

# COMMUNITY NEWS

No. 956 Ph: 4374 1039 Mo: 0412 669 649 Email: enquiries@cnews1.com.au Web: cnews1.com.au 6th December 2024



## Country Fair Winners

Thank you very much to everyone who entered items into the Hall to make a great display. Specific Winners were:

Family Aggregate – Muresanu / Nedved family

Contemporary Art – Elaine Raines

Adults Produce – Christina Genge

Childrens Produce – Ava Starkey

Best School Art – Kulnura Public School

In the Childrens Craft, special mentions to Maia Muresanu and Harrison Cattanaach for their knitting; to Jack Sultana for his crochet; and especially to Zoey Robba for doing well in both knitting and crochet!

The special cash prizes donated by Mangrove Mountain Evening Branch CWA went to:

Stephen Stone – article from recycled materials

Lee Erlin – Crochet

## Carols on the Mountain

### Community Christmas Carols

**Saturday, Dec. 21, 6.30pm**



### MANGROVE MOUNTAIN UNION CHURCH HALL



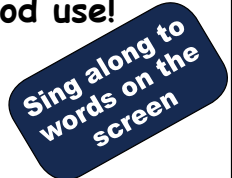
Join in with your community to celebrate the birth of Christ

Catch up with friends & acquaintances & put your vocal chords to good use!



All Welcome

Treats for the kids!



Karen Boskos – clothing for toddler  
Neil Genge – pickles, relish, chutney  
Christina Genge – biscuits and coconut ice

Kaye Pointer – loaf cake and soft balls

I'm sure you noticed the multitude of soft balls around the Hall. After the Fair, Belinda was very grateful to collect so many for children to play with in our Central Coast hospitals.

Sue Douglas

## Help sought for Identification

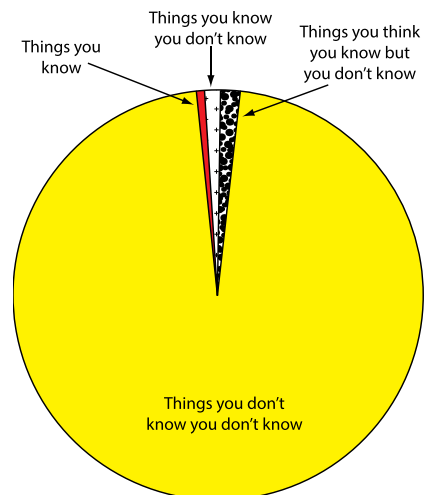
The photo below shows some of the members of the Mangrove Mountain Tennis club around 1930.

Can you identify any of these

ladies? If you can or have some related information please respond by email to enquiries@cnews1.com.au or phone Margaret on 4374 1155



Ladies of the Mangrove Mountain Tennis Club



**STOP!**  
Next issue Published  
20th December 2024  
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**\*\* 13th Dec '24 \*\***  
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# Lifestyle Medicine - Your Key to Better Health

Our health is our biggest asset, and yet we don't prioritise or invest in it as we should.

Diabetes and insulin resistance are so common now they have become a chronic disease epidemic. Overweight and obesity affects over 60% of Australians.

Cardio-vascular disease (heart attack and stroke) is responsible for about a quarter of all deaths in Australia. And less than half of Australians meet the minimum guidelines for physical activity per week.

But what if I told you that these chronic diseases can be reversed? This is the power of LIFESTYLE MEDICINE.

Lifestyle Medicine is the management of lifestyle-related health problems using the 4 pillars of lifestyle medicine - diet, physical activity, sleep, and stress.

Lifestyle Medicine is an holistic approach to health. It is evidence-based and centred around patient education and empowerment.



## NOTICE OF AGM

The Mangrove Mountain & Districts Country Fair Committee would like to invite community members to attend our 2024 Annual General Meeting.

Thursday 12th December 7pm  
at The Hub of Mangrove Mountain

All welcome.

Louisa Foxford  
Secretary

Lifestyle Medicine includes your health practitioner spending time to support you to make positive changes to your lifestyle habits.

Merlene from Better Health Practices is a board-certified Fellow in Lifestyle Medicine (ASLM). She has over 25 years experience in preventive health through her Chiropractic practice, and is now offering Health Coaching for those people who would rather prevent, treat, and even reverse their chronic health issues using the 4 pillars of Lifestyle Medicine.

Health Coaching is an evidence-based practice that leads to sustainable

## Mangrove Mountain Union Church Trust AGM

On 16th December, 2024, at the MMUC Hall, a short committee meeting will be held at 7.30 followed by the AGM.

Members will need to be financial in order to vote.

Completed nomination forms must be submitted to the Secretary no later than 7 days prior to the AGM. Forms can be posted to 52 Meriki Rd, Mangrove Mountain, NSW 2250 or emailed to MMUCSecretary@outlook.com

Please email MMUCSecretary@outlook.com or phone 0412669649 if you have any questions.

lifestyle change. It can increase your confidence in your ability to make successful behaviour change, increase your motivation for change, and help increase your knowledge and skills to continue to improve your health.

You can read more about Merlene's Health Coaching Services on the Better Health Practices website.

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We are having a  
**SPENCER/GUNDERMAN REGIONAL  
AFTERNOON CHRISTMAS PARTY!**

Everyone is invited to join us in our River Cares celebration.

- ★ Date: Thursday, 19<sup>th</sup> December 2024
- ★ Where: The Spencer Community Hall @ 4776 Wisemans Ferry Road, Spencer.
- ★ From 4.30pm.

A short AGM meeting will start at 5.00pm and Everyone is welcome.

Only Financial Members can Vote.

All Financial members will receive a Go Bag (evacuation pack).

After the AGM, we will be holding a Christmas Party from 5.30pm.

If everyone attending could please bring a plate to share, **BYO** drinks, Friends and Family and help us bring the Community together to enjoy some Christmas cheer. Gold coin contributions would be appreciated for some light hearted Games.

*CB hand held Radios will also be distributed to those wishing to participate in the CB Radio Project.*

President Marlee Maxwell. ABN 16 331 855 147

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# History Excursions to Fairview Homestead in 2025

Fairview is a heritage-listed homestead at Mangrove Creek. Built over 100 years ago, it is a historically significant landmark and needs to be protected and preserved.

The Fairview Homestead Association recently organised a car excursion to Fairview, stopping at historically significant sites along the way, including the site of “Williams Farm” on J.J. Peacock’s 80 acres, James Everingham’s “Red House Farm” and St. Thomas’ Cemetery.

It was a fabulous day, with many stories shared about Dubbo Gully’s aboriginal and settler history.

In the group we had several descendants of Alfred and Amanda Andrews, the original builders of Fairview, an expert in the restoration of heritage listed buildings, an archaeology student, and local community members. All agreed that



## Dr. S. ANANDASIVAM

(ANAND)

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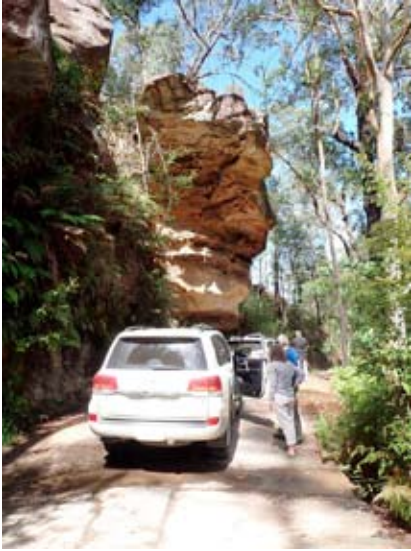
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Fairview and the history of Mangrove Creek need to be preserved and shared.

To find out more, come and see us at the Mangrove Mountain Market on Sunday, 1 December.

We plan to run further small-group excursions for members in 2025.

If you would like to join a future trip to Fairview and learn more about the unique history of Mangrove Creek, join the Fairview Homestead Association.

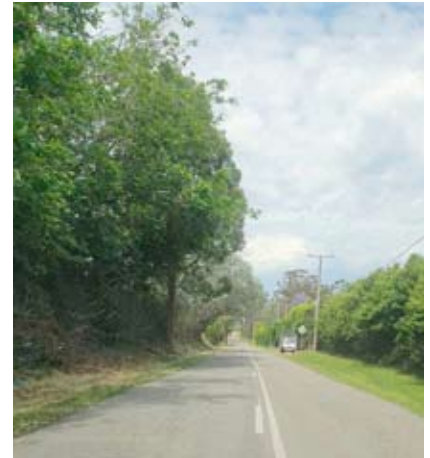
Find out more at [www.fairviewhomestead.com.au](http://www.fairviewhomestead.com.au)  
Matt Lohmeyer

## KUDOS TO COUNCIL MAINTENANCE CREWS

Thanks to the efforts of Council Work Crews, the roadsides in the district are looking clean and fresh again.

After years of neglect while the Council was under administration, maintenance work on the road shoulders, drains and culverts has resumed.

The restoration of staffing levels at the local work depots and replacement of machinery sold while under administration will reduce travelling time ensuring council resources are used more efficiently, providing better value for each ratepayer's dollar.



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# CHANGES TO FOOD STANDARDS FROM 8TH DECEMBER 2024

Recent changes to the Food Standards Code have introduced new requirements for all businesses that prepare and serve food in NSW. The changes will take effect from 8th December. The changes affect most retail and hospitality food businesses, charities and not-for-profits that regularly sell food, delis, supermarkets, coffee vendors and correctional centres.

Standard 3.2.2A aims to improve food safety by introducing 3 tools:

- Food Safety Supervisor (FSS)
- food handler training
- showing food is safe.

If you already have a current FSS, you will only need to ensure other staff who handle unpackaged, potentially hazardous food have appropriate skills and knowledge in food safety and hygiene. Higher-risk businesses must also be able to show they are managing key food safety risks.

For other businesses, all the requirements are new, such as for children's services that supply food, school canteens, supermarkets, greengrocers, delis, coffee vendors that sell food, correctional centres and boarding schools.

## Compliance with New Requirements:

School canteens, children's services that supply food, supermarkets, greengrocers, delis, coffee vendors that sell food, correctional centres and boarding schools have until 8

# Girls in the Game program to empower women and girls in sport

Central Coast Council is thrilled to announce the launch of the Girls in the Game program, a multi-year initiative to enhance the participation and retention of women and girls in sports and physical activities across the region. Funded under the Federal Government's Play Our Way grant, the program will officially kick off in 2025.

The Girls in the Game program is

December 2024 to comply.

## Exemptions:

- The handling or sale of food for the purpose of raising funds solely for community or charitable causes, and providing food free to the community.
- Businesses licensed with the NSW Food Authority.
- Businesses that only manufacture or wholesale food (for example a manufacturer of bulk ham that is sold packaged to supermarkets) with no direct sale to consumers. Other food safety requirements will apply to these businesses.
- Other food businesses that are not serving or retailing unpackaged food that is potentially hazardous and ready to eat (for example service stations selling food that remains in its original sealed packaging, coffee van that only sells food that is not potentially hazardous).

For more information go to:

<https://www.foodauthority.nsw.gov.au/retail/standard-322a-food-safety-management-tools>

NSW Food Authority  
and Destination Sydney Surrounds North

dedicated to creating safe, inclusive environments for women and girls by addressing barriers such as discrimination, inequality, and socioeconomic challenges. With a range of subsidised resources, the program will feature five key initiatives:

- **Girls Get Active Days:** This event series encourages school-age girls to explore different sports and connect with local providers, addressing common dropout rates during adolescence.
- **Girls Futsal Program:** An indoor soccer program for girls to stay active and build confidence.
- **Mum Basketball:** Engaging mothers who face barriers to participation, helping to foster inclusivity across age demographics.
- **Shred Sistas Girls Skate Program:** Provides free or subsidised access to skate equipment and training.
- **Adult Learn to Swim Program:** Aimed at women seeking to improve water skills and safety.

The program also emphasises the importance of role models, incorporating panels with female athletes and professionals who can inspire participants and provide relatable success stories.

Council Mayor Lawrie McKinna said that sport has always been a huge part of his life and praised the Girls in the Game program.

"The Girls in the Game program is about more than just sport - it's about building confidence, leadership, and a strong sense of community for females of all ages on the Central Coast.

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# CHILDREN'S PICTURE BOOK 'EVERY DAY I LIKE TO PLAY' AIMS TO HELP CHILDREN UNDERSTAND RESPECTFUL RELATIONSHIPS

A children's picture book, developed by Central Coast Council, to promote respectful relationships and break down gendered stereotypes of traditional roles within the home, was launched at a special event in Kibble Park on 5 December 2024.

The launch of 'Every Day I Like to Play' coincides with the annual '16 days of Activism against gender-based violence' campaign.

Central Coast Council Director Community and Recreation Services, Melanie Smith, said Council works with the local Central Coast Domestic Violence Committee (CCDVC), a

"We're creating opportunities that allow everyone, regardless of background, to engage, enjoy, and benefit from sports," Mayor McKinna said.

"Programs like Girls in the Game bring us closer to a community where equality, respect, and inclusivity are at the heart of every initiative."

More information on the program details visit:

<https://www.centralcoast.nsw.gov.au/recreation/sports/girls-game>

Central Coast Council  
Media Release

community group aiming to prevent, reduce and eliminate domestic and family violence, through education, awareness, advocacy and community engagement.

"We work with our community to help address a range of social and health issues that impact everyone, including domestic violence.

"During 2023 and 2024, Council worked with the CCDV Committee to develop the children's book. It aims to promote positive, age-appropriate messages about respectful relationships and break down gendered stereotypes of traditional roles within the home," Ms Smith said.

The Central Coast has the \*third highest number of domestic violence related incidences in NSW and is also consistently over-represented in statistics for Breach of Apprehended Violence orders.

Central Coast Mayor Lawrie McKinna said the creation of this children's book is a wonderful initiative, as it explores positive and respectful relationships, encourages acceptance and celebrates kindness.

"We all need to continue to work together to build awareness of domestic and family violence and teach our

## MEPCC AGM

The AGM for the Mangrove Emergency Planning and Communications Committee will be held on 15th January 2025, 7pm at Mangrove Mountain Hall  
All Welcome.

Enquiries by Email to [mepccinc@gmail.com](mailto:mepccinc@gmail.com)

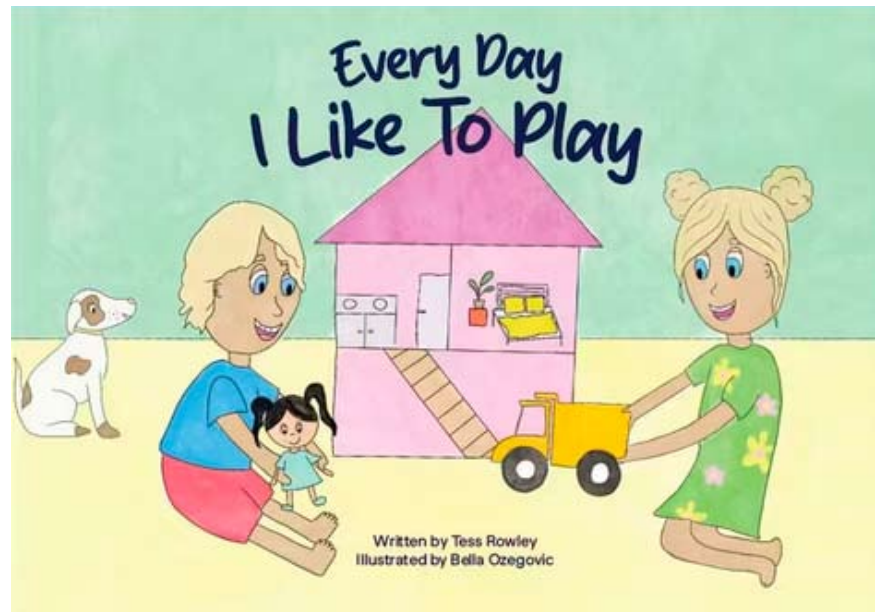
K.Aranjo,  
Secretary

children about healthy relationships.

"I really encourage everyone, young and old, to attend the launch of 'Every Day I Like to Play'. The book will also be available in our libraries and can help you start, or continue, the conversation with the pre-school aged children in your lives," Mayor McKinna said.

\*Statistics from BOSCAR period June 2023-2024

Central Coast Council  
Media Release





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# PROMISES, PROMISES

Time for an election? Also time for Promises, Promises and more Promises.

Where are we up to with internet and mobile phone services?

In the lead up to the last Federal election we were graced by visits from representatives of both major parties.

Concerned and interested community members attended meetings and were promised improved internet and phone services but it seems that progress has been awfully slow.

Undoubtedly, any complaints or requests for improvements that are made now will be addressed by more confident promises!!

Thankfully we have the option of relying on the forward thinking and expeditious actions of our friend Mr Musk and his overseas based corporation to get internet & VOIP telephony, although this comes at a higher price compared to the services available in larger cities and some regional centres.



# Central Mangrove Public School

This term at Central Mangrove Public our students have been stretching their bodies as well as their minds in new and exciting ways. Thanks to the effort of Mrs Quinlan, we have had access to funded gymnastics and the students have loved it. Whether it was bars, beams, springs or trampolines all our students gave it a go and came back each week with excitement to try again. Over the four weeks, our cola area served as the perfect space to provide students with this fantastic opportunity to develop themselves in a variety of different physical capacities including strength, balance, special awareness, coordination and their senses.

Back to stretching the minds, our students in CM2 in the last few weeks have been invited to participate in programs coordinated by both The University of Newcastle and Sydney University.

With The University of Newcastle students have engaged in a STEM competition with the goal to build a structure using only paper straws and glue that was at least 50 centimetres tall and could hold a series of

different sized weights on top without crumbling. In teams, students put their minds to the grindstone coming up with different ways to make a frame that was supportive and strong enough to hold these weights. Some thought of using straws on an angle while others thought straight would be better and many different ideas emerged. We can't wait to share results soon when the university comes to the school for judging.

On Monday 25th November, University of Sydney visited our CM2 classroom to discuss the various types of Engineering that can be studied. The team then worked with students on a hands-on humanitarian engineering activity whereby students used biomedical engineering to make a 'prosthetic leg' out of simple everyday materials. Students used a range of mathematical, creative thinking as well as logic and trial and error to make the best designs possible. The reflective discussions on successes and failures was absolutely amazing!

If you'd like to see more about the wonderful extra curricular activities happening at Central Mangrove Public



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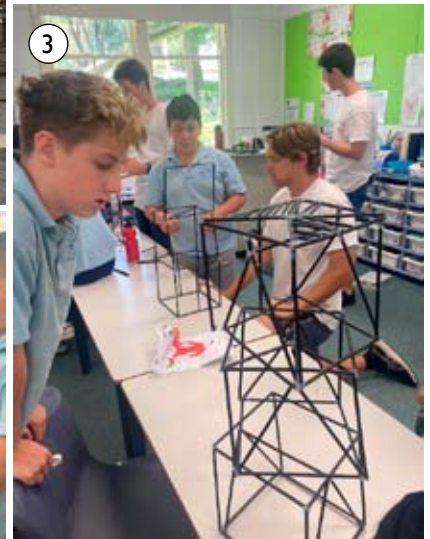
[www.btselectric.com.au/bts-energy](http://www.btselectric.com.au/bts-energy)







Clockwise from above: 1 & 2 gymnastics, 3 & 4 straw tower competition, 5, 6 & 7 prosthetic limbs with Sydney University Engineers Without Borders team



School or to see some of the great English and Math learning that is happening, make sure you check out our Facebook page and follow along.  
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# Help sought by local musician

Some of you might know me, as have lived all my life at Mangrove Mountain, but for those who don't, and to anyone who might be able to help; my name is Claire Berecrys-Brown, I am 18 years old and have recently graduated high school. I've been playing violin since I was 7 and now have the chance to go on a tour in Europe as part of the Regional Youth Orchestra of NSW. I first started my musical journey under Michelle (Pritchard) Urquhart, having lessons every Tuesday at her house down Ironbark Road. This led to me participating in the Eisteddfod on the Mountain as well as playing on stage at the Country Fair. I have also played to help raise money for the Somersby School of Arts. It was this background of playing locally that has led to me joining the Central Coast Youth Orchestra, where I am currently associate concertmaster, and to participating in a concert with Symphony Central Coast.



With thanks for any assistance you can offer,

Claire Berecrys-Brown  
(0431 387 090)  
claireberecrysbrown@gmail.com

Above: Claire performing at the 2014 Country Fair

Back to the Regional Youth Orchestra - with them I have done various projects in Sydney, Wollongong and Grafton, working with the Sydney Symphony Orchestra and the Australian World Orchestra. The next step on my journey with them is Europe, with a planned tour of Austria and Germany in 2025, but I won't be able to go without enough funding. With a total goal of \$10,000 to be found, I am available to work any odd jobs around the local area until I start university next year. It has been hard to find consistent work due to having had major spinal surgery last year so I thought that this would be a good way to give back to the community that has helped in getting me this far. Recently I have begun teaching violin to beginners.

**When?**  
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14/Dec  
21/Dec

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Stone Lifestyle wishes you a

# Merry Christmas & Happy New Year

As the holiday season unfolds, we want to express how immensely grateful we are for the trust and support of our clients and community throughout 2024. Together, we've celebrated milestones, achieved great results, and created lasting connections.

Wishing you a Christmas filled with joy, love, and wonderful memories. We look forward to continuing to support everyone with their property goals in 2025.

[Jason Cozens](#) 0414 447 035 | [Kaela Wall](#) 0434 726 944 | [Scott Wall](#) 0413 965 616



# Mangrove Mountain Brigade Memorial Garden

On Saturday 9 November, Mangrove Mountain Brigade held the official opening of our new memorial garden.

The garden was created to honour the Brigade's past and present members

and their commitment, sacrifice and dedication to the local community.

The creation of the memorial garden was made possible by contributions from the local community and

businesses, with the majority of the elements in this garden, including the stone, the laser cut plaques, the plants and the machinery used to install these items, donated. Additionally, our Mangrove Mountain members



Left: Mangrove Mountain Brigade members Rob Carraro, Sean Wilcox, Chris Miller, Paul Sanfilippo, Matthew Welsh, Paul West, Harry Mortenson; Right: MMtn Captain Tarryn Nester, Group 7 Officer Glen Howe, Deputy Group 7 Officer Andrew Lynch, Group 5 Officer Barry Myers, MMtn Senior Deputy Captain Damian Harvey, and Acting District Manager Shane Geerin

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took time off work and used their own resources to see the project become a reality.

The memorial is a peaceful space for reflection and remembrance, dedicated to Philip Williams - a life member and former Captain of the Brigade and Central Coast Group Officer - and those members that came before. Many of Phil's family were present on the day, along with many other life members of the Brigade, Group Officers, Acting



District Manager Shane Geerin and local MP's Liesl Tesch and Adam Crouch.

I would like to extend my thanks again to all that contributed and we able to join us on the day your support is appreciated and especially our Brigade Members who have put so much time and effort into making this space a reality.

Tarryn Nester  
Captain



The new memorial

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# Council launches its Key Enabling Projects Plan

Central Coast Council has launched its Key Enabling Projects 2025: Central Coast Region document, which identifies priority infrastructure and investment projects aimed to benefit residents, businesses and visitor across the region.

A key purpose of the document is to highlight projects that are funding ready and which will make a difference to the region by providing opportunities for improved sustainability, liveability and economic growth.

The document outlines the make-up of the Central Coast, its population, employment levels, number of dwellings, language spoken in households, numbers of families, where people work, and how they get to work.

It also identifies key growth areas being Gosford, Greater Warnervale, the Woy Woy Peninsula and Greater Lake Munmorah, with some key enabling projects in each of those areas.

Community priorities are also identified, noting the Central Coast population is expected to grow by nearly 14% over the next 20 years (351,954 in 2023 to a projected 400,878 in 2041). Advocacy for affordable housing is prominent in the

document.

The cost of many of the Key Enabling projects are also laid out in the document including:

- \$35 million for the development of a Food Organics and Garden Organics services and associated infrastructure.
- \$155 million for sewage treatment plant major works across the Coast
- \$2.5 million for the Warnervale Business Precinct

“Council must continue to partner with government and other organisations to address key priorities

to support our communities and create positive change,” Mayor McKinna said.

Council will now present the document to government and industry groups to progress the identified projects and partnerships.

To view the document visit: <https://www.centralcoast.nsw.gov.au/business/opportunities-and-investment/central-coast-region-key-enabling-projects>

Central Coast Council  
Media Release

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\$18 schnitzels

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

**FRIDAY**  
HAPPY HOUR 4-6pm  
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Paul Bergagin Friday, 13 December 11-8:00pm  
Spank & the monkey Friday, 19 December 11-8:00pm  
Darren Rolling Rays Duo Monday, 27 December 11-4:00pm

**2024 CHRISTMAS RAFFLES AT MMMC**

DECEMBER

TOY RAFFLE - 2pm  
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**13<sup>th</sup>**  
HAM RAFFLE - 7:30pm  
30 HAMS TO BE WON!  
ENTERTAINMENT FROM 8PM

**20<sup>th</sup>**  
HAM & ROAST RAFFLE - 7:30pm  
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The brick home features plentiful living area an open plan kitchen family area with country style timber kitchen. There are floorboards throughout, a combustion fireplace and air conditioning.

The upstairs master bedroom is spacious, with ensuites and built in robes. There is a study/office and internal access to garage with extra-large rumpus/gym/storage area.

The worker's accommodation is spacious and comfortable and fully insulated with bathroom, kitchenette and plentiful living area.

There is an in-ground swimming pool for a cooling dip in the warmer months. The land is terraced allowing good air flow around the chicken sheds especially with the cooling north easterly breeze especially in summer and has northerly bush valley views and enjoys a mild coastal climate.

For further detailed information or appointment to inspect for qualified buyers only, please contact Michael Kidd 4376 1440 or Mobile 0439 761 440.



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# CWA

## Mangrove Mountain Evening Branch

### The Country Fair

The 2024 Mangrove Mountain Country Fair was a huge success! It was wonderful to see everyone getting involved with the stalls, joining competitions, and celebrating wins. The local performers truly set the scene with their live music, adding to the festive atmosphere. The CWA Mangrove Mountain Evening Branch had an impressive stall, selling around 300 jars of jams and pickles. Some members also generously volunteered their time to support the Central Mangrove School by baking cakes and biscuits for them to sell, showcasing the amazing volunteer spirit in our small community. Behind the scenes, many dedicated locals contributed,



like the farmer who supplied plums for the jams. The CWAMMEB has welcomed quite a few new members this year (myself included), and it has been a pleasure seeing so many members, both new and long-standing, embracing the competition and celebrating each other's projects and successes. We were all very excited to showcase our skills to the community and admire the amazing talents of everyone on the mountain. The crochet softballs were also a success, with the hospital expressing their gratitude for these donations and encouraging us to keep them coming!

The fair was enjoyed in great weather, and it was fantastic to see so many people attending. The CWA extends a huge thank you to all musicians,

performers, sponsors, volunteers, and even the farm animals—each played a part in making the 2024 Country Fair such a memorable event.

### Plant Nursery Adventures

Shortly after the fair, one of our members graciously held a plant sale at her beautiful home nursery, allowing people to visit and enjoy her gardens. Some members of the CWA got together and greatly appreciated walking the grounds and admiring the flora on display, which featured Christmas-coloured geraniums, poinsettias and hydrangeas. We were very thankful for her generosity, for opening her doors and welcoming us to explore and purchase from her lovely nursery.

*Madelen Savka*



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# It's Time to Celebrate with CEN

Each year, just before the official start of the silly season, the Community Environment Network holds an annual event, our networking night.

All our individual members, member groups and supporters are invited to attend.

We charge \$10 per person to cover the cost of the wine and cheese we serve.

This is an occasion when you hear from each member of the CEN team about what we have been working on this year. You may be surprised by how much we achieve for such a small team!

In addition to being an enjoyable social gathering, we also announce the winners of our Annual BAT Awards at our networking night. BAT stands for Be A Team and there are some amazing

'players for nature' who've had their names added to the Cricket Bat trophy over the years.

Who will be this year's BAT Award winners? Be the first to know by registering to attend our 2024 networking night.

When: 5:30 - 7:00 pm Thursday 5 December 2024 Where: Wildplant Community Nursery Community College, off Loop Road, Ourimbah Campus of Newcastle University

We look forward to seeing you there.

Here's the link to register:

<https://cen.org.au/events/cen-event-list/893-twilight-networking-night-in-the-nursery-2>

And don't forget to bring your fold up chair. We are planning to hold this event in our beautiful Wildplant Nursery at Ourimbah but we have a nearby backup plan in the event of rain.

We hope you can make it to share in our 2024 successes and help us to congratulate our BAT Award winners.

*Community Environment Network*

## GET EQUIPPED, BE CONFIDENT WRITING GRANTS

GrantGuru has released grant writing courses providing the core principles of grant winning aimed to support grant enthusiasts!

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Now you can take advantage of the extensive knowledge and sector experience that GrantGuru provides through a 26-module course.

Learn at your own pace via reading, interactive tasks, videos and case studies while earning your own grant tool kit that includes cheat sheets, top tips and templates as well as a digital certificate and digital badge proving your competency in grant winning core principles.

### Grant Writing Courses: Introduction to Grant Writing

For Everyone - \$69

A short course - good for anyone who would like to get a quick understanding of how grants work.

### Strategic Grant Writing Courses

Community & NFPs - \$295

Designed for community organisation, not for profits, sports clubs and health organisations.

Business - \$295

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We break grant getting into 4 easy to understand steps:

- Think right: understanding the Australian \$90 billion plus grants space.
- Grant strategy: before you put pen to paper, develop your strategy.
- Grant writing: how to sell your project through words, numbers and some white spaces.
- Reporting: sealing the deal - contracts, compliance and legal.

### How long will it take?


Introduction to Grant Writing can be completed in less than an hour.

Strategic Grant Writing will take 2 intensive days. While you can complete this course in one day or two full time; we suggest, for optimal learning, you space out your sessions over time. Create a schedule for yourself that provides regular times you can learn

and set yourself a plan and a completion goal date to keep you motivated. Each module contains an estimated time for completion according to an average learner, use this guide to help you map out your learning plan.

For more information go to <https://grantguru.com/au/learn>

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*All Welcome to celebrate....*

# Christmas....

10:00am Christmas Service at  
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## Sunday 15th December

2:30pm Christmas Carols  
at Angels Sussurri Restaurant  
*Live Music, Santa, Singing.*

*\*Please bring a plate of food share on the  
grazing table.*

# ...In the Valley

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0411104770

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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 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 25th November 2024

450 Cattle yarded today at Maitland.  
420 Trade/Yearling cattle and 30  
Export.

Trade Job remained firm. Export job  
was also firm.

- Restocker steers up to 250kg made  
320c/kg to 420c/kg
- 250kg-300kg made 325c/kg to 380c/  
kg
- 300kg to 380kg made 290c/kg to  
365c/kg
- Restocker Heifers up to 250kg made  
220c/kg to 320c/kg
- 250kg-300kg made 250c/kg to 310c/  
kg
- 300kg-380kg made 235c/kg to 310c/  
kg
- Yearling Steers to Feed made 290c/  
kg to 352c/kg
- Yearling Heifers to Feed made 290c/  
kg to 290c/kg
- Butcher Vealers made 310c/kg to  
345c/kg
- Cows Made 170c/kg to 270c/kg
- Bulls made 200c/kg to 250c/kg
- Bullocks made 260c/kg to 310c/kg

### Maitland Liveweight Cattle Sale 11th November 2024

350 cattle yarded today at Maitland.  
320 trade/yearling cattle and 30  
export.

Trade job was firm. Export job was  
firm to slightly easier.

- Restocker steers up to 250kg made  
315c/kg to 415c/kg
- 250kg-300kg made 320c/kg to 410c/  
kg



- 300kg to 380kg made 290c/kg to 375c/kg
- Restocker Heifers up to 250kg made 220c/kg to 315c/kg
- 250kg-300kg made 230c/kg to 305c/kg
- 300kg-380kg made 220c/kg to 315c/kg
- Yearling Steers to Feed made 290c/kg to 375c/kg
- Yearling Heifers to Feed made 290c/kg to 325c/kg
- Butcher Vealers made 290c/kg to 340c/kg
- Cows Made 170c/kg to 278c/kg
- Bulls made 216c/kg

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

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

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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:pastorkcbc@outlook.com">pastorkcbc@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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# Skin Check-in: - Melanoma hotspot map

Revelations that the Central Coast is at no. 23 of a newly-released melanoma hotspot map from the Cancer Institute NSW is a timely reminder for Coasties to protect their skin while outdoors.

Member for Gosford Liesl Tesch MP cited the sobering reality that Australia has one of the highest skin cancer rates in the world.

“Two out of three Australians will be treated for skin cancer in their lifetime which is why protecting our skin from the sun from a very young age, and into adulthood, is key to reducing our risk of this devastating disease.

“Here on the Central Coast, we love being outdoors enjoying the natural environment or being active. This is healthy, but only if you’re being sun smart. Otherwise, it can be deadly.

“Whether you’re heading to the beach, hanging the washing, or walking to the shops or train station, I urge everyone to do the simple things like seeking shade when outdoors, wearing sunscreen, putting on a hat, sunglasses and protective clothing to safeguard themselves from harmful UV radiation from the sun.”

Melanoma is one of the most common cancers among young Australians, and

the third most diagnosed cancer in NSW, with more than 5,000 people expected to be diagnosed in the state in 2024.

As the most serious form of skin cancer, melanoma can be deadly and is projected to take the lives of close to 500 people across NSW this year. Ninety-five per cent of melanoma and 99 per cent of non-melanoma skin cancers are caused by overexposure to UV radiation from the sun and can be prevented with proper sun protection.

The summer relaunch of its ‘If You Could See UV’ campaign forms part of a suite of initiatives underway at The Cancer Institute NSW to help reduce the impact of skin cancer in NSW.

The most effective defence against UV radiation is to follow these five key steps before leaving the house include:

- 1) Slip on protective clothing.
- 2) Slop on SPF50+ sunscreen. Sunscreen should always be applied 20 minutes before heading outdoors and re-applied every two hours.
- 3) Slap on a wide brimmed hat.
- 4) Seek shade; and
- 5) Slide on sunglasses.

Ballina, Lismore, Byron, Clarence Valley and Coffs Harbour local government areas (LGAs) have the state’s highest rates of melanoma, with almost 350 cases projected to be diagnosed in those areas in 2024.

The full melanoma hotspots list is here: <https://www.cancer.nsw.gov.au/>

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prevention-and-screening/preventing-cancer/preventing-skin-cancer/reduce-your-skin-cancer-risk/know-the-nsw-melanoma-hotspots

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



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

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GALE'S CITRUS - Bagged Citrus trees in various sizes available ph. 4372 1408 or mobile 0421 196 631

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