

COMMUNITY NEWS

No. 962 Ph: 4374 1039 Mo: 0412 669 649 Email: enquiries@cnews1.com.au

Web: cnews1.com.au 4th April 2025

Mangrove Mountain Union Church Trust

The MMUC Trust would like to thank the CWA for putting on another very successful Poet's Breakfast in the Church Hall. The 60+ attendees enjoyed a hearty BBQ breakfast followed by many entertaining poems.

Thankyou to a group of men from

study Group, Restitution Ministries in the Church. In the Hall Pilates, Yoga, CWA, Gunadoos and Monthly meetings for the Mangrove Mountain Country Fair and the Mountain Districts Men's Shed.

It is very pleasing to see the Community using the Community owned asset of the Mangrove Mountain Union Church Trust.

If you have a group that would like to make a booking for the Church or Church Hall, please contact the booking officer 0412 669 649 or mmucsecretary@outlook.com




the soon to be established Mountain Districts Men's Shed who attended a working bee that ticked off several jobs around the MMUC Trust grounds.

The booking calendar for the Church and Hall over last year has been filling up with regular bookings. Regular bookings by the Mountain Districts Christian Church congregation, Bible

INVITATION

ANZAC WWI Plaque dedication service 27th April

You are invited to a short dedication/ ANZAC service at 10.30am which will follow the Mangrove Districts Christian Church service which commences at 9.30am. Morning tea in



ANZAC COMMEMORATION SERVICE

**Sunday 13th April 2025
2pm**

Afternoon Tea served afterwards

All welcome

**Held at the
Mangrove Mountain
Memorial Club Limited**

the Hall after the dedication service.

The WW1 plaque that originally was on the end of the Church is being restored and will be attached to a sandstone plinth at the end of the Church under its original position.

Please come and join us on the 27th April.

*Ron Collins
President MMUC Trust*



"Real knowledge is to know the extent of one's ignorance."

Confucius

STOP!

Next issue Published
18th April 2025

**** DEADLINE ****

**** 11th April '25 ****

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Meeting to discuss issues around Ageing in Rural Areas - a Report

Dear People,

The meeting considering older people in our community looked at a number of issues.

The primary one was the fact that removing older people from their known surroundings is known to cause damage to their well-being and can trigger the onset of dementia.

If it is unwise or impossible to remain in their own home, then remaining in their community is important.

None of the local councillors or politicians (State or Federal) were present even though they had been

invited.

However, Fiona Morrison, the community engagement officer for ALICE and Breanna Pollock from Central Coast Council both spoke to the meeting answering many questions.

Keith and Brynnie Goodwill from the Wollombi-Laguna resilience network and Alan and Judy Smedley from Ravensdale were present representing their communities.

The need for a multi-purpose aged care facility to cover permanent care, convalescent care, respite and day care needs to be considered further as well

as "Composite homes" scattered round the community.

The need for affordable transport, in-home carers from the local area, a 'community nurse' etc needs to be further considered.

A co-ordinator to help rural people access what services there are would be very beneficial.

The next meeting will consider if we wish to become part of ALICE as well as where, when and how often we should meet etc.

My phone number is 0249988198. If unanswered please leave a message and I will call you back.

C. Jones

All Inclusive Care for Older People (ALICE)

The Central Coast is home to the largest and fastest growing number of elderly and frail patients in New South Wales. By 2031, more than 22% of older people on the Coast will be aged 70 or over (some 80,000 people). The elderly and frail cohort (>70yrs or >50yrs Aboriginal and Torres Strait Islander people) are at the highest risk of adverse outcomes such as falls, disability, unscheduled hospital admissions, longer stays in hospital, uncontrolled polypharmacy, and greater difficulty recovering from illness and surgery.



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MBBS

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To address such problems, the elderly and frail cohort requires multimodal care due that enable them to better engage in prevention and health promotion activities that support them to live as well as possible with their multiple and long-term conditions in the home environment and address key issues related to declining functional capacity and mental health. However, the lack of coordinated access to primary and community-based services (some 35% of people do not have access to a GP on the Coast) as well as community aged care support, combined with increasing numbers of older people living in social isolation and disconnected from the communities in which they live, means that care outcomes for older people are not as good as they should be.

To address this, the ALICE (All Inclusive Care for Older People) project, aims to support people to remain independent and well, and to avoid the need for hospital visits or residential care. We will be working with local communities to create local models of services and community connections that allow older people and their carers to receive support and best-practice care in the community and at home.

The purpose of ALICE is to improve care experience and outcomes for older people living with complex health and social care needs in our Central

Coast communities, supporting them to remain independent and well, and delaying or avoiding the use of institutional care. ALICE is designed to build on the Central Coast's Elderly and Frail Connected Care Pathway approach to create an evidence-based neighbourhood model for integrated community care.

ALICE – Key Features:

- A neighbourhood model co-designed with the local community to create an alliance promoting all-inclusive health and social care to older people living with complex health and social care needs
- Rapid access to preventative and co-ordinated health and social care services including neighbourhood-based care and support
- Leveraging partnerships across public, private and the NGO sector in the local community
- Enabled by the latest at-home health and wellbeing technologies
- Monitoring and evaluation framework that supports cycles of quality improvement, ongoing implementation guidance, and evaluation of impact
- Local pathways to support education and training for the next generation of the care workforce
- Sequencing for rapid translation of the model of care to other neighbourhoods
- Transformational and sustainable

EASTER SERVICES AT THE UNION CHURCH

Conducted by the Mountain Districts Christian Church.

GOOD FRIDAY - Join us at 9.30am as we remember Jesus' last days before his death.

EASTER - The happy and glorious day of Jesus' resurrection. Come along. Service at 9.30am

effect on costs and outcomes of care

- Economic and social benefits to the local community

Crucial to the success of the ALICE model is its ability to 'scale-deep' through the process of co-designing and co-creating its neighbourhood-based programs in ways that bring community stakeholders together to form productive alliances.

FUNDER: CCLHD, Department of Regional NSW

PARTNERS: CCLHD, Department of Regional NSW, HNECC Primary Health Network

SPONSORS: Central Coast Research Institute for Integrated Care (CCRI), University of Newcastle (UON), NSW Health, Department of Regional NSW, Central Coast Council, HNECC Primary Health Network (HNECCPHN)



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YOUTH EMPOWERMENT GRANTS TO STRENGTHEN COMMUNITY SAFETY

Community safety on the Central Coast will directly benefit from the Albanese Government's \$28.3 million Youth Empowerment Program.

The Youth Empowerment Program provides funding for programs for youth aged 10 to 17 who are engaged in, or at-risk of becoming engaged in, criminal or anti-social behaviour.

Regional Youth Support Services INC (RYSS) on the Central Coast has been chosen as one of 35 organisations across the nation to benefit from this groundbreaking program to support young people, and improve community safety.

RYSS will receive \$988,650.

Dr Gordon Reid said "This investment will make a positive impact on the lives of young people aged 10 to 17 by promoting connections with family, education and community, and help to break their involvement in criminal and anti-social behaviours." RYSS CEO, Kim McLoughry said "This funding is great news and timely for our community, as well as for the

Carp to Croc: Help protect our waterways and feed a croc!

Central Coast Council is inviting the community to help tackle one of Australia's most damaging invasive species through the Carp to Croc muster event, an exciting fishing event aimed at reducing European Carp populations in our local waterways.

European Carp pose a serious threat to local ecosystems, degrading water quality and displacing native species. Carp to Croc is a chance to fish for a cause, learn about the importance of

redevelopment of Gosford.

"With this resourcing, it will ensure RYSS has a permanent hub in Gosford and will enable our permanency plan.

Background:

The RYSS Youth Leadership & Resilience Hub will transform the lives of at-risk young people aged 10-17 years across the Central Coast, NSW.

Building on 38 years of specialised youth service delivery and RYSS' proven success running a Youth Hub, we will provide targeted programs in leadership development, employment

waterway health and put your catches to good use – either by cooking it at home or donating it to the Australian Reptile Park, via BCF Tuggerah, where it will be used as food for crocodiles and alligators.

This month-long event kicks off with a launch at Wyong Milk Factory on Saturday 5 April 2025, followed by a fishing muster from 6 April-5 May, where participants are encouraged to fish for the invasive species. Participants will log their catches via the Fish Donkey app, with prizes awarded at the end of the challenge.

The free launch event will feature:

- fishing, electrofishing, and rod rigging demonstrations
- a carp cooking showcase –taste it if you dare!
- talks from experts at OzFish, BCF, Central Coast Council, NSW Department of Primary Industries,

readiness, wellness, creative arts, and digital literacy.

The Youth Hub will address the root causes of youth anti-social and criminal behaviour, equipping young people with the tools to break cycles of disadvantage and significantly reduce criminal activity through mentorship, engagement, and skill-building.

Media release from the office of
Dr Gordon Reid MP
Federal Member for Robertson

Dr. S. ANANDASIVAM

(ANAND)

MBBS, FRACGP, AMCC

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Central Coast Council Director of Water and Sewer, Danielle Hargreaves highlighted the importance of community action in protecting the region's natural ecosystems.

"Council is committed to maintaining and improving the health of our waterways. Events like Carp to Croc help raise awareness about invasive species while actively reducing their numbers," Ms Hargreaves said.

Director of the Australian Reptile Park, Liz Gabriel, said the initiative not only benefits the environment but also provides a valuable food source for their animals.

"The Australian Reptile Park is dedicated to protecting our native ecosystems, and invasive species like European carp pose a serious threat to our waterways. Carp to Croc is a fantastic initiative by Central Coast Council, and we're thrilled to be involved, Ms Gabriel said.

"Not only does this event help the environment, but it also provides an exciting new food source for our crocodiles and alligators—they'll love the extra variety! A huge thank you to everyone taking part.

"And if you'd like to see one of our biggest crocs in action, come visit Elvis, the largest saltwater crocodile in NSW, at the Australian Reptile

Park, with feedings every day over the school holidays."

Central Coast Council Mayor, Lawrie McKinna said the event is a great way to combine environmental action with community engagement.

"We encourage everyone to get involved, whether you have a passion for fishing or just keen to make a difference."

Event details:

- Launch event: 5 April 2025, 10am-1pm at Wyong Milk Factory (141 Alison Road, Wyong NSW 2259)
- Carp fishing muster period: 6 April-5 May 2025
- Carp that are not used for cooking purposes can be taken to BCF Tuggerah for storage in their freezers
- Prizes include a fishing kayak, Australian Reptile Park Family Experience and a BCF voucher

The muster competition will be run through the Fish Donkey app, with more details to be announced at the Launch Event and on Council's Facebook event.

Grab your fishing gear and help restore the health of our rivers and creeks.

For more information, search 'Carp to Croc' on centralcoast.nsw.gov.au or visit the Carp to Croc Facebook event.

Central Coast Council Media Release



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MOUNTAIN DISTRICTS CHRISTIAN CHURCH INC.

NOTICE OF AGM

The Annual General Meeting
to be held on Sunday 13th April
2025
at 11am (after the Church Service)
in
the Union Church Meeting Hall, at
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VOICES FROM THE SECRET RIVER

Sunday 27th April

We're back with our flagship event for the year—Voices from the Secret River.

With Emeritus Professor of Australian History Grace Karskens, historians and maritime experts, musicians, writers, and fabulous raconteurs. Enjoy a day immersed in river history.

Morning river cruise aboard the historical wooden ferry MV Clarence Head with afternoon symposium in Spencer on the Hawkesbury River.

Grazing lunch specially prepared by Kate's Catering.

Highlights River Cruise - Upstream and Downstream on the Lower Hawkesbury River
8.30am - 1.30pm (including lunch)
\$210

Along the river, Garigal man Adam Byrne shares Aboriginal traditional knowledge about the rich and diverse sources of bush tucker and the importance of food sovereignty. Our voyage continues with the sounds of an Irish harp. Learn about the transportation of Irish women escaping the famine and what awaited them in the early colony. On our return trip, we trace the arrival of another type of 19th-

century visitor—the tourist—during the era of regattas, sailing races, and steamboat pleasure cruises.

Highlights Symposium - Symposium
- On shore in Spencer village
12.30pm - 4.30pm (including lunch)
\$70

Gain insights into the range and diversity of Hawkesbury river trading vessels with maritime researcher Peter Rea. New research from renowned historian Grace Karskens takes us into the world of 'ships sailing on sandstone', indigenous inscriptions clustering along Dyarubbin/the Hawkesbury River. Chris Haywood, actor and storyteller, regales us with tales of smuggling, sabotage and skulduggery by the river dwellers who lived in the many hidden tributaries of the Hawkesbury.

Combined River Cruise and Symposium.

Make a day of it and enjoy both events. Buy both tickets together for the full day experience. 8.30am-4.30pm. Combined tickets at 10% discount \$252

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WITNESS STATEMENT

"This documentary is a powerful exposure of the actions carried out on Australians during COVID." - Senator Malcolm Roberts

This documentary addresses all Australian Police, State and Federal, and calls on them to identify and investigate alleged crimes and pursue prosecution of the offenders, without fear or favour.

It has been sent to every Police commissioner in Australia, as well as the Federal Attorney General, and all elected representatives at local, state and Federal level.

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If you or your loved ones have been harmed by the COVID-19 injections, contact police to report injuries and/or deaths. You can reference the following event number for N.S.W which is 83783821.

TO VIEW THE WITNESS STATEMENT, SCAN THE QR CODES BELOW

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tocal field days

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**Total Agriculture Centre
815 Tocal Road, Tocal NSW 2421**

Discover the heart of rural Australia at Tocal Field Days

For over 40 years, Tocal Field Days has been a must-visit event for anyone interested in agriculture, rural living, and everything in between. Nestled in the picturesque Hunter Valley, the event showcases the best in farming, rural innovation, and lifestyle, drawing people from all walks of life — farmers, families, and enthusiasts alike.

At Tocal Field Days, you'll find an incredible mix of exhibitors and

demonstrations. From cutting-edge farming equipment to sustainable practices that are shaping the future of agriculture, the event is the perfect place to discover new technologies and methods to improve farm life. Whether you're looking to learn more about livestock management, renewable energy, or simply enjoy the country atmosphere, Tocal Field Days has something for everyone.

A fun-filled experience for the whole family

The event is not just for farmers — there are a wide variety of activities to keep the whole family entertained. Kids can enjoy animal petting zoos, interactive exhibits, and hands-on activities, while adults can explore industry talks, food stalls showcasing local produce, and artisan markets. It's an experience that blends education

with entertainment, offering something unique for every visitor.

Tocal Field Days is more than just an event—it's a celebration of rural Australia. We pride ourselves on bringing the community together, providing opportunities to learn, share, and connect. Whether you're an industry professional or simply curious about rural life, we welcome you to come and be part of this vibrant tradition.

Kentan Machinery: Celebrating 41 Years of Tocal Field Days

For over 40 years, Kentan Machinery has been a proud participant in the annual Tocal Field Days, a cornerstone event celebrating agriculture, farming, and rural life. As one of Australia's leading agricultural machinery dealerships, Kentan Machinery's



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Kentan Machinery Kubota display



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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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ongoing presence highlights its commitment to supporting the farming community and driving innovation in agricultural practices.

Total Field Days provide a platform for Kentan Machinery to connect with farmers, industry professional, and the wider public. Through interactive demonstrations, informative displays, and hands-on experiences, the company showcases its extensive range of high-quality equipment, from tractors and excavators to mowers and more. This direct engagement fosters trust and strengthens long-term relationships with customers.

Beyond showcasing machinery, Kentan Machinery uses the event as an opportunity to gain valuable insights into the changing needs and challenges of the agricultural sector. By engaging with farmers and industry professionals, the company listens to feedback and better understands the demands of modern farming. This enables Kentan Machinery to refine its solutions, continually innovating to improve productivity and sustainability for its customers.

Kentan Machinery's 41-year legacy at Total Field Days is a testament to its



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dedication to the farming community and its pursuit of excellence in agricultural machinery. The event not only reinforces the company's connection with its customers but also cements its role as a trusted partner in the growth and success of Australian

agriculture.

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*Total Field Days Association
Total Agriculture Centre*

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Mangrove Mountain & Districts Country Fair committee would like to invite you to our next meeting on Thursday 15th May 2025 at 7pm at The Union Church Hall.

Dates for Meetings for 2025

- May - Thursday 15th
- June - Thursday 19th
- July - Thursday 17th
- August - Thursday 21st
- September - Thursday 18th
- October - Thursday 16th

- November - Thursday 20th
- December - AGM and Grant Announcements Thursday 18th

We are beginning to plan the 2025 Country Fair and are looking for volunteers to assist with many roles. Some roles are as assisting with setting up parking, attending meetings and offering suggestions or helping out on Community Stalls. Everyone is welcome and we look forward to meeting new and old members of the Mountain Community.

Signage and Food Co-ordinators


We are currently seeking 2 volunteers to liaise with the management committee to assist with signage and

the food for the day. If you would like further information or you feel you would have some time to spare to assist with either of these roles please send an email to Secretary-MMCF@hotmail.com and we will be only happy to provide further details.


Thank you for your time and we look forward to seeing you all at our next meeting. All welcome!

Louisa Foxford, Secretary
Mangrove Mountain
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What's on at the Old Fireshed
Gallery
Wollombi Cultural Centre

'ABSTRACTING THE LANDSCAPE'

A joint exhibition by Fiona Bateman
and Michael O'Sullivan

Fiona and Michael are long time



Fiona Bateman 'Cicadas'



Fiona Bateman

residents of the Wollombi Valley, albeit at different ends, being Wollombi and Murrays Run respectively. The idea for the exhibition was hatched when both were working on The Valley Artist production of The Appleton Ladies Potato Race which Fiona was directing. Much mutual nudging, support and talk has resulted in the works on show here...

Fiona Bateman:

Fiona finds inspiration in the textures and patterns of the world around her. Her abstract oil paintings and mixed media works are a vibrant riff on the elements of landscape, in particular, the beauty of barks, rocks and lichens.

Fiona is also drawn to the 'buzzing' energy of life, as evidenced by her captivating cicada drawings. It seems those insects weren't just driving her crazy with their incessant high decibel output, they were inspiring her art!

Get ready to be lost in Fiona's unique perspective on the world, where



Michael O'Sullivan 'Brigid and the Crow'

nature's beauty and its sometimes-annoying quirks collide.

Michael O'Sullivan:

Michael's paintings are an exploration of the balance between chaos and control.

While abstract in form, they draw on the tangible world of his local landscape and moments of time - the darkness before dawn, the heat of midday, the stillness of night.

Michael is also fascinated by the stark contrast between slow processes, like the growth of a forest, and the sudden transition into very fast processes - the release of energy, huge change and tension when a forest burns. He seeks



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Michael O'Sullivan 'Interlude'

to draw this tension into his work, while reflecting on the chaos and control that

exist within both the natural world and the creative process itself.

The Wollombi Valley Arts Council encourages and fosters all kinds of artistic and cultural expression within the Wollombi Valley in order to support and promote artists and our community.

Wollombi means 'meeting place', our totem is the waterhen. Please come and learn the waterhen story and meet the artists. New volunteers and artists are welcome.

Please visit our website www.wollombi.org

Wollombi Valley Arts Council Inc
c/o General Store, Wollombi 2325
Email: artscouncil@wollombi.org
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Swings, Slides, and Safety: Cheero Point playspace gets much needed upgrade

Cheero Point playspace is set to receive a much needed refresh, with the announcement of \$50,000 towards the project thanks to the NSW Government's \$37.2 million Local Small Commitments Allocation Program.

The funds will be used to allow Central Coast Council to replace outdated play equipment and renew park furniture and paths to improve accessibility.

A recent safety audit of all council playgrounds identified Cheero Point Playspace as needing substantial works to make it safe.

Member for Gosford, Liesl Tesch MP, has welcomed the funding provided by the NSW Government for the people of Cheero Point.

"I have heard about safety issues associated with Cheero Point playspace from our community, contributing to growing concern among locals in Cheero Point and surrounding suburbs.

"I recognise that the playground is



a weekly meeting place for families with children and for community members to socialise and connect as a community.

"Every community deserves a safe, accessible and welcoming playspace where families, friends and community groups can all come together."

The upgrade is being completed under the Local Small Commitment Allocation Program. Projects funded under this program are set to strengthen communities and provide improvements at a local level, making NSW an even better place to live.

David Matcham, President of the Mooney Cheero Progress Association, says that this is a great win for the Cheero Point community.

"The playground at Cheero point is a focal point for the community and provides a regular meeting place for families and community groups.

"The progress association has long advocated for a renewed playspace and hearing that Cheero Point will receive these funds is music to our ears.

"We are very appreciative of the NSW Government for their assistance in enhancing this important facility."

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The Local Small Commitments Allocation Program will enhance local communities and provide \$400,000 to each of the 93 NSW electorates. It will consist of over 600 small community projects, ranging from capital works, service and programs, events, supplies and equipment, charitable donations, and playground and park upgrades.

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

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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@lowerhunterffrfs.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: www.facebook.com/ YarramalongRuralFireBrigade/ Phone contacts: 0406 360588 or 0418 280764 Email: volunteer@yarramalongrfs.org.au

COMMUNITY & SOCIAL

Central Coast Plateau Chamber of Commerce	First Tuesday each month 7.00PM MMMC
Coastlink Friendship Group	Wed 9.30am-2pm at the Health Centre, Nurses Rd, Central Mangrove
Country Women's Association (Somersby)	Second Wed of each month, at Somersby Hall Wiseman's Ferry Road, Somersby, contact Sue, 43721280 or 0407768000.
Country Women's Association (Peats Ridge & District)	Third Monday of the month at Community Hall, Peats Ridge School. Any enquiries please contact Christine 0419 400163.
Country Women's Association (Mangrove Mountain Evening Branch)	2nd & 4th Tues of the month, 4-8pm at Mangrove Mtn Union Church, 2154 Wisemans Ferry Rd, MMtn. General meeting 6pm 2nd Tues. Ph Judy 43771728
Gosford North Inner Wheel club	2nd Wed each month 11am at Phillip House in Kariiong. Contact: Glenis Ph: 0400 486 760
Kulnura & District Garden Club	Second Monday, 9.30 for 10am start. Jacqui Maxwell 0455364262 kulnuradgc@gmail.com
Kulnura Tuesday Tennis	Tue 9.30am-12.30pm, Kulnura Tennis Courts. Enquiries: Alison Palmer 0427731548.
Ladies of the Valley Afternoon Tea	1st Tues, 1pm to 2.30 at Angels Sussurri Cafe Yarramalong. Margaret Dale 0411104770
Mangrove Singers	1st & 3rd Tue, 6.00 7.30pm at Mangrove Golf Club, enquiries - Kim 0401516501
Mangrove Mountain & Districts Community Group	1st Thurs of the Month, excl Jan. 7.30pm, Mangrove Mtn Hall.
Mangrove Emergency Planning & Communications Committee	Contact: mepeccinc@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)	www.mountaindistrictsassociation.com.au secretary@mountaindistrictsassociation.com.au
Mountain District Football Club Meeting	Second Tuesday of the Month 6.30pm at the Mangrove Memorial Club
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
Newsletter	Tues & Sat, 9am-5pm. Contact: Alan Hunt 4566 4626 or Adrian Acheson 0448 833 781
Wisemans Ferry Community Men's Shed	

SPIRITUAL

Anglican Service - Mountain Districts	Every Sun 8am at Peats Ridge Scout Hall, Sunday School during school terms
Mangrove Mountain Union Church Trust	Committee Meeting 3rd Monday, 7.30pm at the Mangrove Mountain Union Church Hall
Mangrove Mountain Christian Service	9.30am second and fourth Sundays. Mangrove Mountain Union Church
St Barnabas Christian Service Yarramalong	Every Sunday, 9.30am. (Easter & (Christmas Carols dates to be advised)

(cont'd next page)

LIVESTOCK MARKET REPORT



Maitland Liveweight Cattle Sale 24th March 2025

630 cattle yarded today at Maitland.
580 Trade/Yearling cattle and 50
export.

Trade job 10c cheaper on lighter
cattle. Export job firm.

- Restocker steers up to 250kg made 310c/kg to 405c/kg
- 250kg-300kg made 330c/kg to 420c/kg
- 300kg to 380kg made 300c/kg to 410c/kg
- Restocker Heifers up to 250kg made 240c/kg to 302c/kg
- 250kg-300kg made 255c/kg to 320c/kg
- 300kg-380kg made 230c/kg to 310c/kg
- Yearling Steers to Feed made 290c/kg to 380c/kg
- Yearling Heifers to Feed made 260c/kg to 310c/kg
- Butcher Vealers made 310c/kg to 385c/kg
- Cows Made 150c/kg to 280c/kg
- Bullocks made 255c/kg to 310c/kg
- Bulls made 200c/kg to 240c/kg

Maitland Liveweight Cattle Sale 17th March 2025

450 Cattle yarded today at Maitland.
400 Trade/Yearling cattle and 50
export cattle.

Trade job was 10-20c softer. Export
job firm.

- Restocker steers up to 250kg made 340c/kg to 430c/kg
- 250kg-300kg made 340c/kg to 415c/kg
- 300kg to 380kg made 300c/kg to 400c/kg

- Restocker Heifers up to 250kg made 260c/kg to 310c/kg
- 250kg-300kg made 270c/kg to 320c/kg
- 300kg-380kg made 230c/kg to 315c/kg
- Yearling Steers to Feed made 290c/kg to 380c/kg
- Yearling Heifers to Feed made 260c/kg to 310c/kg
- Butcher Vealers made 310c/kg to 370c/kg
- Cows Made 180c/kg to 280c/kg
- Bullocks made 270c/kg to 330c/kg
- Bulls made 200c/kg to 240c/kg

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

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- Wollombi

- Yarramalong

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Independent SDA Church

YOUTH

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Girl Guides 10-15

Scouts, Cubs & Venturers
Peats Ridge Scout Hall

HISTORICAL

Brisbane Waters Historical Society

Dharug & Lower Hawkesbury
Historical Society Inc.
First Fleeters Central Coast Chapter

The Pearl Beach Aboriginal History Group

Wyong District Museum &
Historical Society

ACTIVITY/HOBBY

Coastal Communicators Toastmasters

Craft/scrapbooking

Saturday Craft Group/Spinning
and bobbin lace
Yarn group (knit, crochet etc)

HALL BOOKINGS

Kulnura Hall
Mangrove Mountain Hall
Mangrove Mountain Union Church & Hall

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

Saturdays 5pm St. Dionysios Greek Orthodox Church, 21 Nurses Rd, Central Mangrove, Contact Nai Hereford 0405 558 669
Holy Trinity Church, 2nd Sat of the month 4pm, Contact 0412 201 851 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

Daily Holy Mass 8.00am to 8.30 am
Last Sun, 9am-4pm, One Day Retreat.
160 Hensons Road, Somersby Ph 0243721598
2nd & 4th Sun. of the month. 10 am, followed by luncheon, tea, coffee, cakes (cost \$20).
1184 Peats Ridge Rd, Peats Ridge
Sun @9.30am, Church & Kid's Program, Philip House, Mt Penang Gardens, Chris Clarke email pastorkcbc@outlook.com
10am every Saturday, Mangrove Mountain Union Church.

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

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

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

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

Contact Central Coast Council.
Hall bookings Ryan Howard 0405416289
Church & Hall bookings 0412669649 mmucsecretary@outlook.com
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Spotlight on Council's Senior Services

The Central Coast Seniors Festival concluded on 16 March, leaving a trail of success with over 100 events, including two highly popular Seniors Expos.

Building on this momentum, Central Coast Council has reaffirmed its commitment to providing year-round support for older residents, supporting their continued wellbeing and active participation through services and initiatives aligned with the Council's Positive Ageing Strategy.

Central Coast Council Director Community and Recreation Services, Melanie Smith said there are several programs currently on offer.

"We are excited to continue our support through programs such as Tech Savvy Seniors, which has commenced, and the monthly Talking with Seniors Roadshow," Ms Smith said.

"The Tech Savvy Seniors program offers hands-on assistance to build skills and confidence in using

computers, iPads, smartphones and online applications like email and social media. This is a series of workshops funded by Good Things Foundation and run by Central Coast Council. Learning these online skills helps seniors stay connected, boosts confidence, enhances online safety and explore new interests.

"Additionally, the Talking with Seniors Roadshow provides free monthly information sessions on important topics to seniors including health, legal, financial, aged care and safety, featuring expert presenters and held at various community centres across the Central Coast.

"Building upon these initiatives, many Council facilities and our senior services team also provide regular opportunities to connect, learn and keep active in both mind and body. To discover the full range of activities and programs available, I encourage older residents to explore our comprehensive online hub for seniors on our website, where they can find inspiration and join in."

Central Coast Council Mayor, Lawrie McKinna said Council is dedicated to supporting residents across all life stages, offering programs and services that meet the evolving needs of our population.

"This year's two-week Seniors Festival was a huge success, honouring and celebrating older adults living on

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the Central Coast," Mayor McKinna said.

"The festival provided opportunities for social connection, promoted health and wellbeing and provided people with the opportunity to learn and enjoy interesting and fun experiences."

Central Coast Council encourages seniors to participate and stay engaged. For more information about upcoming initiatives, events and activities, search 'senior services' at centralcoast.nsw.gov.au

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