the heart rate & respiration and for at least 20 to 30 minutes.

What happens after 20 mins? H.G.H. or Human Growth Hormone is released from the pituitary gland. H.G.H. stops burning glucose for fuel and burns fat stores, increases blood circulation to the skin and Increases your body's ability to utilise protein. After 20 mins of exercise the H.G.H. remains active for 24 hrs.

The Brain needs oxygen - through Exercise, the Brain works better, receives more blood, more oxygen and more glucose.

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)

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# Year three of IPART Water Price Increases to Take effect

Council advises "From 1 July 2024 the combined yearly bill for a typical household will increase by approximately 11.9%, or \$168.03 for water, sewerage, and stormwater services (based on 170 kilolitres of water usage per year)."

In its 2022 report IPART commented "Last time we reviewed CCC Water's prices in 2019, we did not allow its proposed price increases.

This was, in part, because CCC Water had for several years consistently spent less on operating costs than it recovered through prices (based on our previous pricing reviews (2013 reviews for the separate Wyong and Gosford councils) and in 2019 it could not justify that it needed any more funding than what it had been spending."

However in 2022 IPART did approve price increases but a lower amount than that requested by Council.

Now two years after the IPART determination it is time to implement

a key recommendation:

"We recommend the Minister gives us a referral to, in 2 years' time, investigate and report publicly on CCC Water's performance as a Water Supply Authority and progress implementing management and government improvements. This investigation would look at CCC Water's performance between now and June 2024 to check whether it has:

- reported on the information that is important to the community and
- made the necessary improvements that it has committed to.

We would also look at the progress CCC Water has made in putting in place the governance, processes and systems needed to promote better services in the long-term.

The review would provide constructive advice to CCC Water as necessary, and inform our next pricing review, and could inform further consideration of regulatory reform going forward"

In relation to stormwater charges, IPART wrote "Stormwater prices will increase once only, ... by 20% (\$22) in 2022-23, with no further increase apart from inflation. This is substantially less than CCC Water's proposed 73% increase mainly because we have not accepted its proposal to transfer \$15.5 million in stormwater costs currently funded through local government rates to the Water Supply Authority.

We also intend this pricing review will be the last time we set stormwater prices. We consider all costs for stormwater services should be fully funded by local government rates from 1 July 2026.

In our view, these services provide benefits to the whole community – not just specific customers. CCC Water stated it has a council resolution to effect this by 2026."

With regard to performance, IPART wrote "We found that CCC Water had underdelivered on its service to customers and had failed to meet several output measures we set in our last review. Customers consider they have limited ability to influence the water services that are delivered to them and CCC Water is not sufficiently accountable for its performance. We have made several recommendations to improve CCC Water's accountability."

The community can review the pricing for water and sewerage for the Central Coast by visiting the IPART website: [ipart.nsw.gov.au](http://ipart.nsw.gov.au)

For eligibility and to apply for hardship assistance for payment of rates search 'rates and hardship assistance' at [www.centralcoast.nsw.gov.au](http://www.centralcoast.nsw.gov.au)

Information from Central Coast Council Press Release and 2022 IPART Review of Central Coast Council water prices – Final Report Summary

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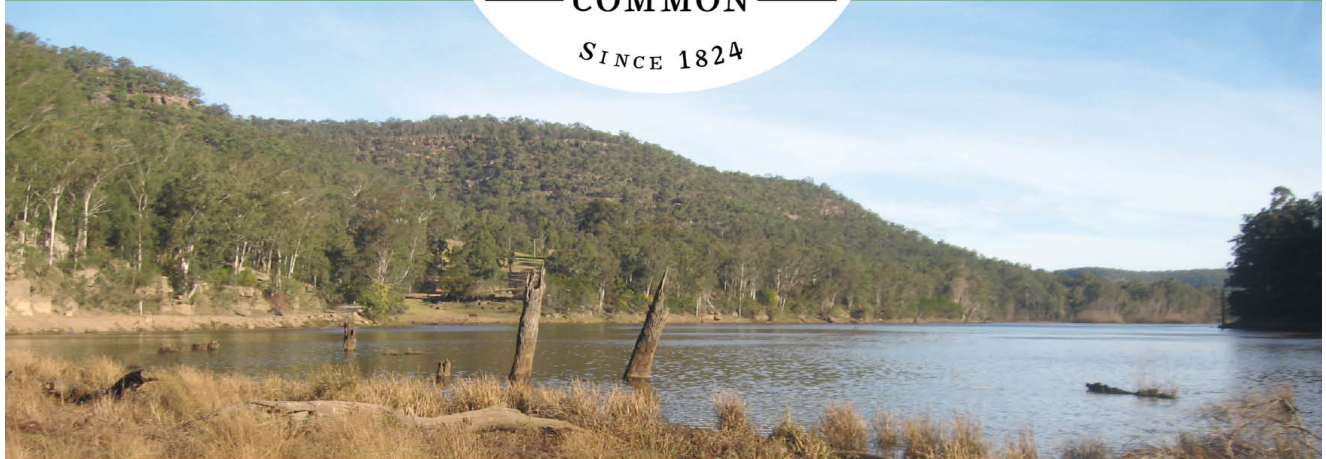


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## ANNUAL FISHING WEEKEND 1st - 3rd November 2024

CARP FISHING COMPETITION • BASS CATCH AND RELEASE

*Camp oven cook-off on Saturday from 2pm  
Choose your dinner from a wide selection of meals cooked on-site*

Held on the St Albans Common, 6km north of St. Albans on Wollombi Road.  
The Common is 27kms from Wisemans Ferry.

- All proceeds to the St Albans Common Trust
- Friday check-in from noon onwards
- Carp Fishing Comp from Fri 3pm - Sunday noon
- Fishing Workshop - FishCare Volunteers
- Clubs and individuals welcome
- Food and soft drinks available on-site
- Free camping on-site
- Cash only on-site, no card facilities
- Prizes for adults and children
- Entry Fees - Adults \$35 (\$40 at gate)
  - Couples \$50 (\$60 at gate)
  - Children 11-17yrs \$15 (\$20 at gate)
  - Children under 10 are FREE
  - (if accompanied by a paying adult)

For T&C's and camp cook-off details, please visit  
<https://www.stalbanscommon.com.au/fishing-competition>  
 Scan QR code for online entry and discounted entry fee  
 Contact: len.dragsund@outlook.com Mobile: 0421 835 905



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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: volunteer@yarramalongrfs.org.au

### COMMUNITY & SOCIAL

Central Coast Plateau Chamber of Commerce		First Tuesday each month 7.00PM MMMC
Coastlink Friendship Group		Wed 9.30am-2pm at the Health Centre, Nurses Rd, Central Mangrove
Country Women's Association (Somersby)		Second Wed of each month, at Somersby Hall Wiseman's Ferry Road, Somersby, contact Sue, 43721280 or 0407768000.
Country Women's Association (Peats Ridge & District)		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)		<a href="http://www.mountaindistrictsassociation.com.au">www.mountaindistrictsassociation.com.au</a> secretary@mountaindistrictsassociation.com.au
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 rivercaresinc@gmail.com
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. <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 27th May 2024

1040 cattle yarded today at Maitland Saleyards. 940 Trade/Yearling Cattle and 100 Export Cattle.

Trade/Yearling Market remained firm, with weight being key to a good sale. Export Job could of been easier 10-20c.

- Restocker Steers made 290c/kg to 398c/kg
- Restocker Heifers made 210c/kg to 280c/kg
- Best Vealers made 320c/kg to 378c/kg
- Euro Vealers to feed made 270c/kg to 322c/kg
- Light Vealers 180kg to 250kg made 180c/kg to 326c/kg
- Feeder Steers made 275c/kg to 370c/kg
- Feeder Heifers made 270c/kg to 324c/kg
- Cows made 120c/kg to 226c/kg
- Export Heifers made 210c/kg to 235c/kg

### Maitland Liveweight Cattle Sale 20th May 2024

820 Cattle yarded today at Maitland. Comprising of 720 Trade/Yearling cattle and 100 Export Cattle.

Steer Job remained firm and the heifers were firm to slightly easier. Export Market was firm.

- Restocker steers up to 250kg made 270c/kg to 398c/kg
- 250kg-300kg made 285c/kg to 388c/kg
- 300kg to 380kg made 290c/kg to 362c/kg
- Restocker Heifers up to 250kg made 220c/kg to 345c/kg
- 250kg-300kg made 240c/kg to 345c/kg
- 300kg-380kg made 2300c/kg to 328c/kg
- Yearling Steers made 270c/kg to 356c/kg

- Yearling Heifers made 240c/kg to 314c/kg
- Prime cows made 220c/kg to 240c/kg
- Store cows made 150c/kg to 200c/kg
- Bulls made 170c/kg to 238c/kg
- Grown Steers made 158c/kg to 260c/kg

### Maitland Liveweight Cattle Sale 13th May 2024

A total of 400 cattle yarded today at Maitland. 370 Trade/Yearling Cattle and 30 Export Cattle.

Market was firm to a little bit stronger in the trade section. Export Cattle were stronger.

- Restocker steers up to 250kg made 250c/kg to 380c/kg
- 250kg-300kg made 290c/kg to 374c/kg
- 300kg to 380kg made 280c/kg to 350c/kg
- Restocker Heifers up to 250kg made 240c/kg to 306c/kg
- 250kg-300kg made 260c/kg to 310c/kg
- 300kg-380kg made 260c/kg to 355c/kg
- Yearling Steers made 280c/kg to 350c/kg
- Yearling Heifers made 240c/kg to 315c/kg
- Prime cows made 220c/kg to 248c/kg
- Store cows made 150c/kg to 210c/kg
- Bulls made 208c/kg to 220c/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 [bowelidbury.com.au](http://www.bowelidbury.com.au)

*Michael Easy & Rodney McDonald  
Bowe & Lidbury  
52 Kyle Street, Rutherford NSW 2320  
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## REGULAR ACTIVITIES & MEETINGS (cont'd)

St Barnabas Christian Service  
Yarramalong  
Serbian Orthodox

Every Sunday, 9.30am. (Easter & Christmas Carols dates to be advised)  
2nd & 4th Sun. of the month. 10 am, followed by luncheon, tea, coffee, cakes (cost \$20).  
1184 Peats Ridge Rd, Peats Ridge

Kariong Community Baptist Church

Sun @9.30am, Church & Kid's Program, Philip House, Mt Penang Gardens, Chris Clarke email [pastorkcbc@outlook.com](mailto:pastorkcbc@outlook.com)

Restitution Ministries  
Independent SDA Church

10am every Saturday, Mangrove Mountain Union Church.

Divine Retreat Centre (Ph 04 6848 6782)  
160 Hensons Road, Somersby  
[www.divineretreatcentre.org.au](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

Craft/scrapbooking

1st & 3rd Thurs of month, 6:45pm to 8:45pm at Doyalson-Wyee RSL. Debbie 0421216952  
Yarramalong Hall 10am to 5pm, \$12/person. Bring along your projects. Dates & details: [stackm@skymesh.com.au](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  
Last Sunday of month 2pm at Angels Sussurri Cafe Yarramalong. Contact Margaret Dale 0411104770

Yarn group (knit, crochet etc)

### HALL BOOKINGS

Kulnura Hall

Contact Central Coast Council.

Mangrove Mountain Hall

Hall bookings Ryan Howard 0405416289

Somersby Hall and Mountain Districts  
Culture and Heritage Centre

Hall bookings: 0413 359 655

Yarramalong school of Arts / Hall

or AH 4373 1488

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

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# Co-Creating Smart Solutions For Healthy Ageing At Home

The Central Coast Health & Wellbeing Living Lab is a real-life experimentation hub, designed to help us live better, healthier lives in our homes as we age.

## About Us

The Living Lab is a collaboration between the Central Coast Local Health District, the University of Newcastle and the people of the Central Coast – and most importantly – connecting with the people this initiative is targeted to assist, the elders in our community.

It will see a wide range of stakeholders come together to work with our elders, to develop, test and deliver smart solutions that help us live satisfying, engaged lives in our homes as we grow older.

## Why Ageing At Home Matters

When we can live independent, satisfying and engaged lives at home, we are generally happier and tend to live longer.

When that's not possible, we see strains on our hospitals, aged care facilities and families.

The Central Coast Health &

Wellbeing Living Lab will focus on solutions that make it easier for us to age at home.

## Our First Living Lab Workshop

The Central Coast Health & Wellbeing Living Lab held its first collaborative workshop on 13 February, 2024.

Expert facilitators took over 40 specially selected stakeholders through the vision and goals of the Living Lab and used creative workshop methods to draw out challenges and opportunities with living at home in our older years.

Outcomes will guide the Living Lab's strategic direction and initial activities.

Would you like to play a part?

Whether you are an elderly resident of the Central Coast, a member of the public, a business, an innovator or someone who wants to promote the



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work of the Living Lab, please get in touch: [www.ccll.com.au](http://www.ccll.com.au)



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## CLASSIFIED ADVERTISEMENTS

These columns will be set aside each issue for residents to advertise inexpensively and effectively in their own local paper. If you have anything you wish to sell, buy, swap, etc., ring 4374 1039 or 0412 669 649 during office hours. Rates start at \$4.00.

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FIREWOOD \$150/bin phone 0419412993

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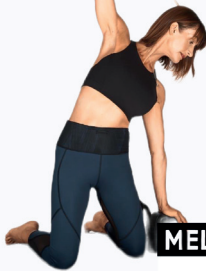
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