

# COMMUNITY NEWS

No. 953 Ph: 4374 1039 Mo: 0412 669 649 Email: enquiries@cnews1.com.au Web: cnews1.com.au 18th October 2024



## COUNTRY FAIR SAT 19 OCTOBER!

For locals, we have some new, fresh reasons to have fun at the Fair. New rides – a very tall climbing rock-wall, a high-swinging pirate ship and, of course, a jumping castle and pony rides.

Some pretty cool animal exhibits, including the BeeZeebo which allows you to get close to the action and inspect a bee hive. Or meet the Bunny Lady and learn everything about keeping your bunnies healthy and happy. We will have Clydesdale horses, Benny our local performing donkey, cattle, Flora the alpaca, informative sheep-shearing demonstrations on the hour, a reptile show, our Country Fair grown-up pigs and the Dogs in the Park Parade, which all dog-lovers will enjoy enormously.

Instead of our Chicken Races, which we had to cancel this year because of the risk of Bird Flu, we decided to have the next best thing... Toy Chicken Races! YOU can compete to win some major prizes by entering our Chicken Race competition and seeing who is the first to pull their Toy Chicken, balanced on the edge of rolled out toilet paper, across the finish line first! Don't be a chicken, give it a go!



We'll have loads of exhibits from vintage tractors, cars, farm machinery, loads of information tents and demonstrations. The Dark Ages Huscarls will be demonstrate their sword-fighting skills, and you can watch and learn how to do macrame and lacemaking. We'll have lots of amazing arts, crafts, and yummy foods for sale by various local CWA groups, as well as our delicious food, cold drinks, coffee, slushies, fruit salad and cakes for sale – all prepared by our amazing volunteers who man the stalls every year to make the Country Fair Day a terrific day for all.

Don't miss the bargains at our plant stall and local produce stall, and for kids, you can't go past the showbags, lucky dips, and face-painting stalls. And don't forget the Circus classes where you can learn all the tricks from Roundabout Circus!

AND our entertainment acts are outstanding. So, sit under the trees and listen to our local children proudly perform their songs and play their music on the stage. They'll be followed by the awesome Central Coast Ukulele Club. Then dust off your boots, get up and learn how to bootscoot with local instructor Lyn Booth, and the Coastal Slickers line dancers.

We proudly have Australian Idol Top 20 finalist Piper Butcher performing on the Main Stage. Incredible! Then cruise into the afternoon with southern country, rock and blues band Walking Cane, followed by an 11-piece big band extravaganza – Exploding Happiness!

Also, between our acoustic Waratah Stage performers, and Mick Gandy's Country Music tent, we'll have a huge variety of musical styles for you to listen to. A great line up.

Our Arts and Crafts competitions and exhibition in the hall are always a highlight. The artistry, creativity and talent on display is truly inspiring! Check the Arts and Crafts schedule for ALL the entry details– [www.mangrovemountaincountryfair.org.au](http://www.mangrovemountaincountryfair.org.au)

And what is the purpose of the Country Fair? To bring the community together in a positive, collaborative way, to offer a free family fun day, and to raise money for our local community groups, without whom our Fair would not be the success that it is. And for new people in the community, please introduce yourself, get involved, even for a few hours, and help us set up or help a stall at the Fair. You will get to meet some wonderful people! Call or text Shane 0417 436 529 to get involved. See you there, at the Country Fair!!

## MEN'S SHED

On the 1st November at 6pm. anyone interested in attending a men's shed or helping to establish a Men's Shed on the Mountain is invited to come along to the Church Hall at 2154 Wisemans Ferry Road Mangrove Mountain.

*Ron Collins  
President MMUC Trust.*

"Hold yourself responsible for a higher standard than anybody else expects of you. Never excuse yourself. Never pity yourself. Be a hard master to yourself-and be lenient to everybody else."  
*Henry Ward Beecher*

### STOP!

Next issue Published  
1st November 2024

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

**\*\* 25th Oct '24 \*\***

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

# Woody Weeds

## Techniques and Tools to make treatment easier



**Friday 25<sup>th</sup> October 2024**

Join us in Somersby for a workshop on woody weed identification and treatment tools and techniques. We will be discussing and practising with various tools and techniques you can use which reduce the amount of physical effort involved. This will cover both chemical based and chemical free approaches.

10am – 1pm

Lunch will be provided

Booking essential

For more information

Ph: 4349 4491 or email:

[paul.madden@cen.org.au](mailto:paul.madden@cen.org.au)

- Learn to identify and treat woody weeds commonly found on properties in the Central Coast.
- Practice techniques with qualified bush regenerators.



### PRIVATE LAND CONSERVATION MATTERS

Landcare NSW and the NSW Biodiversity Conservation Trust are working together to raise awareness and support private land conservation efforts across the state.

## DEAR EDITOR,

*I write to share thoughts about Country Fair grants;*

If there is transparent criteria for applying for grants that is known to applicants and the community then this will stave off issues about who received what and why they received available funds.

To the volunteers who put their hands up to work towards the driving force, maybe you all need to know what the criteria is and sit back and apply for your own groups if that is what makes you question unfairness.

One criterion could be is the local community group that is applying, visible in helping the local community?

Please let us all live in peace and harmony on the mountain.

Set your criteria like you would for the art exhibition. Follow the guidelines and let the judges decide with full transparency - what criteria are set, did the application comply or not, how was one application decided as a “yes” over others that also complied but were a “no”, what amount was each “yes” granted and why that amount and lastly who made each decision. All of these will ensure that full transparency.

Sadly when we as locals hear of conflict within local organisations, it discourages people from becoming involved, in turn this allows the few who run these committees to exercise power without the necessary transparency.

*Name withheld, however I am also a passionate local.*

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# Pile Burning During Fire Danger Period

The Fire Danger Period begins October 1st, this means if you are planning to light a fire in the open during this time, you will need a Fire Permit. To get a fire permit you can apply online at [www.rfs.nsw.gov.au](http://www.rfs.nsw.gov.au) or contact your local fire control or local fire Brigade.

## To be issued a permit there are a few rules that you need to follow:

- Only one pile may be burnt at any one time. Vegetation may be added as the pile burns down.
- Ensure it contains only natural vegetation, permits will not be approved for piles containing toxic materials, such as tyres, plastics, pallets, paint, etc.
- Pile size may be up to 2 metres in diameter and a maximum height of 1.5 metres.
- Vegetation must be of a diameter of 150mm or less.
- A pile burn fire must be at least 20 metres from any dwelling structure, building, or unmanaged vegetation.

## Once you have a permit:

- 24 hrs notice must be given PRIOR to lighting, to adjacent property occupiers, either in writing or verbally.
- You must also check whether a No Burn day or Total Fire Ban has been declared.
- Check the expected weather conditions for the time of the burn

## CEN AT THE COUNTRY FAIR

CEN will be a stall holder at this years Mangrove Mountain and Districts Country Fair so be sure to come and say hello.

Meet our friendly staff and volunteers. Find out all about our projects like Waterwatch, Land for Wildlife and our Green Teams.

Saturday 19th October, 2024 - 9am-3pm

and into the coming days.

## During the burn

- The fire must be always supervised by a responsible adult.
- Watch for unpredicted changes in weather and extinguish if the weather becomes unsuitable.
- Burning should not cause a nuisance to neighbours or smoke hazard to traffic, if this occurs extinguish immediately.
- Adequate water supplies and/or tested firefighting equipment must be immediately on hand to extinguish the fire if required.
- If at any point you lose control of your pile call 000.

For more information you can find the Central Coast Council Open Burn Policy on the Central Coast Council Website.

Don't forget that even though you may have been granted a Fire Permit, you still need to complete the Burn Notification and advise neighbours at least 24 hours ahead of your burn date and time.

By following these rules you will help reduce unnecessary 000 calls.

To request a permit go to [www.rfs.nsw.gov.au](http://www.rfs.nsw.gov.au) and the find the tab for Permits / Burn Notifications and follow the options from there.

Tarryn Nester  
Captain

Mangrove Mountain Rural Fire Brigade



# RFS



*Dry vegetation makes for a quick, complete and smokeless burn. Water tanks and pump appliances on hand, tractor used to push more material onto the pile as it burns down. [Ed.]*



# CWA Mangrove Mountain Evening Branch

## *Mangrove Dam CWA Potluck Lunch*

It's so easy to turn on a tap and have water, but have you ever wondered where it comes from?

CWA Members of the Peat's Ridge, Terrigal, and Mangrove Mountain Evening Branch embarked on an educational excursion to the Mangrove Creek Dam last Friday, gaining an insightful perspective on our local water sources. The newly renovated Visitor Centre provided interactive and informative videos that delved into the rich history of our water systems.

Afterward, we gathered at the new picnic area to enjoy a pot-luck lunch featuring delicious zucchini slices, potato salad, sandwiches, muffins, and our famous CWA Portuguese Tarts. We even had a delightful encounter with some curious goannas.

Blessed with fantastic sunny weather and even better company, we had a wonderful day deepening our understanding of water catchments,

sharing laughter, and relishing in great food.

*Maddy, CWA MMEB Member*

## *CWA @ The Mangrove Mountain Farmers and Artisan Markets*

You may have seen the Country Women's Association of the Mangrove Mountain Evening Branch at the Markets at the weekend. We had a

wonderful day reconnecting with our top notch locals but also the many visitors stopping in for the long weekend. We were there serving our famous scones and sausage rolls and of course hot tea and coffee from the kitchen and we also had a stall selling our delicious jams, pickles and chutneys. The last sausage roll was fought over, they are always very popular. The Mangrove Mountain



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Farmers and Artisan Markets has something for everyone and we love being involved. While I have only been a member for a short time I have been welcomed with open arms, this group of ladies is a vast ocean of knowledge and they are all only too happy to share it. I am blown away by the contribution our little branch has made to our community in the last year. Your purchase during these events means that we can continue to provide a safe community environment for our local women to share skills and information,



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learn new things and connect with other local women while also supporting our local community through fundraising and important awareness programs. So when you stop by our stall you can feel good that your money is going back into your community, and of course enjoy some yummy preserves. We look forward to seeing you next time for a cuppa, a chat and a laugh. If you are interested in joining the CWA Mangrove Mountain Evening Branch

our meetings are held on the 2nd and 4th Tuesday evening of each month at the Union Church Hall between 6 and 8pm and you can drop in for a chat and see what we are up to from 4pm.

*Bec, CWA MMEB Member*





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*From Our Chair...*  
**Election Results  
 Announced**

The NSW Electoral Commission has announced the results of the recent local Government Election. Candidates in sequence of election are:

- Budgewoi Ward
- Helen Crowley - Labor
- Douglas Eaton - Independent
- John Moulard - Independent
- Gosford East Ward
- Lawrie McKinna - Independent
- Sharon Walsh - Labor
- Jared Wright - Independent
- Gosford West Ward
- Trent McWaide - Liberal
- Belinda Neal - Labor
- Jane Smith - Independent
- The Entrance Ward
- Margot Castles - Labor
- Rachael Stanton - Liberal
- Corinne Lamont - Independent
- Wyangong Ward
- John McNamara - Liberal

- Kyle MacGregor - Labor
- Kyla Daniels - Independent

To the new Councillors, we congratulate you on your success and look forward to working with you to build an ecologically sustainable future.

Although the new Councillors will be facing multiple challenges, they will be facing these challenges with a community that is apathetic, indifferent and disengaged as one (1) in every four (4) resident and non-resident electors did not participate or have an effective vote.

According to the NSW Electoral Commission there were 260,408 resident and non-residential electors enrolled at the commencement of the election. For whatever reason a total of 47,155 electors were absent and did not vote. When you combine this number with the 18,058 informal votes, we have a total of 65,213. This means that 25% of eligible voters did not actively or effectively participate in the election.

This means the new Councillors are

# Residents urged to prepare for storm season

Residents on the Central Coast are urged to prepare for the increased risk of storms as the 2024/25 storm season officially begins, and the NSW State Emergency Service (NSW SES) continues to clean up from the wild winds that lashed parts of the state over recent weeks.

Storm season traditionally occurs from September to April each year, when storms, strong winds and heavy rain tend to be more frequent.

Over recent weeks NSW has been battered by windy conditions, with 1200 volunteers responding to more than 2000 events.

The Bureau of Meteorology has indicated the risk of extreme storms is increased, for at least the start of the season.

going to have to keenly engage with the community to ensure the preparation of future strategic plans is indeed a true reflection of the community aspirations.

Gary Chestnut, Chair



## Mangrove Mountain

### MEMORIAL CLUB & GOLF COURSE

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 \$15 Pizza night

**WEDNESDAY**  
 MEAT RAFFLE drawn at 730pm  
 \$18 schnitzels

**THURSDAY**  
 MEMBERS BADGE DRAW - 730pm  
 \$22 steak night

**FRIDAY**  
 HAPPY HOUR 4-6pm  
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Siam Tango Saturday, 19 October   8-10pm	Paul Bergagin Sunday, 17 November   8-10pm	Paul Bergagin Friday, 12 December   8-10pm
Mandi Jarry Sunday, 20 October   8-10pm	Open Fire Friday, 26 November   8-10pm	Spank & the monkey Friday, 26 December   8-10pm
		Darren Rolling Keys Duo Sunday, 22 December   8-10pm

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The NSW SES has responded to more than 21,000 storm related incidents over the past year. Of these incidents, 1,358 occurred in the Wyong area, 1,016 in Gosford, 904 in Sutherland, 835 in Wollongong and 680 in Kuring-gai.

Storm activity can now be checked using the Hazards Near Me app, alongside existing flood, fire and tsunami alerts.

To prepare for storms, residents should follow these tips:

- Secure loose items outside, trim trees and branches away from properties, clean your gutters and move your cars from underneath trees.
- If you are caught out in a storm, seek shelter indoors. Do not shelter under trees and stay away from powerlines.
- Prepare an emergency plan for storms and floods.
- Download the Hazards Near Me app and set your watch zones.
- If you need assistance from the NSW SES, call 132 500. If it's an emergency, call Triple 0.


For more information on how to get ready ahead of this year's storm season, visit [www.ses.nsw.gov.au](http://www.ses.nsw.gov.au).

Minister for Emergency Services Jihad Dib said: "As we enter storm season, I urge all communities to ensure they are aware of their risks and encourage them to prepare early.

"It is incredibly important to have your plan in place, get your home ready and be prepared for what you will do if impacted by storms."

Member for Gosford, Liesl Tesch MP said "I would like to thank our hardworking SES volunteers who have been out in force in recent weeks. We know we can count on them to support communities across NSW over the course of this storm season."

"We have seen over the past few weeks the effects of strong winds which brought down trees, damaged powerlines, lifted roofs and fanned fires across the state."



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NSW SES Acting Commissioner Debbie Platz APM said "Severe weather can happen at any time and urged residents to remain vigilant.

"While we are heading into a period where the risk of storms is increased, this year has demonstrated they can happen all year round.

"Have a home emergency plan and

kit, clean your gutters, downpipes and drains, secure loose items around your backyard and balcony, and trim trees and branches that could fall onto your home."

*Media release from the offices of  
Jihad Dib MP,*

*Minister for Emergency Services  
Liesl Tesch MP Member for Gosford,*



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## Coping with grief in adult life

### Understanding Adult Grief

The death of a loved one whether anticipated or not, is one of the most stressful experiences that we will encounter during our life. Grief is our response to this loss. It is the thoughts, feelings and reactions we experience when someone we love dies. Grief is painful and it affects every part of us, our mind, body and spirit. It is also varied and different for different people.

Our grief is impacted by our relationship to the person who has died and how they gave meaning to our life. While these experiences may be unfamiliar to you, grief is a normal, natural and healthy response to the loss of someone you loved and valued.

The purpose of this brochure is to answer some of the questions you might have about grief and to offer some insights into what you might be experiencing at this time. Suggestions have also been included which may provide some added guidance and support during this period in your life.

### How long will my grief last?

It is important to understand that grief is something we experience as opposed to something we must overcome. Every individual reacts to grief and loss differently and in the same way, the length of the healing process is unique to each of us. The grieving process does not fit into a precise timetable or follow a set pattern however over time the pain and distress may decrease.

With support from family, friends and (if

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necessary) professional counsellors, we can gradually learn to adjust, recover from our loss and find new ways to live. Grief is by nature unpredictable and may resurface at any stage of your life triggered by an experience that sparks a memory of the person who has died. This too is normal and natural. With time, support and healing, most people find that they become more in control of their grief rather than their grief being in control of them.

**What can happen during the grieving process?**

The changes that are associated with the death of someone we love can leave us confused, fearful and uncertain. Our initial response to such a loss is often shock, numbness, denial and disbelief.

This is nature's way of temporarily protecting us from the full reality of what we have lost. Feeling childlike, helpless and vulnerable on the inside is another common response to the crisis that accompanies loss.

Although your experience of grief is unique, there are some responses to loss that we all share. Some of these you may experience, while others you will not.

**What can I do to help and support myself?**

As the experience of grief is unique to each individual, the strategies that may help during this time will also differ. Thinking back to any past periods of stress and emotional upheaval in your

life and the things that helped you at those times can give you an idea of the strategies that work best for you.

**The following is a list of suggestions that others have found useful**

- Allow yourself to cry
- Look after yourself – get plenty of rest and try to eat small, easily digestible meals
- Limit alcohol, tranquilisers, analgesics, sleeping tablets and other mood altering drugs
- Participate in regular gentle exercise
- Ask for help and support from others who care about you
- Share stories, thoughts and feelings about your loved one with family and friends
- Express your grief outwardly. Using a diary or journal to write, draw, paint or scrapbook also helps to express your feelings and tell the story of your loss
- Create a memorial to honour your loved one
- Use rituals and customs that are meaningful to you – for example visit your loved ones resting place, continue to celebrate special days such as anniversaries and birthdays
- Draw on religious and spiritual beliefs if this is helpful to you
- Take time out to do the things you would normally enjoy and things that are relaxing and soothing

**What do I do if I feel I am not coping?**

Don't expect too much from yourself too soon. However, if you or anyone close to you is concerned about any of the responses that you are experiencing, it is a good idea to seek medical advice from your GP. Grief shares many of the same symptoms as depression. Talk to your GP if you are unsure whether you are experiencing normal grief or depression.

Usually painful feelings diminish with time however professional help may be required if your feelings remain at an intense level for a prolonged period. Talking to a trained counsellor can provide support and comfort and help you to find other ways to manage, especially if you are having trouble resolving the thoughts, feelings or behaviours connected with your loss.

Most of us learn to live with our loss with the support of family, friends and our own resources.

If your life or your grief seems particularly complicated and difficult, it is a good idea to seek professional help.

*Creightons Funeral Service*

**Support services:**

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- beyondblue.org.au - 1300 224 636*
- rednose.org.au - 1300 308 307*
- kidshelpline.com.au - 1800 551 800*
- thecompassionatefriendsnsw.org.au - 1300 064 068*
- blackdoginstitute.org.au*
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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 Oct 19th from 11am.

**Gloucester Saleyards**

- Fortnightly Thursday Store Cattle Sale Oct 24th & Nov 7th from 11am

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

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# Mountain Community children's centre Inc.



## New Flag Poles

Thank you to the Mangrove Mountain & Districts Country Fair for our new flag poles. We used our grant money from the 2023 Fair to install 3 flagpoles at the entrance of the centre. The children love to help put up the flags and we are incredibly grateful to the fair and the community for all their hard work for this donation.

## Donations of Local Produce

If you have any produce that you would like to donate to the centre to sell at the Fair this coming Saturday 19th October, please feel free to either drop it off the day before at the centre or from 7am on Saturday morning at the Fair Grounds.

Please come and say Hi next Saturday at the fair. We'll be hosting the produce and face painting stalls. We're all excited to see you.

Louisa Foxford  
Nominated Supervisor  
Justice of the Peace (JP)  
Mountain Community Children's Centre  
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## What's on at the Old Fireshed Gallery

Our next exhibition... 'TREE OF LIFE' - A solo exhibition of paintings by Susanna Chen Chow.

You are invited to the exhibition opening on Saturday 26th October from 2pm.

26th October - 10th November  
Open 10am - 4pm weekends

By appointment Monday - Thursday  
ph. 0439 982 996.



"Tree of Life"

"The tree of life holds profound spiritual significance across various cultures and belief systems, symbolising connection, growth and the cyclical nature of existence. The tree is rooted deeply in the earth, its branches reaching towards the skies, it embodies balance and harmony between the material and spiritual realms.

I am inspired by trees and the reverence they hold in the real and spiritual worlds. They invite individuals

to embrace their connection to nature, find harmony within themselves and to seek spiritual enlightenment through communion with the natural world."

Wollombi Valley Arts Council Inc  
c/o General Store, Wollombi 2325  
Email: [artscouncil@wollombi.org](mailto:artscouncil@wollombi.org)  
Web: [www.wollombi.org](http://www.wollombi.org)





## Family Winners at the Fair

More thoughts on the Family

Aggregate prize from Sue Kerr (for last year's winning family).

Sue Kerr:

"The date was 1963 when the Fair started; I started entering until I reached 16. Then started again in 1992 when we moved back to the Mountain and my 3 boys could take an interest in entering.

We took out the Helen FitzSimons Family Aggregate, my 3 boys and I, in 1999. They entered until 16. I have been entering ever since. I now have the chance to enter with my granddaughters

and last year Madeleine and I took out the family aggregate again. Madeleine did quite a few entries and was very pleased with herself on the amount of wins she got.

The prize was a family pass to the Amusement Park at Wyong. Madeleine and her 2 cousins from Poland, Zoe and Emilia, had a wonderful day. It was enjoyed by all of us. Thank you for a wonderful prize."

Whether you are entering a little or a lot, please label your entries well and take them to the Hall between 3pm and 6pm Thursday 17th Oct, or from 8am Friday 18th Oct. All Art and Photography must be entered by 11am Friday. Everything else (Craft, Cooking, Flowers, Produce and children's creations) can be entered by 3pm Friday.

Please assist the lovely Hall helpers by not leaving it to the last minute, as entries need to be sorted for judging. And if you can help in the Hall, please come down. Of course make sure you check out the resulting displays on Saturday 19th October, from 9am.

Sue Douglas



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## Gig Buddies tackles social isolation one gig at a time

Gig Buddies, Central Coast is tackling social isolation for adults with mild to moderate learning disabilities and/or autism one 'gig' at a time, with a befriending program called Gig Buddies.

The Gig Buddies program matches adults with disability with volunteers, both of whom share similar interests so they can attend social events together.

Member for Gosford, Liesl Tesch said the program provides a fantastic opportunity for people with disabilities to connect with a buddy to attend a gig or a social event.

"I know that for some people, going

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out to see live music, to a show, or even to the pub may be a little overwhelming or difficult. Having a buddy along as a support person can make things so much easier, and more fun.”

Buddies can include the Gig Buddies program within their NDIS plans. For those without an NDIS plan, buddies can opt for a ‘fee for service’ option, paying the same amount but from their own personal account.

Gig Buddies Central Coast co-ordinator, Matthew Collins said Gig Buddies was about expanding peoples’ social circles.

“We’re all about helping people with learning disabilities get out of the house and having fun, in whatever form that takes – staying up late, meeting new people, going to see bands, clubbing, or seeing friends. These kinds of activities are part of everyday life for many people, however if you have a learning disability, you may need support to do this.

#### Careful vetting and pairing

Gig Buddies strives to find volunteers and buddies that share each other’s interests, also taking into consideration age, gender, and location preferences.

Strict vetting processes for both buddies and volunteers underpin the Gig Buddies experience. Volunteers are fully vetted in line with NDIS guidelines, and volunteers must submit an NDIS Worker Check and the NDIS Orientation Module. Volunteers also supply two character references and attend volunteer training.

Central Coast volunteer Jack and buddy Kade are one of numerous examples of positive pairings that are reaping rewards.

Says Jack: “Gig Buddies is an uncomplicated way to do something good in the world. When I started, I was worried that the things I was interested in would be too boring for Kade (he likes to hit the clubs, whereas I am a homebody!). But at the end of the day, it’s about spending quality time with a new friend.

Gig Buddies is always on the hunt for more buddies and volunteers.

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**\*\*\* Topic of the month \*\*\***

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Smartphones have some great features for taking and editing photos so you can get creative in how you take photos and how you can edit them.

It’s also easy to end up with a huge amount of quick snaps, so we’ll look at how to make sure your precious memories are safely stored and backed up.

**Sessions are held on 4th Thursday of the month.**

**Next session Thursday, October 24, 2024**

**9.30am - 11.30am**

Mangrove Mountain Computer Club  
6 Waratah Road, Mangrove Mountain

Enquiries - Suzanne 0412 298 126



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knowledge in the digital world.

People who are keen to give back, expand their social circle and have good times are encouraged to contact Gig Buddies.

Says Mr Collins “We have lots of buddies based on the south of the Central Coast (around the Peninsula) with very few volunteers to call upon. Conversely, we have lots of volunteers on the northern end (Wyong up) of the

Coast, but very few buddies.”

Enquiries about becoming a buddy, or volunteering can be made on:

[www.gigbuddiescentralcoast.org](http://www.gigbuddiescentralcoast.org)  
or email

[info@gigbuddiescentralcoast.org](mailto:info@gigbuddiescentralcoast.org)  
or call Gig Buddies Central Coast co-ordinator Matthew on 0402 708 814.

*Media Release from the Office of  
Liesl Tesch MP*

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# Z-STAR TRINITY (UK) RETURN TO MANGROVE MOUNTAIN HALL

After receiving rave reviews around the world, including from Led Zeppelin's Jimmy Page, and performing at the world famous Glastonbury Music festival twice, Z-STAR (UK) are set to return to the historic Mangrove Mountain Hall for the first time in 5 years with their power trio, Z-Star Trinity, on Saturday the 9th of November!

Z-Star Trinity deliver a mesmerising show with incredible energy drawing comparisons with legendary artists such as Nina Simone, Hendrix and Led Zeppelin, and are simply not to be missed for lovers of 70's Blues Rock nostalgia.

Joining them on the night in a Blues on the Mountain exclusive is festival favourites, Necko, who were a highlight at this year's Blues and Roots Revival event and regarded by many as one of the hottest Blues Rock acts to come out of Sydney in years!

Doors open at 6pm, great food will be available on the night, BYO welcome and as always we are an all ages family friendly event. Tickets cost \$30 + booking fee and kids under 12 years of age accompanied by a paying

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With the event being Z-Star Trinity's final show of their Australian Spring Tour before they head back to the

UK, this show will sell out (over 65% of tickets have already been sold) so please book early to avoid disappointment. To book visit [www.trybooking.com/CSYTN](http://www.trybooking.com/CSYTN)

Ryan Howard

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# Country Fair grant helps to fund community hall upgrade

The historic Mangrove Mountain Public Hall has a stunning new deck and stage exit landing. Further improving our local hall facility for the community.

Built by local builder, Workhorse Building Services, using quality materials, the new deck is HUGE and looks very smart with it's stainless steel and painted timber balustrade and Dark Oak stained timber decking. Perfect for functions and community events!

This project simply wouldn't have been possible without the most generous support of the Mangrove Mountain and Districts Country Fair, with a Country Fair special grant funding half of the total project cost.

On behalf of the Mangrove Mountain and Districts Community Group Inc, a



Top: The old deck and stage exit stairs Bottom: The new deck and stairs

big thankyou to the Country Fair for helping to fund our new deck and landing at Mangrove Mountain Hall, a project that we are sure will benefit the

community for many years to come.  
 Ryan Howard – President  
 Mangrove Mountain and Districts  
 Community Group Inc.

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# Review: Scouts Trip to Korea

It has been just over a year now since Peats Ridge Venturer Scouts came home from Korea.

During our three week stay in Seoul and surrounding countryside we visited many sites including temples, shrines, museums and the university. We also took ourselves on self guided tours of the city using the public train network.

We ate locally and had a great lot of fun trying local cuisine. One thing we discovered is that the Korean BBQ restaurant chain in Australia is nothing like the Korean BBQ restaurants in Seoul.

Not speaking Korean was a great stumbling block, and we often had to communicate using hand signals, pictures and Google Translate ! But it was a lot of fun and a great learning experience that was certainly filled with some laughs.

After talking with the Venturer Scouts, ( male and female youth 14-18) the most memorable takeaway from our experience was the politeness of the culture. Wherever we went in our uniforms, (including our Akubras and clip on Koala's) we were welcomed, encouraged and engaged with, lots of hellos, lots of smiles, lots of selfies.

The Korean Culture we discovered is very different to ours, very ordered, very polite and extremely quiet. There is no calling out across the trains, lots of walking in lines, (not like us Aussies who want to walk in mobs) everyone was appropriately dressed and the traffic was calm! No tooting of horns, definitely no road rage, just appeared to be a lack of any anger. It was beautiful!

Whilst we were in Korea, we attended the World Scout Jamboree as Part of the Australian Contingent.

A jamboree is a meeting of people, in this instance it was made up of



youth from every country imaginable. We were part of the largest team of Australians ever to attend a world Jamboree overseas, and we were completely honoured to be part of the team.

The Jamboree was hampered by some extreme weather, but nothing us mountain folk could not handle, high 30's temp wise, with high humidity and the odd monsoon just to cap it off. A highlight of the Jamboree was the swapping of badges, scarves and uniforms, with the most prized and sought after being the Mexican, Dutch and Taiwanese contingent shirts.

Again we would like to acknowledge the Mangrove Mountain Community fair for their generous funding, to be able to share the world with these amazing young mountain youth is a true blessing and such an honour. To see the appreciation and sense of accomplishment in these youth, to be part of their journey of becoming responsible adults and ambassadors

not only for our community but for Australia makes it all very worthwhile.

If you would like to see your children be part of something great, consider scouting, we meet every week during the school terms and cater for all ages from 8 years to adulthood. Most weekends we will either be hiking, camping, fundraising, training or developing new skills, testing ourselves against the environment or doing our best to preserve and protect it.

We go places, do things and learn way beyond what you can ever dream or imagine. We travel from Mangrove to Mongolia, Somersby to Seoul, Peats Ridge scouts are out there.

If you would like to know more about Peats Ridge Scout Group, please contact me. I would love to hear from you.

*James Lutwyche*  
Peats Ridge Scout Group Leader  
[James.Lutwyche@nsw.scouts.com.au](mailto:James.Lutwyche@nsw.scouts.com.au)

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# Mangrove Mountain Farmers & Artisans Market

## Focus on Stall Holders

I am Huriye Tetik, the proud owner of HT Gozleme. My passion for cooking and sharing traditional Turkish flavors inspired me to launch my Gozleme business in 2015, starting with a few markets around Sydney. Cooking has always been a significant part of my life, and I wanted to bring a piece of my heritage to the local community.

Over the years, my business has grown and evolved. I began working at Newcastle Hunter Street on Thursdays and Fridays, at The Entrance Memorial Park on Saturdays for three years, and later at Newcastle University for two years, where I operated five days a week. I still occasionally cater events for the university. My journey has been filled with wonderful experiences and the opportunity to connect with many people who share a love for authentic Turkish cuisine.

Currently, I make seven delicious types of Gozleme in front of Coles in Glendale, Newcastle. These include classic fillings like spinach and feta, as well as unique variations such as shredded chicken or beef kebab meat with mushrooms. Each Gozleme is prepared with the freshest ingredients

and cooked to perfection, ensuring a delightful culinary experience.

On weekends, I continue to participate in various markets. During certain times of the year, I also attend horse competitions in the region. My journey into these markets began when I was invited by two women I observed at Stonewall Equestrian, who had come from a market I was participating in. They appreciated the quality and taste of my Gozleme and encouraged me to join their market. This was a turning point, as it opened up new opportunities and allowed me to reach a broader audience.


My Gozleme is renowned for its authentic taste and quality. The organizers of the Mangrove Market, in particular, have been incredibly supportive, and I have built a loyal customer base there. I take great pride in my work and am committed to ensuring my customers always enjoy the same delicious taste. My goal is

for every customer to leave happy and satisfied.

Since starting my business, I have received nothing but positive feedback. All my customers have expressed their satisfaction and gratitude, which motivates me to continue putting in my best effort. I am passionate about my craft and always strive to serve my Gozleme with energy and enthusiasm. Being originally from Sydney, I bring a unique blend of traditional recipes and vibrant flavors to each market I attend.

Looking ahead, I am excited about the future of HT Gozleme. I plan to expand my offerings and participate in more events and markets, sharing the delicious taste of my Gozleme with even more people. I am also considering opening a permanent location to provide a stable spot for my loyal customers to enjoy their favourite Gozleme year-round.

My journey with HT Gozleme has been incredibly rewarding. The joy and satisfaction of my customers fuel my passion and dedication. I look forward to continuing this culinary adventure, bringing smiles and delicious Gozleme to communities far and wide



**2024 AGM Notice**  
 Central Coast Plateau Chamber  
 of Commerce  
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 Mangrove Mountain Memorial  
 Club




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## REGULAR ACTIVITIES & MEETINGS

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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.calgamtwhite@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 Maintenance	2nd Monday of the month Meeting 6.30pm 3rd Monday 6:30pm 4th Monday 6:30pm E: captain-Spencer-vol@rfs.nsw.gov.au 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 Coastlink Friendship Group	First Tuesday each month 7.00PM MMMC Wed 9.30am-2pm at the Health Centre, Nurses Rd, Central Mangrove
Country Women's Association (Somersby)	Second Wed of each month, at Somersby Hall Wiseman's Ferry Road, Somersby, contact Sue, 43721280 or 0407768000.
Country Women's Association (Peats Ridge & District)	Third Monday of the month at Community Hall, Peats Ridge School. Any enquiries please contact Christine 0419 400163.
Country Women's Association (Mangrove Mountain Evening Branch)	2nd & 4th Tues of the month, 4-8pm at Mangrove Mtn Union Church, 2154 Wisemans Ferry Rd, MMTn. General meeting 6pm 2nd Tues. Ph Judy 43771728
Gosford North Inner Wheel club	2nd Wed each month 11am at Phillip House in Kariong. Contact: Glenis Ph: 0400 486 760
Kulnura & District Garden Club	Second Monday, 9.30 for 10am start. Jacqui Maxwell 0455364262 kulnuradge@gmail.com
Kulnura Tuesday Tennis	Tue 9.30am-12.30pm, Kulnura Tennis Courts. Enquiries: Alison Palmer 0427731548.
Ladies of the Valley Afternoon Tea	1st Tues, 1pm to 2.30 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.
Mangrove Emergency Planning & Communications Committee	Contact: mepccinc@gmail.com, 0412669649
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
Probus - West Gosford	2nd Thu. Ph Elaine Burrows 0412988353
River Cares for the Lower Hawkesbury River District	President Marlee Maxwell Email rivercaresinc@gmail.com
Rotary Club Meeting	Friday 7.15am at Phillip House. 43404529
Spencer Community Progress Group Inc	President Brad Maisey, Community Meetings, 4377 1167, spencercpg2@gmail.com
Spencer Community Ladies Social Club	Last Fri of month. 12.00 noon Spencer Community Centre, Jennifer Dayes 4377 1364 Articles to: spencercpg2@gmail.com
Wisemans Ferry Community Men's Shed	Tues & Sat, 9am-5pm. Contact: Alan Hunt 4566 4626 or Adrian Acheson 0448 833 781

### 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, 7.30pm 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 30th September 2024

200 Cattle yarded today at Maitland with 190 trade/yearling cattle and 10 export. Trade job was firm to easier in places. Export job firm.

- Restocker steers up to 250kg made 340c/kg to 445c/kg
- 250kg-300kg made 330c/kg to 440c/kg
- 300kg to 380kg made 300c/kg to 415c/kg
- Restocker Heifers up to 250kg made 270c/kg to 335c/kg
- 250kg-300kg made 265c/kg to 336c/kg
- 300kg-380kg made 250c/kg to 345c/kg
- Best Butcher vealer 376c/kg
- Yearling Steers to Feed made 350c/kg to 405c/kg
- Yearling Heifers to Feed made 290c/kg to 330c/kg
- Cows Made 260c/kg to 290c/kg

### Upcoming Sales

#### Tocal Stock Horse Sale

NSW DPI Tocal College Approved Australian Stock Horse Online Sale.

Interfaced with AuctionsPlus.

Sale starts Sunday 3rd November at 10 am and will continue through until the timer starts at 6pm Monday 4th November. Catalogue can be viewed at [www.tocal.nsw.edu.au](http://www.tocal.nsw.edu.au)

#### Spring Female Cattle Sale

Maitland Feature Annual Spring Female Cattle Sale.

Saturday 2nd November 2024 – 11am. Maitland Saleyards - 52 Kyle Street Rutherford NSW 2320

#### Quality stud bulls for sale on farm - Angus - Poll Hereford etc

- Stud Limousin Black & apricot, quiet, well-muscled, well bred, good growth for age, make excellent



- vealer type bulls. - \$2500 to \$5,000
- Charolais - Stud, 18 months to 3 years, leading Australian bloodlines. \$4000 to \$6000
- Angus - Stud & Commercial, 18 months - 2 years, excellent temperament & quality, of renowned Angus breeders. - \$3,000 to \$8,000
- Poll Hereford - 12 to 26 months, good quality and very quiet all the leading breed genetics. \$2,500 to \$7000
- Simmental - Black, 20 months to 3 years, leading world genetics. - \$3000 to \$4000  
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A friendly reminder that we are often in the area seeing clients and looking at their livestock and if you would like us to call in be sure to give us a call.

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## REGULAR ACTIVITIES & MEETINGS (cont'd)

<p>St Barnabas Christian Service Yarramalong Serbian Orthodox</p> <p>Kariong Community Baptist Church</p> <p>Restitution Ministries Independent SDA Church Divine Retreat Centre (Ph 04 6848 6782) 160 Hensons Road, Somersby <a href="http://www.divineretreatcentre.org.au">www.divineretreatcentre.org.au</a></p> <p>Catholic Service -Spencer</p> <p style="text-align: right;">- Wollombi - Yarramalong</p> <p><b>YOUTH</b> Junior Girl Guides 5-10 Girl Guides 10-15</p> <p>Scouts, Cubs &amp; Venturers Peats Ridge Scout Hall</p> <p><b>HISTORICAL</b> Brisbane Waters Historical Society</p> <p>Dharug &amp; Lower Hawkesbury Historical Society Inc. First Fleeters Central Coast Chapter</p> <p>The Pearl Beach Aboriginal History Group</p> <p>Wyong District Museum &amp; Historical Society</p> <p><b>ACTIVITY/HOBBY</b> Central Coast GNU/Linux Users Group Coastal Communicators Toastmasters</p> <p>Craft/scrapbooking</p> <p>Saturday Craft Group/Spining and bobbin lace Yarn group (knit, crochet etc)</p> <p><b>HALL BOOKINGS</b> Kulnura Hall Mangrove Mountain Hall Mangrove Mountain Union Church &amp; Hall</p> <p>Somersby Hall and Mountain Districts Culture and Heritage Centre Yarramalong school of Arts / Hall</p>	<p>Every Sunday, 9.30am. (Easter &amp; Christmas Carols dates to be advised) 2nd &amp; 4th Sun. of the month. 10 am, followed by luncheon, tea, coffee, cakes (cost \$20). 1184 Peats Ridge Rd, Peats Ridge</p> <p>Sun @9.30am, Church &amp; Kid's Program, Philip House, Mt Penang Gardens, Chris Clarke email <a href="mailto:pastorkcbbc@outlook.com">pastorkcbbc@outlook.com</a></p> <p>10am every Saturday, Mangrove Mountain Union Church.</p> <p>Daily Holy Mass 8.00am to 8.30 am 1st Fri, 5:30pm-8:30pm Divine Mercy Friday 1st Sat, 5.30pm-9pm, Youth Ministry 18-35yr Last Sun, 9am-4pm, One Day Retreat</p> <p>Holy Trinity Church, 2nd Sat of the month 4pm, Contact 43771374 or 43771168 as times may change each month. 2nd &amp; 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</p> <p>Kooree Guide Cabin, 5.00pm - 6.30pm Mondays in school term, Kooree Guide Cabin, 6.00pm-7.30pm Mondays in school term, Contact 0417451764 for further information</p> <p>Cubs meet 6.30pm - 8.30pm Wednesdays Scouts meet 7.00pm - 9.00pm Tuesdays Venturers meet 7.00pm - 9.00pm Mondays Contact 0460 696 941</p> <p>25-27 Henry Kendall St., West Gosford, Ph: 4325 2270. <a href="http://www.henrykendallcottage.org.au">www.henrykendallcottage.org.au</a> Last Sat of month. All welcome, contact Jan Kofron 0405321478 <a href="mailto:jankofron@optusnet.com.au">jankofron@optusnet.com.au</a> 2nd Sat of the month, 10.00am for 10.30, Point Clare Hall (except Jan &amp; Dec). Contact Margaret 0409467710 or Gavin 43404435. 3rd Fri of month 7.30pm Pearl Beach. Peggy 0411754577 <a href="mailto:pbaboriginalhistory@gmail.com">pbaboriginalhistory@gmail.com</a> Open Sun to Thurs, 10am-2pm, other times by appt. Contact 43521886 email <a href="mailto:info@alisonhomestead.com.au">info@alisonhomestead.com.au</a> website: <a href="http://www.alisonhomestead.com.au">www.alisonhomestead.com.au</a></p> <p><a href="http://www.cclug.org.au">www.cclug.org.au</a> - all most welcome 1st &amp; 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 &amp; details: <a href="mailto:stackm@skymesh.com.au">stackm@skymesh.com.au</a> or ph 43561196 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</p> <p>Contact Central Coast Council. Hall bookings Ryan Howard 0405416289 Church &amp; Hall bookings 0412669649 <a href="mailto:mmucsecretary@outlook.com">mmucsecretary@outlook.com</a> Hall bookings: 0413 359 655 or AH 4373 1488 <a href="mailto:enquiries@yarramalonghall.org.au">enquiries@yarramalonghall.org.au</a> <a href="https://yarramalonghall.org.au">https://yarramalonghall.org.au</a></p>
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You'll be drawn into a world of terror & seduction, where the line between reality and supernatural blur. As an audience member, you won't just witness the story; you'll feel its

icy grip as Dracula's darkness tightens around you. We invite you to join us and be captivated by this symphony of horror.

With a hauntingly beautiful set design, meticulously crafted costumes, spine-tingling special effects, and original music by internationally acclaimed musical director/composer Andrew Worboys composed specially for our production, you'll witness a production bound to send tingles down your spine.

Are you brave enough to face the Darkness?

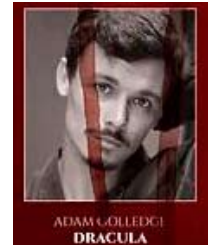
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Sun 3rd Nov - 2pm  
Wed 6th Nov - 7.30pm \*\*\*  
Fri 8th Nov - 7.30pm  
Sat 9th Nov - 2pm and 7.30pm  
\*\*\* Please note that the Wednesday 6th matinee has been moved to an evening performance. Those who have already purchased tickets will be contacted re changes.

For more details contact:  
wdgdracula@gmail.com  
<https://www.wyongdramagroup.com.au>



Wyong Drama Group  
160-162 Pacific Hwy, Tuggerah, NSW,  
[info@wyongdramagroup.com.au](mailto:info@wyongdramagroup.com.au)



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