

COMMUNITY NEWS

No. 945 Ph: 4374 1039 Mo: 0412 669 649 Email: enquiries@cnews1.com.au Web: cnews1.com.au 21st June 2024

Democracy can be messy but it works

It has been said that the best form of government is a “Benevolent Dictatorship” where almost all power is in the hands of just one wise, fair and ethical person who will not be corrupted by the power and who will make all decisions in the best interests of the electorate. BUT, as such a person could be difficult to find, “Democracy” offers some safeguards.

The democratic process can be

complicated and frustrating but in most cases provides stability and predictability.

In the coming referendum, which is to be held at the same time as the Central Coast Council elections, the electorate will be asked to vote on a proposal to reduce the number of councillors from fifteen to nine, with a corresponding reduction on the number of wards from five to three.

One of the reasons given by the administrator is that fewer councillors would make it easier to reach consensus on issues at hand and that a larger number of councillors would lead to damaging conflicts.

The higher number of councillors will provide more opportunity for the

electorate to be heard.

According to the 2021 Census there are 346,596 people on the Central Coast with 263,967 over the age of 18. Fifteen councillors gives a ratio of about 18,000 voters to each councillor but a reduction to nine councillors increases this ratio to almost 30,000 voters to each councillor.

So a reduced number of councillors would make it much more difficult for any Central Coast resident or any of the multitude of Community Groups to be heard.

In David Farmer, we have an experienced, knowledgeable Council CEO with a proven track record. Mr Farmer has the capacity to establish an effective working arrangement with the soon-to-be-elected Councillors, with the electorate anxiously watching proceedings.

Democracy can be messy but would you be happier in a dictatorship?



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Or drop in Mondays 6:30pm-8:30pm



Mangrove

captain-mangrovemountain-vol@rfs.nsw.gov.au
Or drop in Wednesdays 7pm-9pm

“The Lie said to the Truth -
“Let’s take a bath together, the well water is very nice.”
The Truth, still suspicious, tested the water and found out it really was nice. So they got naked and bathed. But suddenly, the Lie leapt out of the water and fled, wearing the clothes of the Truth.
The Truth, furious, climbed out of the well to get her clothes back. But the World, upon seeing the naked Truth, looked away, with anger and contempt.
Poor Truth returned to the well and disappeared forever, hiding her shame. Since then, the Lie runs around the world, dressed as the Truth, and society is very happy. Because the world has no desire to know the naked Truth.”
Kahlil Gibran

STOP!
Next issue Published
5th July 2024
**** DEADLINE ****
**** 28th June ‘24 ****
Send adverts & copy by email, website or post. Email, website, FB or phone for enquiries

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

National survey launched as regional Australians encouraged to have their say on connectivity

Rural, regional, and remote Australians have another way to give feedback on telecommunications issues with the release of the first ever Regional Telecommunications Review survey.

The Review, which takes place every three years, sees the Regional Telecommunications Independent Review Committee examine the experiences of people in regional, rural, and remote parts of Australia with telecommunications delivery, as well as considering the unique needs

of First Nations communities.

Submissions and face-to-face consultations to date have provided feedback on a range of matters including the suitability of telecommunications during emergency situations, how emerging technologies could improve connectivity; and ways telecommunications can support regional development.

The short online survey provides a way for regional, rural and remote Australians to easily provide feedback on how they are experiencing

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telecommunications in their own communities.

There are two other options for people to have their say: attending a face-to-face consultation in various towns or providing a submission via our website.

Input from the public helps the Committee make findings and recommendations to Government that address the needs of rural, remote and regional Australia.

Previous Review's have seen a number of major initiatives announced and delivered, such as the Mobile Black Spot Program and the National Audit of Mobile Coverage.

The 2024 Review is being chaired by the Hon Alannah MacTiernan, former Western Australian Minister for Regional Development as Chair of the Review Committee, with the Hon Fiona Nash, Ms Kristy Sparrow, Dr Jessa Rogers and Mr Ian Kelly forming the full committee.

The online survey closes on 31 July 2024.

To have your say visit <https://www.infrastructure.gov.au/have-your-say/2024-regionaltelecommunications-review>

For more information on the Committee members visit www.rtrc.gov.au

The Hon Alannah MacTiernan said "Access to reliable telecommunication is increasingly important for regional



**Future Choices
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Australians it is essential for keeping connected with family and friends as well as for business and access to health and education services.

"We need to hear your stories about what is working and what is not. While we will be travelling to dozens of sample communities across the country,

we want to provide an opportunity for every regional Australian to have their say. The online survey is an easy way you can participate."

*The Hon Alannah MacTiernan
Chair, Regional Telecommunications
Independent Review Committee*



**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

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\$5 SCHOONERS OF TODAY'S NEW & XXXX & A NOW JERSEY TO BE WON EACH GAME

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The Mountains & Valley's Community Race Club

Ft. The Kulnura Cup

**Sunday
4 August 2024**

at Wyong Racecourse



**Book your table
to this exciting
community day
out now!**



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



Westpac Rescue Helicopter Service



\$5,000 of funds raised will be donated to the Westpac Rescue 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

DHARUG & LOWER HAWKESBURY HISTORICAL SOCIETY



JUNE EXCURSION: A VISIT TO THE SLAB COTTAGES AT WRIGHTS CREEK

The Dharug & Lower Hawkesbury Historical Society invites you to join them on Saturday 29th June, to visit the slab cottages on the corner of Settlers and Wrights Creek road. From 1840, John Jurd and his descendants owned this property for the next 140 years. After the great flood of 1867, which inundated their first dwelling down on the river bank, the following year the Jurds built this new home high up out of reach of future floods.

One thinks of slab-built farm buildings as raw, crude, graceless and probably draughty. Yet this was a snug home with plastered interiors and elegant features. At either end it has two chimneys of fine ashlar stonework, and a scalloped cedar valance decorating

the front of the veranda. It has a jerkin-head roof and an attic, which are most often seen in stone houses of the 1820s and 30s, but both are rare features in a slab building.

The current owner is beginning their restoration after decades of neglect. But the original elegance of these cottages is still apparent.

Where: We will meet at the parking area at Wisemans Ferry behind the kiosk.

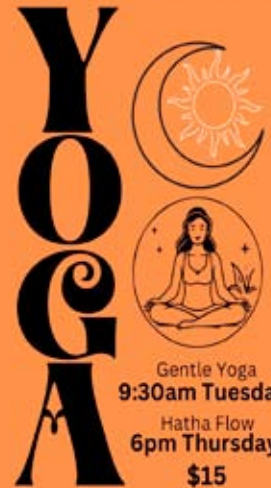
It is a BYO everything day. Please bring sunscreen and insect repellent and wear sturdy shoes, and bring morning tea if you wish.

When: Saturday 29th June at 10.00am. We will have morning tea and a briefing as to where we are going and what we will see. And we will carpool if required.

We will end the tour at St Albans, where we can have lunch if you choose



Classes have moved during
Winter to Mangrove Mt Church Hall



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to stay. If you have brought your own, we can have lunch in the park, or if you prefer, you can buy lunch at the pub.

Cost: \$15.00 for members and \$20 for non-members.

Bookings: essential to secretary@dlhs.org.au or 0439 265 595 . We must be able to contact everyone coming along in case of wet weather.

Please book by Tuesday 25th June.
All are welcome.

Rob Cunneen

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Get ready for revitalised streets by design

We're excited to present the newly adopted Street Design Guideline and Landscape Works Specifications for the Central Coast, which was developed with community input.

This comprehensive framework aims to revitalise our streets and civic spaces, supporting greener, safer, and healthier environments, and positioning Central Coast as a premier destination.

strong support for vegetated, shaded streetscapes, increased seating, and designs accommodating alternative modes of transport - which is reflected in the guide.

This initiative aligns with our One Central Coast Community Strategic Plan, promoting liveable, sustainable, and distinctive town centres.

More information is available at <https://www.yourvoiceourcoast.com/streets>

Community feedback showed



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Investing In A Better Future For The Central Coast

The Federal Government under Anthony Albanese is making critical investments in Central Coast transport and infrastructure, improving road safety and building thriving communities.

At the 2022 election, we committed \$2.5 million to fully fund a new building for the Kincumber Roos Soccer Club.

This includes a new clubhouse, change and bathrooms, canteen and carpark – a better, safer space to bring the community together.

Along with community infrastructure, we're investing in roads to improve safety and reduce congestion.

The Central Coast will benefit from the Government's increase to the Roads to Recovery Program, with the Council receiving \$24 million over the next five years – over \$10 million more than they were forecast to receive under the previous Government.

This means more money than ever before to spend on maintenance such as fixing potholes, upgrading pavements and improving drainage.

We are also investing in critical projects, including the Avoca Drive



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Upgrade, which includes widening the section between Carrak Road and Killuna Road intersections to improve traffic flow and safety.

This is due to commence construction in mid-2025 and be completed by late 2028.

And the Central Coast Highway Upgrades, which include improving the intersection between Central Coast Highway and Tumbi Road and fixing the notorious bottleneck between Wamberal and Bateau Bay.

Work is also underway on projects in the Central Coast Road Upgrades – a \$40 million commitment made at the 2022 election.

This adds to the \$86.5 million Central Coast Roads Package which continues to progress, with the Albanese Government fully funding 29 individual road projects across the region.

Prime Minister of Australia Anthony Albanese said “Community facilities like the Kincumber Roos Soccer Club are the soul of local communities, providing a place to gather and connect.

“This is why my Government is committed to supporting local infrastructure, and why regional Australia is so important to our plan for a resilient and prosperous nation.”

Minister for Infrastructure, Transport, Regional Development and Local Government Catherine King stated “We are delivering a better future for all Australians, one made in Australia that builds economic opportunity and prosperous communities.

“Our Government is working for all Australians to deliver significant infrastructure that connects communities, stimulates jobs and builds the future of our nation.”

Federal Member for Robertson Dr Gordon Reid said

“Whether it’s upgrading local sporting facilities for the Kincumber Roos Soccer Club right through to investing in nationally-significant road upgrades, we are delivering on our commitments to the Central Coast.

ATTENTION OVER 50'S SMART PHONE USERS!!



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Next session Thursday, July 27th, 9.30am - 11.30am
Mangrove Mountain Computer Club
6 Waratah Road, Mangrove Mountain
Enquiries - Suzanne 0412 298 126



DIGITAL CONNECT - Free workshops for over 50's to develop skills and knowledge in the digital world.

“Our Roads to Recovery funding injection will make it easier for Central Coast Council to progress priority road projects that our community is calling out for.”

Anthony Albanese
Prime Minister of Australia

Catherine King MP
Minister For Infrastructure, Transport,
Regional Development And Local
Government

Dr Gordon Reid MP
Federal Member For Robertson
Joint Media Release

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YOUR HEALTH

Simple, Natural Health Remedies

I would like to share with you two very simple natural remedies that I am sure will help many of you out there struggling with pain and winter's common colds & flu.

When we were young, we always had simple remedies that were passed down from our Grandmother or Great Grandmother that came about because there was nothing else available and many times we lived too far from the doctor so 'necessity was the mother of invention' and we had many simple remedies that worked, but since the advent of modern medicine, those old remedies have in many cases sadly been forgotten.

The first one just happened so I really want to share it with you from personal experience.

My wife has suffered for many years with chronic pain in both knees, especially when the weather got colder. She just put up with it and soldiered on as I am sure so many others do.

In the last few weeks, a friend shared with us a very simple, natural remedy that has turned her life around from constant pain to being pain free, overnight.

It is so simple that we are still shaking our heads in disbelief at how it worked.

Here is what we had to do:

Take a clean, chux wipe or thin, small cloth or even a baby wipe or similar, wet it slightly and grind up a good quantity of Ginger, enough to cover the knee, place it on the cloth and put it, Ginger side down, on the knee. Wrap the knee in layer of Glad-wrap or cling wrap to seal in the Ginger and cover the area with a bandage or something like that to keep it in place and leave it there preferably overnight.

The first time I applied it to one of my wife's knees, I didn't have any fresh ginger, I just found an old bit of dried up Ginger in the fridge and thought I would give that a try.

To our amazing surprise, in the morning she was totally pain free in that knee, so we thought to try the same thing two days later with some fresh Ginger and this also had the same result, after a second application the following night. Since that time she has been pain free in both knees and is able to get back to doing many things she couldn't due to the extreme pain. She is also telling as many as she can about this miraculous simple remedy that has changed her life.

She has since tried the same remedy on her back, where she was experiencing debilitating Sciatic pain. She has had the same result.

So simple yet so very effective to get rid of the inflammation that was causing the pain.

COLD BOMB

The Second one is what I call a Cold Bomb.

There is so much cold and flu going around at the moment that I thought this one would be a real help.

I have developed this one over the years and have found it to be extremely effective in either stopping a cold or flu before it even starts or cutting it short or knocking it out altogether.

Here is the simple recipe...

COLD BOMB...

- 1 x whole lemon, including skin
- 3 x cloves of Garlic
- Equal amount of Ginger
- 1 x tablespoon Honey or to taste
- 1/4 teaspoon Cayenne Pepper
- 14 drops Eucalyptus oil

Blend all ingredients together until smooth,

TAKE 1 tablespoon each hour till all gone.

KABOOM ☘ !!!

I hope these simple remedies will help you in time of need,
Kind Christian regards,

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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Mangrove Mountain and Districts Community Group

Eight members braved the cold, wet weather to attend our last meeting on Thursday, 6th June.

We were thrilled to hear that our Chair, Ryan Howard, and committee member Keith Aranja, have been chosen as finalists in Central Coast Council's Celebrate Volunteer Awards. Keith for Resilience and Ryan for Leadership. The awards will be handed out in a ceremony held on 17th June. We hope that they are both successful...they certainly deserve it.

Our Vice Chair, Anne, has been busy contacting Council to improve our area. The issues she is working on improving include regular roadside maintenance; upgrading the toilets at Mangrove Mountain and garbage collection.

We have concerns about the upcoming Council Referendum to reduce the number of wards from 5



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to 3, and councillors from 15 to 9. We urge people to vote "NO".

We will be contacting Council to demand that the repairs to Wisemans Ferry Road to Spencer be made a priority. In the meantime we need the traffic lights to be reinstated. As it is, this section of road is extremely dangerous.

A positive for Spencer is that it will be getting a much needed upgrade for the children's playground.

More good news is that we were successful in receiving a grant from the Country Fair Committee that will help us build a new deck at the back of the Mangrove Mountain Hall.

We need more community members to join our group and help make things happen. Come along to our next meeting. Meetings are held on the first Thursday of each month at 7.30pm at the Mangrove Mountain Hall.

Poppe Zouroudis, Publicity Officer

In the event of a crash, the bus will stop. You won't.

Buckle up on the bus.

TOWARDS ZERO

KULNURA AND DISTRICT GARDEN CLUB

This month we held our meeting at the Somersby Hall, starting off with a trivia quiz and interesting answers such as a thousand seeds on a single sunflower and fruits in the rose family. Show and tell included a striped camelia and cactus flower with two blossoms on 1 stem. A number of tree dahlia cuttings were brought to share. We also noted the passing of long time member and ardent gardener Beryl Collins.

Our guest speaker was Cathie Stubbs from Wildlife Carers Support and Education speaking about the diminishing variety of birds endemic to our suburbs and region as native plants are cleared or replaced by natives hosting large flocks of birds from western parts of the state. While noting the damage to flower and vegetable gardens by bush turkeys and lyrebirds, Cathie noted the good work they do in scratching, spreading seed, aerating the soil, etc. We watched a video segment on larger birds bullying smaller ones for a nesting spot and discussed the need for layers in gardens and parks – habitat shrubs for protection, spiky plants.

A reminder was issued that Garden Club members will be selling raffle tickets at the Mangrove Mtn Country Fair.

Competition winners were:

Native flower: Grevillea, Helen

Exotic flower: Camellia, Trish

Fruit & Veg: Tomato, Jo

Our July meeting will be on Monday 8th again at Somersby, with a camellia theme.

We welcome all new members to Kulnura and Districts Garden Club. Please email kulnuradgc@gmail.com for information about meetings, membership



HELP US HELP THEM BE A PHONIE!

ARC Phonies are the lifeblood of the organisation. They are the first contact with the public and can calm down anxious callers by giving out important information and advice.

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Mountain community children's centre inc.

Mountain Community Children's Centre News

The Biggest Morning Tea

Thank you to our families, and members of the community who came along to support our Biggest Morning Tea to raise funds to support people and their families affected by Cancer.

We had a generous array of treats to share and more importantly raised over \$1600 to be donated to the Cancer Council. Thank you to all our staff and families who baked some treats to share on the day.

Next year will be open this event to the whole community and everyone is invited to come along and share some morning tea at our beautiful children's centre. We will notify via the Community News as well as our Facebook Page.

Welcome Margie

We are delighted to welcome our new educator Margie to the centre



and room leader of our Joeys Room. Margie has many years' experience working with young children and their families. We are so pleased she has joined our team.

Enrolments for 2025

We are now taking enrolments for 2025 as the centre is full for this year. If you would like some for information and would like to book a tour please get in touch either via email, phone or visit our website. Noni our wonderful Administration Officer will be only



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HERITAGE VENTURES

The Caves of Kulnura Sunday 7th July

An all day bush tour past caves and overhangs with views to basalt country and beyond.

In this wild landscape we'll be exploring side gullies and ridges to experience the diversity of winter flowers and rock formations. On the way we encounter shelters many surveyed by Val Attenbrow and Jo McDonald before the inundation for Mangrove Creek dam. Attenbrow



happy to show you around.

Until next time with news from the Children's Centre.

*Louisa Foxford, Director
Mountain Community Children's Centre
2829 Wisemans Ferry Road
Mangrove Mountain, NSW 2250
Ph: 43741239
Email: mountainchildren@bigpond.com
www.mountainchildren.com.au*

and colleagues documented hundreds of habitation and rock art sites with a diversity of motifs rendered in white clay, red ochre and charcoal in the archaeology of Upper Mangrove Creek. Hear about these archaeological surveys and the dating of the oldest habitation site on the Central Coast. A day of exploration, history and nature immersion with like minded enthusiasts. A bush morning tea on the way.

With local outdoor guide Mike Breheny who has lived in the Mangrove Creek area for over 30 years gaining extensive geographical and botanical knowledge that he loves sharing with others.

Join Heritage Ventures 7th July
Meeting in Kulnura
Bookings Essential, tickets \$85
www.heritageventures.com.au/caves
Bernadette Flynn



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Yarn Bombing

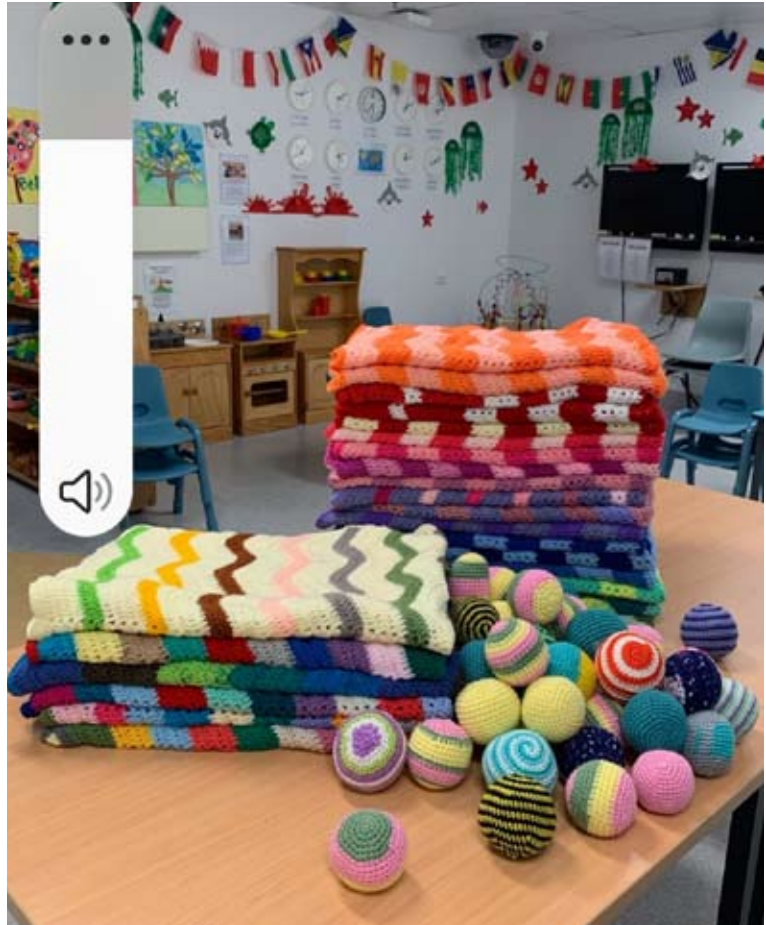
With the project set this year for the Country Fair to make knitted and crocheted balls, one of our CWA ladies sent some knitted balls off to the hospital last weekend. Gloria, a former mountain resident, has been crocheting knee rugs that were picked up at the same time.

Belinda our lovely teacher at the hospital sent a kind note saying:
"Thanks for the lovely collection of knitted and crocheted items I picked up on Sunday. I brought everything into work today and my volunteer Bev handed out several rugs and balls to our patients. Lots of smiles and warm thank you's from everyone."

What we all need to remember is that they are dealing with patients all day, every day and are often looking for small things to help comfort these children at some of their most horrible times.

On Monday afternoon you can join a group friendly folk knitting and crocheting woollen balls that will end up at the Country Fair and eventually the Children's ward at Gosford Hospital. We meet at the Hub between 2 and 4 and the basic requirement is to share some comradery, chat and drink coffee or tea. If you would like to learn to knit or crochet that is also possible.

Thank you to all the members of the community that keep these worthwhile projects going
Judy Betteridge



Knitted blankets and balls ready for delivery



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Get Ready NSW
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NEW TO MARKET

“Hidden Gem”
2733 Wisemans Ferry Road, Mangrove Mountain

3 1 2 20 ac

20-acres of paradise where comfort meets practicality in a beautifully maintained property. This estate boasts expansive cleared and shaded pastures perfect for livestock, alongside stunning, mature gardens.

At the property's highest point sits the house, enjoying a northerly aspect with breathtaking views over professionally landscaped native and exotic gardens.



NEW TO MARKET

“Mulberry Park”
61 Williams Road, Kulnura

4 2 4 9.9 ac

This property blends sustainable living with equestrian facilities, featuring two main gates, one of which is equipped with a solar-powered electric entry.

Equestrian enthusiasts will love the oversized horse riding arena, a round yard with a 23-meter radius, and treated pine post and rail fencing.



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Shaun Coffey
0417 400 556



Scott Wall
0413 965 616

Sales and Property Management

Mangrove Mountain Union Church and Hall hosts another Harvest Festival Hub in 2024

We had a successful two days for the Harvest Festival at the Mangrove Mountain Union Church and Hall on the 8th & 9th June thanks to many helpers and patrons. The favourable weather certainly helped in making it an enjoyable weekend for locals and visitors alike.

The Plant Sale would not be possible without the generous donations of plants from our local Nursery People.

A big Thankyou to Andreasens Green Nursery; Paradise Nurseries; Scotts Tubes; Pine Lea Nursery and Colour Wise.

Ryan Howard put in his usual herculean effort assisted by the helpers who manned the plant stall and helped with the setting up and clearing up.



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Thankyou all who answered the call.

CWA efficiently put on refreshments and friendship for the two busy days and the cooking preparation before. Thankyou Judy and helpers. Much appreciated.

Snives Hives Honey and Embrace Jewellery had stalls to add to the day, thanks.

The proceeds for the weekend will go towards the running and upkeep costs of the Mangrove Mountain Union Church and Hall a valuable community asset now overseen by "The Trustee for the Mangrove Mountain Union Church 1914 Trust Inc."

Ron Collins
President MMUC Trust



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UPCOMING CATTLE AUCTIONS

Maitland Regional Saleyards

- Weekly Monday Liveweight Cattle Sales 9am, followed by Calves, Pigs & Sheep from 12 noon.
- Monthly Store Cattle Sale Saturday June 15th from 11am.

Gloucester Saleyards

- Fortnightly Thursday Store Cattle Sale June 20th 11am.

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

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Support for Living at Home

As many in our valley community know, I now find myself as a 24/7 carer for my wife, Judy, who has Alzheimer's Dementia. My name is Alan Smedley, and Judy and I have been residents on a property in Ravensdale for just under ten years, having moved here from the middle of Parramatta in a home that we renovated over many years and intended to be our forever home.

Find out how you can get paid for supporting your local community or get help to stay living at home

Join Mable to learn about a locally-led care initiative with social, economic and health benefits for the community.

Where: Yarramalong School of Arts Hall

When: Tuesday 25th July, pop in between 10.00 am - 3.00 pm



Provide help with cleaning, lawn mowing, meal preparation, transport, care or companionship.



Choose when you work, what you offer and your own rate of pay



Get help with invoicing, payments, admin and insurance.



Support your locals, choose your own clients and services you want to provide.

To register as a support provider on the day, please bring a passport or birth certificate along with three forms of identification for a police check to confirm your identity.

For more information contact

Brad at Mable on 0478 398 194 or Alan Smedley on 0419 919 969



Judy is on a My Aged Care package, and although some local support is arranged for her in the form of cleaning and gardening, I have been trying to get local support workers to assist more with her care. Still, I was not successful, not for want of funding. In Judy's package, we have chosen the Self-Managed option and converted it to be managed by Homemade—a part of Mable—as the financial benefits to the care workers and us, with an added two percent fee, outweigh the benefits to anyone using a traditional service provider. Homemade manages the package, and Mable manages the care workers.

Living rurally, I don't think it's reasonable to expect that people who live twenty-five or forty kilometres away come here and provide the support that is needed when actually what we need can be done locally and with locals assisting one another, providing we do this in a way that is compliant around the regulations and rules of the My Aged

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Care or NDIS package. Although there are locals who will willingly volunteer their time, I believe it is important to be able to provide some sort of remuneration or compensation as a thank-you gesture. Also, with an agency involved and formalizing this role it ensures there are no liability issues.

When the level of expertise required is greater than what the immediate community can muster, the ability to draw from a wider community, allows workers from further afield to travel and work in the valley seeing several clients throughout the day. It's a win-win situation.

After the meeting of 27th March in Yarramalong Hall, I continued to

investigate the model that can develop into a whole community benefit, something that Brad Grieve from Mable was very interested in looking into further with us, and I would appreciate getting replies from others who are interested in participating as recipients of care or as Care Workers.

This model needs a community structure for it to work, and Brad can explain this better than I can. Brad is also the person to explain with examples of rural communities in Australia who already benefit from this initiative because now they can employ local coordinator staff and fund activities that benefit the local community, instead of the package funding going to corporates with no interest in the local area.

Brad has also asked that if workers want to register on the day, they can bring a passport or birth certificate and three other forms of ID for the police check.

My concern, however, now that I have been on this path for well over six months, would be many instances where I feel we, as rural/remote residents, are not treated fairly or reasonably under the care packages that have been set in place.

With this in mind, we are organizing a follow-up meeting with Brad Grieve on the 25th of June at the Yarramalong School of Arts Hall where there will be an opportunity to see an opportunity for the community, ask questions and seek answer from 10.00 till 15.00.

Alan Smedley

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REGULAR ACTIVITIES & MEETINGS

RURAL FIRE SERVICES

Bucketty RFS	Weekend Training Station Maintenance General Meeting	3rd Sat, 9am-12 pm, breakfast 8.30am Every Thurs as required, generally 10am-1pm 3rd Sat in even months, at 1pm, All welcome bucketty@lowerhunterffrs.com.au 4998 8130
Calga-Mt. White RFS	General meeting Training Information & updates Contact	3rd Mon of the month, 7.30pm all welcome Every Monday 6.30 except public holidays Facebook.com/calga/mtwhiteruralfirebrigade/ Captain.calgamwhite@ccrfs.org.au - Zack Winslade.
Kulnura VBFB at Greta Rd Station	General meeting Training	1st Wednesday of the month, 7.30pm 3rd Wednesday of the month 7.00pm
Mangrove Mountain RFS Bloodtree Rd	General Meeting Training / Maintenance	Last Wednesday of the month, 7 pm, All Wednesday's except last of month, 7 pm
Spencer RFS	General Meeting Training Junior Training	2nd Monday of the month Meeting 6.30pm 3rd Monday Maintenance 6:30pm 4th Monday Training 6:30pm E: captain.spencer@ccrfs.org.au Alison Wade 0415 668953. 4778 Wisemans Ferry Rd
Somersby RFS	General Meeting Training/Maintenance	First Wed of the month 7.30pm at the Station Every Wed night 7.30 at the Station (except before Wed general meeting)
Yarramalong RFS		Information: www.facebook.com/ YarramalongRuralFireBrigade/ Phone contacts: 0406 360588 or 0418 280764 Email: volunteer@yarramalongrfs.org.au

COMMUNITY & SOCIAL

Central Coast Plateau Chamber of Commerce	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)	www.mountaindistrictsassociation.com.au secretary@mountaindistrictsassociation.com.au
Mountain District Football Club Meeting	Second Tuesday of the Month 6.30pm at the Mangrove Memorial Club https://permaculturecc.org.au/
Permaculture Central Coast	President Marlee Maxwell Email 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. www.somersbyequestrianclub.org.au
Newsletter	Tues & Sat. 9am-5pm. Contact: Alan Hunt 4566 4626 or Adrian Acheson 0448 833 781
Somersby Equestrian Club Club & Committee Meeting	
Wisemans Ferry Community Men's Shed	
SPIRITUAL	
Anglican Service - Mountain Districts	Every Sun 8am at Peats Ridge Scout Hall, Sunday School during school terms
Mangrove Mountain Union Church Trust	Committee Meeting 3rd Monday, 7.00pm 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 3rd June 2024

A reduced yarding of 500 cattle this week due to wet conditions. 470 Trade/Yearling Cattle and 30 Export Cattle.

Trade/Yearling cattle remained firm to slightly stronger. Export market was a bit cheaper

- Restocker steers up to 250kg made 260c/kg to 388c/kg
- 250kg-300kg made 290c/kg to 382c/kg
- 300kg to 380kg made 280c/kg to 370c/kg
- Restocker Heifers up to 250kg made 190c/kg to 298c/kg
- 250kg-300kg made 210c/kg to 320c/kg
- 300kg-380kg made 220c/kg to 330c/kg
- Yearling Steers to Feed made 280c/kg to 380c/kg
- Yearling Heifers to Feed made 230c/kg to 348c/kg
- Prime cows made 200c/kg
- Store cows made 150c/kg to 190c/kg
- Bulls made 200c/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.

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Getting women elected

Australian Local Government Women's Association (ALGWA)'s Getting Women Elected Forum

The Australian Local Government Women's Association (ALGWA) NSW who will be hosting a free forum for women interested in standing for Council in the September Local Government elections.

The forum is one of a number being held by ALGWA NSW across the state, designed to promote representation of women as local councillors.

Light refreshments will be provided, please contact civicsupport@centralcoast.nsw.gov.au if you have any dietary requirements.

The Forum will be held on Saturday 22 June from 1pm- 4pm in Meeting Room 3 of the Erina Centre Meeting Spaces, which are located at Erina Fair Shopping Centre in the foyer adjacent to Erina Library. The closest parking stations are the yellow car park, and the red car park.

.:KSR.:.

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REGULAR ACTIVITIES & MEETINGS (cont'd)

St Barnabas Christian Service
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Serbian Orthodox

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

Kariong Community Baptist Church

Sun @9.30am, Church & Kid's Program, Philip House, Mt Penang Gardens, Chris Clarke email pastorkcbc@outlook.com

Restitution Ministries
Independent SDA Church

10am every Saturday, Mangrove Mountain Union Church.

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

Daily Holy Mass 8.00am to 8.30 am
1st Fri, 5:30pm-8:30pm Divine Mercy Friday
1st Sat, 5.30pm-9pm, Youth Ministry 18-35yr
Last Sun, 9am-4pm, One Day Retreat

Catholic Service -Spencer

Holy Trinity Church, 2nd Sat of the month 4pm, Contact 43771374 or 43771168 as times may change each month.

- Wollombi

2nd & 5th Sunday of the month, 4.30pm Mass at St Michael the Archangel, Wollombi.
1st Sunday each month, 11.15am St. Barnabas All welcome. Enq 0428 438577

- Yarramalong

YOUTH

Junior Girl Guides 5-10

Kooree Guide Cabin, 5.00pm - 6.30pm Mondays in school term,

Girl Guides 10-15

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

Scouts, Cubs & Venturers
Peats Ridge Scout Hall

Cubs meet 6.30pm - 8.30pm Wednesdays
Scouts meet 7.00pm - 9.00pm Tuesdays
Venturers meet 7.00pm - 9.00pm Mondays
Contact 0460 696 941

HISTORICAL

Brisbane Waters Historical Society

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

Dharug & Lower Hawkesbury Historical Society Inc.

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

First Fleeters Central Coast Chapter

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

The Pearl Beach Aboriginal History Group

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

Wyong District Museum & Historical Society

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

ACTIVITY/HOBBY

Central Coast GNU/Linux Users Group
Coastal Communicators Toastmasters

www.cclug.org.au - all most welcome

Craft/scrapbooking

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

Saturday Craft Group/Spining and bobbin lace

Yarramalong Hall 10am to 5pm, \$12/person. Bring along your projects. Dates & details: stackm@skymesh.com.au or ph 43561196

Yarn group (knit, crochet etc)

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

HALL BOOKINGS

Kulnura Hall
Mangrove Mountain Hall
Mangrove Mountain Union Church & Hall

Contact Central Coast Council.

Hall bookings Ryan Howard 0405416289

Somersby Hall and Mountain Districts Culture and Heritage Centre
Yarramalong school of Arts / Hall

Church & Hall bookings 0412669649 mmucsecretary@outlook.com

Hall bookings: 0413 359 655

or AH 4373 1488

enquiries@yarramalonghall.org.au
<https://yarramalonghall.org.au>

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Gosford Memorial Park to receive funding for Conservation Management Plan

The Gosford Memorial Park is one of 19 recipients across the state to receive a grant from the NSW Government from Round 2 of the 2023/24 Community War Memorials Fund, receiving \$10,000 for the preparation of a Conservation Management Plan.

Minister for Veterans, David Harris MP today announced the grants awarded to the successful applicants for projects that will support war memorials in communities across NSW.

“It is wonderful to announce this funding, which will be used for important projects around the state. Our communities are proud of their military history, and local war memorials are a vital part of our culture enabling us to reflect on over 100 years of our veterans’ service and sacrifice.” Mr Harris said.

Twenty-eight applications from

23 Local Government Areas were received for assessment during this round, which closed on 11 February.

“A total of \$150,496.65 was awarded to local councils, RSL sub-Branches and community groups, with grants ranging from \$2,000 to \$15,000 to fund conservation projects in 13 state electorates in both metropolitan and regional areas.” Mr Harris added.

Member for Gosford, Liesl Tesch MP congratulated Central Coast Council for receiving the funding to assist in the preparation of a Conservation Management Plan for the Gosford Memorial Park.

“Our community today is thankful for the sacrifices made by current serving members and past servicemen and servicewomen and their families. We will never forget those who have served our nation. This grant funding will help to ensure that our war memorials continue to stand proud in our community as a reminder of the contributions made to our nation and its military history for years to come.” Ms Tesch said.

Round 1 of the 2024/25 grant program is currently open and closes on 24 July 2024.

“I encourage any community group or ex-service organisation on the Central Coast to review the condition of our war memorials and to apply for funding for any conservation work that is needed.” Ms Tesch added.

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

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