

COMMUNITY NEWS

No. 959 Ph: 4374 1039 Mo: 0412 669 649 Email: enquiries@cnews1.com.au Web: cnews1.com.au 21th February 2025

AGEING IN THE COMMUNITY

Some time ago I was confronted by a younger member of the community and informed that as I was now (at the time) over 70, I no longer belonged and should move to an old people's village, to say the least I didn't agree.

I know that government provides money to help older people stay in their own homes. That is great, however in a rural community like ours this is not always advisable, possible or desirable. Isolation, elder abuse, lack of transport and other issues can all make this a nightmare.

Having spent many years considering and researching the topic, I have realised that staying in one's own

community is of utmost importance for many as they age.

When one is moved down to the coast "for their own good" it frequently leaves them unhappy and lonely. In many cases their partner can seldom visit, they feel like a caged animals, just "on show" for other's peace of mind.

We really need somewhere where our oldies can remain in the community but in a safe environment for all of life.

This idea raises some challenges, are WE, as the community prepared to face the challenge?

Well now I'm over 80, it's now or never, if you have any insight on what and how something might be achieved call Clara on 02 49988198. I hope to have a meeting in late February or March to get us started.

Clara Jones

MANGROVE MOUNTAIN AND DISTRICTS COMMUNITY GROUP INC

Notice of AGM

Annual General Meeting
to be held on
Thursday 6th March 8pm
Mangrove Mountain Public Hall

Yarn Bombing News

This is a fancy name for a very simple activity. On Monday afternoons we meet at The Hub, in Mangrove Mountain, from about 2 till 4pm. We have a coffee, have a chat and enjoy the company. Occasionally some of us may be doing a bit of knitting or crochet, or some other crafty project, (though often not a lot). Mostly we come to enjoy the get-together. Mondays, 2 to 4 pm, at The Hub. Thank you very much Shane for indulging us.

Come along any week and join in.

Sue Douglas

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

POETS' BREAKFAST

Come and enjoy a hearty cooked breakfast with an array of yummy CWA home baked desserts & scones, juice and a bottomless cup of tea or coffee



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At Mangrove Mountain Union Church Hall
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We are fast approaching the stage of the ultimate inversion: the stage where the government is free to do anything it pleases, while the citizens may act only by permission; which is the stage of the darkest periods of human history, the stage of rule by brute force.

Ayn Rand

STOP!

Next issue Published
7th March 2025

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**** 28th Feb '25 ****

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MANGROVE MOUNTAIN AND DISTRICTS COMMUNITY GROUP

We held our first meeting for the year on Thursday, 6th February.

Seven of us, including a new member, met to discuss matters affecting our community.

First, we discussed housekeeping matters such as banking issues and hall maintenance. A federal grant for Community Building Partnerships is now open and we will be applying to paint the outside of the hall. We would really like this done as the Mangrove Mountain Hall's 100th birthday is in April 2027. We think she deserves to look her best for the Centenary celebrations!!

The local monthly markets are growing and attracting visitors from near and far. Stall holders and visitors alike comment on the positive ambience. I'm sure the beautiful bush surroundings as well as great stalls, music and old-fashioned games like skittles help create the atmosphere. The next markets to be held on 2nd March will be our first birthday!

We agreed that our group has to work together with CEN (Community

Environment Network) to ensure that the NSW government does the right thing when developing a Strategic Conservation Plan for the Central Coast. We have written to politicians and councillors as well as council staff about the draft terms of reference for the Community Engagement Strategy...our voices must be heard!

We have great concerns that Council has reported that PFAS has been detected in the Ourimbah Creek catchment. Could the source be the Mangrove Mountain Landfill? Previous attempts to obtain monitoring data from EPA have proven very difficult. We need to follow this up by making further enquiries.

We were very disappointed not to receive a grant to make the Hall the "Safer Place" that is deemed to be for bushfire evacuation. We agree that this is of utmost importance so we will be applying again in the upcoming "Bushfire Preparedness Grant" from the Federal government.

A used vape was found on the street and this led to discussing how to dispose of them. As they contain batteries, they cannot be placed in household garbage. We will be contacting Council to ask if they can provide a container where residents can place their used vapes so they can be safely disposed of.

We will be holding a working bee on Saturday, 22nd February starting 9am. The main job this time will be to oil the floor of the hall. There is always

A Piece Of The Central Coast In Our Nation's Capital

The Australian Government's \$550 million upgrade to the Australian War Memorial is taking shape with sandstone from Gosford Quarry sourced to help build new additions to the memorial.

The Australian War Memorial's new main entrance required 380m3 or around 800t of Wondabyne Sandstone from the Gosford Quarry.

The quarry re-opened the same face that had been used to build the memorial in the 1930's and '40's so that builders could get a perfect match of new stone to the existing stone.

Stone was also processed at the quarry using a variety of tools including a robotic chisel.

The existing Wondabyne sandstone stairs and bastions at the memorial had

much to do including cleaning and gardening.

Our next meeting on Thursday, 6th March, will also be our AGM.

Please join us and help make this great community even better... .7.30pm...see you there!

*Poppe Zouroudis
Committee member*

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Australian War Memorial New Main Entrance

to be carefully removed, stored and reinstated to allow builders to connect the new main entrance to the existing heritage listed main building.

Wondabyne Sandstone is also being used in the still under construction Anzac Hall.

The Wondabyne Quarry is typically only accessible three times a year when the adjacent rail line is closed for maintenance; the extracted stone needs to be hauled across water via a barge, and then onto Canberra.


Dr Gordon Reid MP Federal Member for Robertson, said "It is tremendous that sandstone from Gosford Quarry on the Central Coast has been used to

help build the new main entrance to the Australian War Memorial.

"Our Central Coast community will be proud to know that a part of our region will forever help commemorate the sacrifice and service of Australian Defence Force personnel and their families at the Australian War Memorial in Canberra.

"I recently had the opportunity to be a part of the official public opening of the main entrance to the memorial, which saw the Prime Minister, Opposition Leader, and other members of the Australian Parliament attend.

"I wish to thank Gosford Quarry for their marvellous work in providing



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premium sandstone for this project, and I look forward to seeing the rest of the development come to life.

"Our community can also see the Australian War Memorial's Art in Conflict exhibition which is on display at the Gosford Regional Library from February 15, 2025", Dr Reid said.

More information about the Australian War Memorial here: <https://www.awm.gov.au/>

*Media Release from The Office of
 Dr Gordon Reid MP
 Federal Member for Robertson*



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Pilates for All Ages

When I entered the work force after finishing my physiotherapy degree many years ago, I knew I didn't want to "fix" people, but was unsure what field I fitted into.

One day while at a gym class during my pregnancy, I realised that the instructors had no idea of the correct exercises for pregnant women; it was my "lightbulb" moment!

I would open a gym for pregnant women!

Once my daughter was a toddler, I opened the first gym dedicated to pregnant women in Bondi Junction. It was a hit!

After some years, I sold the practice and began working as a women's health physiotherapist at RPA, starting pregnancy fitness classes there. I also wrote a book on fitness in pregnancy which was published by Penguin.

Forward a few years, I decided to leave Sydney to come and live in the beautiful Yarralong valley in 2001.

It was here that I realised there was nowhere for women to meet one another and chat on a regular basis. So, again, I started regular fitness/pilates classes for women in 2002.

These classes proved very popular and some of the women who began all those years ago, still attend now.

My passion as a physio is still in the field of prevention. This is what



Marion 93 & Julia 14

the aim of my classes is and to show women (plus now men) that age is no barrier to becoming fit and healthy and to remain fit well into older age.

An example of this is Marion Farley, 93 yrs old who has been attending my classes for the past 10 years.

Marion is a wonderful example of commitment, dedication and drive, to stay as fit and healthy as possible. She is the class's champion at planking, not an easy exercise for anyone, let alone a 93 yr old!

COUNCIL UNLEASHES A BIGGER AND BETTER 'DOGS DAY OUT'

Central Coast Council's popular 'Dogs Day Out' returns on Saturday 22 February from 9am-3pm at Terilbah Reserve in The Entrance North. This beloved community event promises a fun-filled day for our furry friends, their owners and the entire community.

Now in its fourth year, this year's event is bigger and better than ever, with 30 local businesses hosting stalls, training programs and demonstrations.

Central Coast Council Director Environment and Planning, Jamie Loader said the event is a fantastic opportunity to promote responsible pet ownership in a fun and engaging way.

"This annual event celebrates our furry friends while reminding us of the importance of responsible dog ownership," Mr Loader said.

"Since the event's inception, we've seen a remarkable increase in participation from local businesses and

Whilst being a fantastic role model at pilates, she is also a wonderful artist who has won many awards with a show coming up in May.

Dorothy Gliksmann

Dr. S. ANANDASIVAM

(ANAND)

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pet service providers and this year's event features a diverse range of stalls, services and training programs.

"Our partners at SoCares will once again provide free microchipping and check-your-chip services, while the Animal Welfare League will offer free health checks, low-cost vaccinations and valuable pet care advice.

"By promoting free microchipping, we aim to increase the number of microchipped pets on the Central Coast, facilitating the safe return of lost pets to their owners."

Event highlights include:

- Grooming presentation
- Agility demonstration
- Fancy dress competition
- Best trick competition
- Pug race
- Free dog microchipping and health


checks

- Low-cost vaccinations
- Acoustic music from Toby Wells
- Doggy toys, clothes and treats
- Food and drink stalls for the humans

Council Mayor, Lawrie McKinna said dogs play a vital role in many local families' lives, offering companionship, social interaction and a sense of security.

"Our community deeply values their pets, and Council's Dogs Day Out offers a wonderful opportunity to celebrate the special bond we share with them, while socialising with other dogs and their owners from across the region," Mayor McKinna said.

"This event promotes responsible pet ownership and increases community awareness about the importance of

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providing our pets with the love and care they truly deserve."

Event details:

- Saturday 22 February 2025
- 9am-3pm
- Terilbah Reserve, Wilfred Barrett Drive, The Entrance North
- Free

Locals are encouraged to bring along their dogs to the event but remember they must be on a leash.

For further information about the event search 'Dogs Day Out' at centralcoast.nsw.gov.au/whats-on

Central Coast Council Media Release

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Mountain Districts Men's Shed takes shape

A Men's Shed to serve the needs of our local communities is swiftly moving from the initial idea to a reality. A number of meetings for those interested have taken place, a steering committee formed that is busily working through the necessary registration processes involved in establishing the formal organisational structure of the shed, and plans are underway to organise an initial "working bee" type activity to benefit the community. The formal name of our community's shed will be the Mountain Districts Men's Shed.

On Saturday 15th February a number of us were generously hosted by the Wisemans Ferry Community Men's Shed for a site visit. The Wisemans Ferry shed has grown from humble beginnings to a well established and tooled-up facility with an active membership. Like a riverside version of some Silicon Valley IT startup the Wisemans Ferry shed started off hosted in the garage of one of the founding members, and now boasts a 135m² purpose built shed that delivers an incredible amount back to the community, from refurbished walker frames for the elderly, to supplies and assistance to residents affected by the floods over the last few years, to new external access steps for a local resident, furniture, ad-hoc repairs, and toys. The list goes on and it is genuinely all an impressive and inspiring set of

contributions to the local community from the shed's members. Along the way, members (both men and women) support each other socially, share skills, and make life changing differences to each other through mentoring and mateship.

The goals of the Mountain Districts Men's Shed are to achieve these same outcomes for our members, and to our communities.

The journey to us getting anything

like the well set up and dedicated facility that the Wisemans Ferry shed enjoys will realistically see at least another Christmas season come and go. As the saying goes, the journey is as enjoyable as the eventual destination. We are currently seeking use or part use of a privately owned shed where we can set up and start making a difference. If you are willing and able to support our community's shed with a potential interim location please contact the steering committee C/O simonperry@fastmail.com or



Mangrove Mountain Districts Men's Shed representatives visit the Wisemans Ferry Community Men's Shed

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MANGROVE CREEK DAM VISITOR CENTRE WINS AWARD

Central Coast Council's Mangrove Creek Dam Visitor Centre has been awarded the 2024 Newcastle Excellence in Building Award in the Public Buildings category (under \$5 million). In partnership with Slater Architects, the accolade recognises outstanding craftsmanship and architectural design.

"A key focus of the design was to establish a deep connection between the natural and built environment, which is evident in the way the

give me a call on 0481 438 288. To set expectations; right now we have a bank balance that wouldn't shout you a coffee at The Hub, so we're looking for someone in the community able to offer us a home (for now) on a pay-it-forward-to-the-community basis.

We will continue to keep everyone informed of our progress, and if you're interested in becoming a member of our shed, or just to learn more, please contact me at the above email or phone.

Simon Perry

*On behalf of the Mountain Districts
Men's Shed Steering Committee*

structure embraces the views and orientation towards Mangrove Creek Dam," said Slater Architects.

The Centre was also shortlisted for the 2025 Newcastle Architecture Awards in the Public Architecture category, in collaboration with North Construction & Building, further highlighting its innovative and sustainable design.

Council Director Water and Sewer, Danielle Hargreaves emphasised the project's alignment with community aspirations.

"We're thrilled that the Visitor Centre has been recognised as a regional achievement. Community consultation shaped the design, ensuring it reflects their vision for the site at Kulnura," Ms Hargreaves said.

"Built after the 2019 Three Mile Fire devastated the original picnic area, the Centre invites visitors to explore our natural environment, local Indigenous heritage, and the critical role of Mangrove Creek Dam in the Central Coast's water supply. With over 6,000 visitors since its opening in September 2023, the Centre is already a valued community asset."

Council Mayor Lawrie McKinna celebrated the recognition, highlighting the Centre's impact.

"The Mangrove Creek Dam Visitor Centre represents a collective achievement, showcasing Council's dedication to sustainable development and meaningful community engagement as we shape the region's



future.

"With its rich educational experiences and breathtaking views of the Central Coast's largest dam, the Centre significantly enhances the hinterland's appeal as a vibrant tourism destination." Mayor McKinna said.

The \$3.2 million project was rebuilt after Central Coast Council received \$2.567 million from the Commonwealth and NSW Government's Bushfire Local Economic Recovery (BLER) Fund.

Mangrove Creek Dam Visitor Centre materials were selected to reflect the natural environment and provide longevity and include natural finishes. All materials satisfy BAL 40 to BAL Fire Zone construction standards.

Open daily from 9 am to 5 pm (excluding Christmas Day), the Visitor Centre offers picnic shelters, a children's play area, and accessible amenities. The site will close during periods of extreme or catastrophic fire danger to ensure public safety.

Central Coast Council Media Release

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Fairview and the Archibald Prize

Fairview is a heritage-listed traditional homestead on Ten Mile Hollow Road at Mangrove Creek. It's well known for its magnificent setting and the central role it played in the life of the residents of Mangrove Creek for over 100 years.

What is less well known is its inspirational role in Australian landscape art. After Fairview was compulsorily acquired by Council in 1973 to clear the valley of habitation, Council nevertheless decided to rent out Fairview to tenants for another 29 years.

One of the first tenants was Brisbane-born landscape painter Neil Taylor. He and his young family lived at Fairview for 16 years from 1979 until 1995. At Mangrove Creek, Neil found inspiration for his art. The old kitchen became his workshop and apart from painting scenes on the walls of his studio, he created a series of outstanding landscape, portrait and genre paintings.

Neil was a finalist in the Art Gallery of New South Wales' Archibald, Wynne and Sulman Prizes a total of ten times and most of the paintings he exhibited were painted at Fairview.

But that is not where Fairview's link with the Archibald and Wynne Prizes ends. When Neil left Fairview in 1995, Council rented the homestead to landscape painter Peter Chapman. Peter too has been a finalist: twice for the Archibald and three times for the Wynne Prize.

Fairview was home to two exceptional artists and their families for 23 years. When Peter vacated the property in 2002, Council elected not to lease it again and has failed to

KULNURA AND DISTRICT GARDEN CLUB

Dam! I'm running late as usual to get to Garden Club, it looks like some big rain is coming in, and this month we are meeting at the Mangrove Dam Visitors Centre, the \$3.2 million Central Coast Council project which was opened in September 2023. Getting there just in time, we thought this a great spot to hold our Garden Club meeting this month-the architecture is award-winning, there are plenty of things to do, heaps of space, great views of the dam and surrounding bushland, and so much information that we will have to visit again to absorb it all. Our club gives this site a "Highly Recommended" as a place for locals and visitors alike to visit, have a picnic, let the kids play, go for a bushwalk, and breath in the wonderful mountain air! Congratulations to our local council

and everyone involved in making this wonderful space available to us all. And, thank you to the rain fairies – we had our meeting and the drops held off for us and started dropping just as we packed up-phew!

The theme this month was 'Australiana', acknowledging our recent national day. Our talented members put together a display of paintings, sculptures, local flowers and even a locally written and published book by one of our members. To add to the theme, lyrebirds and wallabies lingered nearby, revealing themselves to the quietly observant amongst us.

Our competition entries this month included some impressive pumpkins, dahlias, hydrangea, and of course Australian natives of various colours and appearance. We always learn



maintain it since.

Fairview in its magnificent setting at Dubbo Gully has inspired artists to create exceptional artworks. It still moves those who come to visit, but today's emotions are less joyful. For the last 22 years, Fairview has been left to decay slowly and mercilessly through neglect — but it is not too

late.

The Friends of Fairview are keen to work with Council to find a positive future for this heritage building. Fairview should again be a wonderful and inspirational resource for the community of the Central Coast. Support us, make your voice heard and help to make it happen. Sign our online petition at <https://www.surveymonkey.com/r/SaveFairview> or scan the QR code.



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something from each other about how to grow and nurture our gardens.

Our secretary Jacqui ran the meeting efficiently and with great humour, and our new President Debbie was officially welcomed into the role. Thank you to Debbie and everyone who pitches in and helps run this excellent club!

Back at home in our garden during February, highlights include chilies, marigolds, and more beans being sown; dahlias, zinnias and the crepe myrtle are flowering beautifully, and cucumbers, tomato, okra, and basil are being harvested. Recent rains and warm weather keep us on the mower, and the weeding never ends!

A perennial favourite gardening book is Peter Cundall's "The Practical Australian Gardener", which gives a week-by-week guide to what to do in one's Ornamental, Vegetable, and Fruit Gardens along with the houseplants indoors. Mr Cundall has an engaging manner of writing in a somewhat 'old school' Australian manner, and his advice is generally spot-on and understandable even for a beginner gardener.

Being enjoyed with the morning coffee is theweedygardenaustralia YouTube channel. David Trood is an incredible photographer and storyteller, and his chronicles of his gardening exploits in Northern NSW have been an inspiration for many.

Our next meeting will be on Monday 10th March. We welcome new members and visitors to Kulnura and Districts Garden Club.

Please email kulnuradgc@gmail.com for information about meetings, membership, or any other questions.

Getoutintothegardenandenjoy!

Dooralong Dave

Right: Garden Club display



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Dream Comes True for Local Gymnast-Turned-Skier



L to R: Abbey Willcox, Laura Peel, Danielle Scott (photo OWIA/ChrisHocking)

Abbey Willcox who grew up in Somersby dreamt of representing Australia in gymnastics and has used her gymnast skills to win bronze in a World Cup skiing event.

Abbey and fellow Australian aerials skiers Laura Peel, Danielle Scott swept the World Cup podium at the Deer Valley Aerial World Cup.

It is the first time in FIS Freestyle World Cup history that Australia has won all three medals in a single event.

Airleigh Frigo, another Australian, finished in fourth spot as Australians swept the top four places.

Willcox had a breakthrough 2019-

2020 World Cup season, highlighted by the first World Cup podium of her career under lights in Deer Valley, UT, USA, taking bronze in February 2020. She also finished the season ranked a personal best 7th in the world on the world cup standings.

At a 2020-2021 World Cup event in event in Yaroslavl, Russia, Abbey advanced to finals in eighth place, but was unable to take part after crashing her last jump in finals training and injuring her leg. The injury required surgery, and Willcox had to return to Australia ending her season.

Abbey returned to competition



Above: Abbey Willcox

in September 2023, taking part in a Water Jump Grand Prix event at the Geoff Henke Olympic Winter Training Centre, where she placed second behind teammate Airleigh Frigo.

The 2023-2024 FIS World Cup season was exciting for Willcox, highlighted by the second podium of her career at Deer Valley, UT, USA finishing the World Cup season ranked seventh, matching her previous best.

Information from ABC, AIS and OWIA

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AMOS BAUER

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Our dearly beloved Amos has passed on and is now a guiding angel in the realms above.

Amos died of natural causes. We believe he passed peacefully at home just a day after his 49th birthday.

His body was cremated on Thursday, 13th February 2025.

We warmly invite you to join us in celebrating his life at 12.00 PM on Saturday, 22nd February 2025, at Spencer Thai / The Tree in Spencer, NSW.

Please bring your memories, love, and community spirit as we come together to honour and farewell this much loved man, a gentle-man.

Aliah & Ken Scott



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LADIES OF THE VALLEY

Hi, I just wanted to let you know about our group... "Ladies of the Valley & friends".

We started meeting through Covid19 with the purpose of staying connected and to diminish the isolation many were feeling.

Then with great relief for all and as a community we were able to actually meet face to face and have real conversations.

So we decided to continue meeting as we felt it met a real need.

If you are new to the area or just need to have a chat this afternoon tea gives you the opportunity to connect with other women in a relaxed and friendly environment. We chose Tuesday afternoons once a month to 'Sip and Chat'. There is no agenda with a chance to share each others lives over coffee, tea, drink of choice and a delicious treat if you want.

We are a quite a diverse lot but very warm and welcoming, happy to include any who come along. The ladies range in age and come from as far as Dooralong, Wyong Creek,





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So in this busy life we all lead why not take a moment for yourself.

You are invited to join us on the first Tuesday of every month, 1pm to 2.30pm

We meet at the local Angel Sussurri Cafe/Restaurant at Yarramalong, served by the their delightful and hospitable staff.

Margaret Dale

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Natural History Illustration Workshop with Angus Fisher

Saturday 15th March 2025

Enjoy a day with natural history illustrator and artist Angus Fisher at the Hawkesbury Duck in Spencer on the banks of the Hawkesbury River. Learn how to represent the natural world and render its likeness in pencil, pen, and ink using stippling and watercolour.

The day starts collecting and identifying local botanical specimens, shells, feathers and other found objects from the river landscape. After a delighted morning tea, we delve into techniques of drawing. As we explore these different methods, Angus will guide us into the fascinating world of natural history illustration, a tradition made famous by Joseph Banks' Florilegium and Sydney Parkinson's exquisite works during the Endeavour exploratory voyages. Learn how to create shape and form, and apply watercolours to produce artwork that connects directly to these historical traditions of representing the natural world.

Angus graduated from the National Art School with distinction. He has

worked as an archaeological illustrator in Greece and spent considerable time working alongside Aboriginal artists in remote areas of Australia. Angus's work can be found in various public and private collections including the National Gallery of Australia and the Art Gallery of NSW.

This workshop is ideal for beginners, artists and nature lovers. Ink, pens, watercolours and all materials will be provided. Enjoy morning tea, lunch, and an afternoon treat.



Location: The Hawkesbury Duck, Spencer

Time: 9.00am - 3.30pm

Cost: \$180 + booking fee

Tickets: www.heritageventures.com.au/angusfisher

Hosted by Heritage Ventures www.heritageventures.com.au



Our Trash To Treasure fundraiser event is back after the great success we had last November.

Save the date! Saturday, 29th March 2025 in the stunning gardens of the Spencer Thai – 4670 Wisemans Ferry Road from 9.00am to 3.00pm.

There will be a wide variety of items available for purchase from unique treasures to hidden gems. The Spencer Thai will be selling their delicious egg and bacon rolls and other tasty dishes. Veronica from Casula, will be coming back to enthrall us with her intuitive readings.

Don't miss out on the opportunity to buy something you didn't know you wanted! Remember to bring cash ONLY on the day.

Those wishing to participate, simply bundle up your unwanted goods, crafts, hobbies or whatever. To register a stall/table please contact Kylie Phielix on 0478 893 418.

Please come and join us for a fun-filled day at our Trash To Treasure fundraiser event!



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Gosford medicare mental health centre opens

Residents of the Central Coast can access free, walk-in mental health support at the Gosford Medicare Mental Health Centre.

The centre was officially opened today by Assistant Minister for Mental Health and Suicide Prevention, Emma McBride, and Member for Robertson, Dr Gordon Reid.

Located at 69 Central Coast Highway in West Gosford, the centre is open with no appointment or referral needed to access services.

Staffed by qualified mental health professionals including psychologists, social workers and counsellors, the centre can provide immediate help for people in distress as well as ongoing care for those with more complex mental health needs.

To boost access to specialist care, the government is investing an additional \$29.9 million to provide access to psychologists and psychiatrists through every centre.

Centres can also provide support for carers and families of people experiencing mental health distress and connect people with other services, from health to housing and employment.

The Albanese Labor Government is strengthening Medicare by establishing a national network of 61 Medicare Mental Health Centres, including 22 in New South Wales.

There are now 35 Medicare Mental Health Centres open across the country, including 13 locations in NSW.

The Albanese Labor Government is providing \$4.5 million for Medicare Mental Health Centres in Gosford, Tuggerah, Lake Macquarie and Cessnock.

The centres are commissioned by Hunter New England Central Coast Primary Health Network and operated

by Beam Health.

People can also make a free call to 1800 595 212 and be connected to a trained professional for advice, information or referral to the most appropriate local mental health service to meet their individual needs.

Assistant Minister McBride said “The Albanese Labor Government is strengthening Medicare by investing in more mental health services.

“For people across the Central Coast, the Medicare Mental Health Centres in Gosford and Tuggerah offer walk-in, free and quality care.

“We’re making it easier for anyone



Dr Reid with Emma McBride at the opening of the new Medicare Mental Health Centre at West Gosford.JPG



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WHATS ON WEEKLY

TUESDAY

BINGO from 11am
\$15 Pizza night

WEDNESDAY

MEAT RAFFLE drawn at 730pm
\$18 schnitzels

THURSDAY

MEMBERS BADGE DRAW - 730pm
\$22 steak night

FRIDAY

HAPPY HOUR 4-6pm
COCKTAIL HOUR 6-7pm
MEAT RAFFLE drawn at 730pm
New restaurant specials every week from 530pm

SATURDAY

POOL COMP from 630pm
entry fee \$5

SUNDAY

Sunday Roast - available all day



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to access equitable, free and quality mental health support closer to home."

Dr Gordon Reid, Member for Robertson said "Better access to health care is one of our community's main concerns and I'm proud to be part of a government that's delivering just that."

"For anyone who is in crisis or who has ongoing mental health concerns, the Gosford Medicare Mental Health Centre is a welcoming and understanding staff."

"I encourage locals who need support to access the Medicare Mental Health Centre by walking into the Gosford service or calling 1800 595 212."

The Gosford Medicare Mental Health Centre is in the Riverside Building, Level 1/69 Central Coast Highway, West Gosford NSW 2250.

Open 8:30 am to 5 pm weekdays, with additional appointments outside these hours.

For more information about Medicare Mental Health Centres, visit: Medicare Mental Health Centres | Australian Government Department of Health and Aged Care

*Media Release from the Offices of
The Hon Emma McBride MP
Assistant Minister for Mental Health and
Suicide Prevention
Assistant Minister for Rural and Regional
Health
Dr Gordon Reid MP
Member for Robertson*



Ladies of the Valley and friends

4th March 2025

Tuesday - 1.00pm to 2.30pm

Sip & Chat

Hi Ladies you are all invited to join us and enjoy a relaxing and welcoming afternoon. over a tea/coffee, drink chat and catch up. Meet old friends, Make new friends

Where: Angel Sussurri Restaurant Yarramalong

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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 Sales - March 15
- Annual Autumn Female Sale - 11am - March 1
- Annual Feature Angus Weaner Sale - Apr 3 11am

Gloucester Saleyards

- Fortnightly Thursday Store Cattle Sales - Feb 27

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

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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.calgamtwhite@ccrfs.org.au - Zack Winlade.
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)
Yarralong RFS		Information: www.facebook.com/ YarralongRuralFireBrigade/ Phone contacts: 0406 360588 or 0418 280764 Email: volunteer@yarralongrfs.org.au

COMMUNITY & SOCIAL

Central Coast Plateau Chamber of Commerce	First Tuesday each month 7.00PM MMMC
Coastlink Friendship Group	Wed 9.30am-2pm at the Health Centre, Nurses Rd, Central Mangrove
Country Women's Association (Somersby)	Second Wed of each month, at Somersby Hall Wiseman's Ferry Road, Somersby, contact Sue, 43721280 or 0407768000.
Country Women's Association (Peats Ridge & District)	Third Monday of the month at Community Hall, Peats Ridge School. Any enquiries please contact Christine 0419 400163.
Country Women's Association (Mangrove Mountain Evening Branch)	2nd & 4th Tues of the month, 4-8pm at Mangrove Mtn Union Church, 2154 Wisemans Ferry Rd, MMtn. General meeting 6pm 2nd Tues. Ph Judy 43771728
Gosford North Inner Wheel club	2nd Wed each month 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 Yarralong. Margaret Dale 0411104770
Mangrove Mountain Singers	1st & 3rd Tue, excl Dec. Mangrove Mtn Hall, 7-9pm Contact Kim & Leila 0401516501
Mangrove Mountain & Districts	1st Thurs of the Month, excl Jan. 7.30pm, Mangrove Community Group Meeting Mtn Hall. Contact: mepccinc@gmail.com, 0412669649
Mangrove Emergency Planning & Communications Committee	
Mangrove Mountain Country Fair Committee Meeting	3rd Thu of mth except Jan, 7pm, at The Hub of Mangrove Mtn. Pres- Shane 0417 436 529 www.mountaindistrictsassociation.com.au secretary@mountaindistrictsassociation.com.au
Mountain Districts Association (MDA)	
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, 0436482201, 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 10th February 2025

600 Cattle yarded today at Maitland.
550 Trade/yearling cattle and 50
export.

Trade Job was stronger. Export job
also stronger.

- Restocker steers up to 250kg made
330c/kg to 460c/kg
- 250kg-300kg made 340c/kg to 425c/
kg
- 300kg to 380kg made 310c/kg to
425c/kg
- Restocker Heifers up to 250kg made
240c/kg to 345c/kg
- 250kg-300kg made 250c/kg to 325c/
kg
- 300kg-380kg made 260c/kg to 315c/
kg
- Yearling Steers to Feed made 320c/
kg to 390c/kg
- Yearling Heifers to Feed made 260c/
kg to 310c/kg
- Butcher Vealers made 330c/kg to
375c/kg
- Cows Made 160c/kg to 284c/kg
- Bulls made 200c/kg to 250c/kg

Maitland Liveweight Cattle Sale 3rd February 2025

700 Cattle yarded today at Maitland.
650 Trade/Yearling Cattle and 50
Export cattle.

Trade job was 10c/kg – 20c/kg softer
today. Export cattle was 10c cheaper.

- Restocker steers up to 250kg made
290c/kg to 420c/kg
- 250kg-300kg made 330c/kg to 405c/
kg
- 300kg to 380kg made 310c/kg to
405c/kg
- Restocker Heifers up to 250kg made

- 230c/kg to 320c/kg
- 250kg-300kg made 250c/kg to 320c/kg
- 300kg-380kg made 260c/kg to 310c/kg
- Yearling Steers to Feed made 290c/kg to 356c/kg
- Yearling Heifers to Feed made 260c/kg to 310c/kg
- Butcher Vealers made 320c/kg to 370c/kg
- Cows Made 180c/kg to 275c/kg
- Grown Steers made 200c/kg to 310c/kg
- Bulls made 220c/kg

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

Like and share our Facebook page!
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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 www.divineretreatcentre.org.au</p> <p>Catholic Service -Spencer</p> <p style="text-align: right;">- Wollombi - Yarramalong</p> <p>YOUTH Junior Girl Guides 5-10 Girl Guides 10-15</p> <p>Scouts, Cubs & Venturers Peats Ridge Scout Hall</p> <p>HISTORICAL Brisbane Waters Historical Society</p> <p>Dharug & Lower Hawkesbury Historical Society Inc. First Fleeters Central Coast Chapter</p> <p>The Pearl Beach Aboriginal History Group</p> <p>Wyong District Museum & Historical Society</p> <p>ACTIVITY/HOBBY 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>HALL BOOKINGS Kulnura Hall Mangrove Mountain Hall Mangrove Mountain Union Church & Hall</p> <p>Somersby Hall and Mountain Districts Culture and Heritage Centre Yarramalong school of Arts / Hall</p>	<p>Every Sunday, 9.30am. (Easter & Christmas Carols dates to be advised) 2nd & 4th Sun. of the month. 10 am, followed by luncheon, tea, coffee, cakes (cost \$20). 1184 Peats Ridge Rd, Peats Ridge</p> <p>Sun @9.30am, Church & Kid's Program, Philip House, Mt Penang Gardens, Chris Clarke email pastorkcbc@outlook.com</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 & 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. www.henrykendallcottage.org.au Last Sat of month. All welcome, contact Jan Kofron 0405321478 jankofron@optusnet.com.au 2nd Sat of the month, 10.00am for 10.30, Point Clare Hall (except Jan & Dec). Contact Margaret 0409467710 or Gavin 43404435. 3rd Fri of month 7.30pm Pearl Beach. Peggy 0411754577 pbaboriginalhistory@gmail.com Open Sun to Thurs, 10am-2pm, other times by appt. Contact 43521886 email info@alisonhomestead.com.au website: www.alisonhomestead.com.au</p> <p>www.cclug.org.au - all most welcome 1st & 3rd Thurs of month, 6:45pm to 8:45pm at Doyalson-Wyee RSL. Debbie 0421216952 Yarramalong Hall 10am to 5pm, \$12/person. Bring along your projects. Dates & details: stackm@skymesh.com.au 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 & Hall bookings 0412669649 mmucsecretary@outlook.com Hall bookings: 0413 359 655 or AH 4373 1488 enquiries@yarramalonghall.org.au https://yarramalonghall.org.au</p>
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Australian mums and their newborn babies now have free access to the best and most comprehensive protection against respiratory syncytial virus (RSV).

The Australian Government is investing \$174.5 million to give eligible pregnant women free access to the RSV vaccine, Abrysvo®, under the National Immunisation Program.

The free maternal RSV vaccine will be available to women who are 28 to 36 weeks pregnant, to protect their newborn babies from serious illness.

Without subsidy, Australians could expect to pay \$300 for the vaccine.

RSV is a common respiratory virus that affects the nose, throat and lungs.

A significant number of infants will be infected with RSV before the age of two, with around 12,000 babies admitted to hospital each year with severe RSV. It is a leading cause of hospitalisation of babies in Australia.

Maternal immunisation reduces the risk of severe RSV disease in infants under 6 months of age by about 70 per cent.

Pregnant women can safely receive the RSV vaccine at the same time as other free and recommended maternal vaccines, influenza and whooping cough, which are already free.

To learn more about the recommended guidance on RSV by the ATAGI, check the Australian Immunisation Handbook.

Media Release from the Offices of the Hon. Mark Butler MP Federal Health Minister and Dr Gordon Reid MP Federal Member For Robertson

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CLASSIFIED ADVERTISEMENTS

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

POSITIONS AVAILABLE

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7.30 am - 5 pm

Sat 7.30 am - 12 noon

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