

COMMUNITY NEWS

No. 965 Ph: 4374 1039 Mo: 0412 669 649 Email: enquiries@cnews1.com.au Web: cnews1.com.au 16th May 2025

Kulnura Public School - Harvest Festival



Enjoy an authentic "Farm to Plate" experience from a range of market stalls including locally grown eggs, fruit, vegetables, honey, seedlings, flowers and plants.

Bring the whole family and wander through our produce and Bric a Brac stalls. Sit in the shade of the old gum trees with a barista brewed coffee and a tasty treat from our P&C cake stall, while the children enjoy the play equipment, have their faces painted and create something special at our painting station.

Mouthwatering egg and bacon rolls and sausage sandwiches available from 9am.

Free entry, pay for what you purchase.

Eftpos is limited, please ensure you have cash available.

Please visit Harvest Festival | Love Central Coast <https://www.lovecentralcoast.com/harvestfestival> for more information on the Harvest Festival

9 Williams Road, Kulnura NSW, Australia

Opening Times: 9am-4pm Sunday 8th of June 2025



Biodiversity grants

Landholders who are members of Land for Wildlife can apply at any time for a Landholder Biodiversity Grant.

As a Land for Wildlife Member, you can apply for \$2,000/year. Land for Wildlife members can apply for up to three years with each year being a new application. If demand for the program is high, you may only be successful in one year. Years two and three applications will be considered after successful acquittal of previous year.

Grants will be allocated at five grants per month or until all available funds are used.

The following activities are eligible:

- Assisted regeneration and weed control,
- Fencing to secure conservation area or to enable restoration of native vegetation,
- Introduced pest animal control,
- Revegetation (including supplementary planting with local species),
- Improvement in Habitat Structure through additional ground cover layers,
- Repairs to existing habitat, soil or waterways to maintain biodiversity values,
- Other work needed to maintain biodiversity values.

In some cases, we may arrange to visit you on your property to assess eligibility or the success of outcomes.

More info and to apply: <https://cen.org.au/bct-grants/>

PEATS RIDGE & DISTRICT CWA

Anzac Day held at the Cenotaph at Calga was attended by many community people, about 25 of us, and the ladies from CWA from our branch Margaret, Kaye, Margie and myself.

The weather was kind to us except towards the finish when there was a light shower blessing us.

Attending was Ian Betteridge, a returned Vietnam Veteran and also Sheldon, Petty Officer retired RAN.

Judy Betteridge (also a CWA member) read out the Ode of Remembrance. Margie wrote a beautiful poem on Mates Across the Sea and it was heartfelt. The Last Post was played. Lest We Forget.

A big thank you to Jason Tripoussis, a resident of Calga Village, whose

kind and generous community spirit shone through offering the use of taps/water from his property. Also Jason and neighbour Maddie took turns to mow the surrounding area around the Cenotaph Stone throughout the year. Thank you.

Also acknowledgement to the Peats Ridge Public School for their contribution of a small Rosemary Wreath, from their garden, to commemorate ANZAC DAY (and the donation of lemons which everyone appreciated and also from their garden).

A big apology from me as I did not take any photos.

Till next time,

Christine Sanfilippo
Publicity Officer



"The price good men pay for indifference to public affairs is to be ruled by evil men"

Plato

STOP!

Next issue Published
6th June 2025

**** DEADLINE ****
**** 30th May '25 ****

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

The Importance of Annual Hearing Tests for People Aged 55 and Over

Hearing is a vital part of staying connected to the world around us. As we age, however, gradual hearing loss becomes increasingly common. For people aged 55 and over, getting an annual hearing test is just as important as regular check-ups for vision, blood pressure, or cholesterol.

Hearing loss often develops slowly, making it difficult to notice day-to-day changes. Left unchecked, it can lead to communication difficulties, social isolation, and even cognitive decline. Studies have shown a strong link between untreated hearing loss and an increased risk of dementia, depression, and balance issues.

Annual hearing tests help detect changes early, often before major problems arise. Early detection means that interventions—such as hearing aids, assistive listening devices, or communication strategies—can be introduced to help maintain quality of life, independence, and social engagement.

A hearing test is quick, painless, and non-invasive. For those over 55, making it part of their regular health care routine can have a major positive impact on their well-being now and into the future.

In short, looking after your hearing health is essential. An annual hearing test is a small step that can make a big difference.

For more information or to book a hearing test contact Jithin at Welfast Hearing Pty Ltd on 43115511 or by email on admin@welfasthearing.com.au. Book on-line at welfasthearing.com.au

Citrus Grafting Workshop - May 28

Join experienced grafter and orchardist Eddie Gale on his citrus nursery for a hands-on workshop focused on grafting citrus trees. This workshop is ideal for beginner and intermediate growers, hobbyists, or anyone keen to learn the age-old art of grafting fruit trees. You'll also get

to take home your own citrus tree that you have grafted!

You'll learn:

- why we graft citrus fruit trees
- what rootstocks to use
- how to perform a successful graft
- aftercare and long-term plant health.

Registration is essential. This workshop is only for participants 16+. Lunch and refreshments will be provided. Further information: contact Hugh Littlefield at hugh.littlefield@lls.nsw.gov.au or 0457 818 593.



7TH JUNE
10AM - 2PM

FREE ENTRY

BBQ, Cakes & Sweet Treats Live Music Local Art Market Stalls Tombola & More

FAMILY FUN DAY AT THE CREEK 2025

583 YARRAMALONG RD, WYONG CREEK NSW 2259

Central Coast Council

Horse Vet

Somersby - Mangrove & Central Coast area

Brett Warren

Mobile: 0428 215 599
Home: 4374 1640

Email: brettvet@ozemail.com.au
www.centralcoastequine.com.au

Consultations by appointment

Mobile X-ray, endoscopy, purchase and insurance exams



HM
Bookkeeping

LOCAL BAS AGENT AND BOOKKEEPER

Agent number 26234597

0424 613 844

heidi@hmbookkeeping.com.au

FAIRVIEW NEWS

Fairview's connection with Queen Elizabeth II

It's well known that we are all connected, the only question is how far back. Family history research into the families who settled on Mangrove Creek has recently confirmed the connection between the late Queen Elizabeth II and Amanda Green, wife of Alfred Andrews who built Fairview in 1922.

How close is your family connection to the late Queen Elizabeth II?

Are you a member of the Andrews, Arnott, Atkins, Bailey, Barr, Black, Brownlee, Bruce, Clark, Cook, Daniels, Douglass, Ferguson, Fernance, Goddard, Gould, Harris, Hill, Ingle, MacPherson, McTaggart, Morris, Newman, O'Neill, Paull, Pemberton, Penzoe, Place, Prothero, Smith, Sparrow, Starkey, Taylor, Tregent, Walker, Ward, Woodbury or Wright families with a connection to Mangrove Creek? Then you may well also share a connection to royalty — not a direct bloodline, of course.

If your family can trace its origins to Mangrove Creek and you are curious about your family's heritage and

- | | |
|--|----------------|
| 1. Elizabeth II Windsor (*21 Apr 1926, London, England) | → her mother |
| 2. Elizabeth Bowes-Lyon (*4 Aug 1900, St Paul's Walden, Herts) | → her father |
| 3. Claude Bowes-Lyon (*14 Mar 1855, Chelsea, London) | → his father |
| 4. Claude Bowes-Lyon (*21 Jul 1824, Redbourn, Herts) | → his sister |
| 5. Frances Bowes-Lyon (*8 Feb 1832, Edinburgh, Scotland) | → her son |
| 6. Hugh Trevanion (*14 May 1859, Tywardreath, Cornwall) | → his wife |
| 7. Florence Cooper (*1856, Sydney, NSW) | → her mother |
| 8. Elizabeth Hill (*23 Oct 1815, Sydney, NSW) | → her brother |
| 9. Charles Hill (*28 Jun 1824, Sydney, NSW) | → his wife |
| 10. Sarah Pye (*22 Sep 1824, Bathurst, NSW) | → her father |
| 11. Joseph Pye (*19 Jul 1796, Baulkham Hills, NSW) | → his sister |
| 12. Elizabeth Pye (*1805, Parramatta, NSW) | → her daughter |
| 13. Mary Thorn (*1831, Parramatta, NSW) | → her husband |
| 14. Henry Douglass (*7 Dec 1831, Parramatta, NSW) | → his sister |
| 15. Sarah Douglass (*22 Aug 1810, Windsor, NSW) | → her son |
| 16. Thomas Green (*15 Jan 1833 Mangrove Creek, NSW) | → his daughter |
| 17. Amanda Green (*23 Aug 1862, Mangrove Creek, NSW) | |
- Amanda married **Alfred Andrews** and their 11 children grew up at Fairview Homestead.

connections, we'd like to hear from you.



If you are connected to Mangrove Creek and care about the preservation of history and heritage, please sign our petition to save Fairview Homestead from demolition by neglect: go to

www.surveymonkey.com/r/SaveFairview

or scan the QR code on the left.

The more people show that they care about Fairview, the harder it becomes for Council not to care.

Dr. Matt Lohmeyer
President

Fairview Homestead Association Inc.
president@fairviewhomestead.com.au

Dr. S. ANANDASIVAM

(ANAND)

MBBS, FRACGP, AMCC

For Doctor Appointments:
Monday - Friday 9am- 5pm

*Laverty Pathology Service
Available:*

*Monday to Friday 8:00 till 3:30
Saturday 8:30 till 12*

Medicare Bulk Billing

**1639 Nurses Road
Central Mangrove, 2250
02 4373 1914**



20 Langford Drive,
KARIONG

4340 5154

Chiropractic Massage

Health Coach Acupuncture

Counsellor Podiatrist

HICAPS available
Medicare EPC & Workers Comp accepted
After hours appointments available

Like us on social media for
the latest clinic news



**Caring for Kariong & the
Mountain District for over 20yrs.**

"Get the heads up on tech neck!"

National Spinal Health Week is 26 May to 1 June 2025

With over 5.3 million Australians suffering from neck pain including Tension Neck Syndrome, a musculoskeletal disorder (MSD) commonly known as 'tech neck' or 'text neck', national Spinal Health Week (26 May to 1 June 2025) is dedicated to promoting spinal health and preventing the incidences of tech neck in Australians of all ages.

Tech neck is the informal term used to describe Tension Neck Syndrome (TNS), a spine related musculoskeletal disorder (MSD) also referred to as 'text neck' that's common in students.

MSDs affect the joints, bones, muscles and multiple body areas (including the neck) and cost the Australian economy over \$55 billion annually through direct health costs, lost productivity and reduced quality of life.

What is tech neck?

Tech neck is a worldwide public



health problem. Studies show that tech neck is often caused by incorrect or overuse of mobile phones and other electronic devices including tablets and computers. When students spend too much time with their head bent forward reading from phones or tablets, and the longer they spend in this position, the greater the impact on their spine. Incorrect, non-ergonomic postural habits and poor setup of laptops or desktop computers can also lead to students developing tech neck.

Movements such as bending the head, neck, and shoulders when using smartphones and portable devices, and distorting the neck position while sitting, studying, gaming or watching television, can progressively increase stress on the cervical spine.

Too much screen time can cause tech neck in students of all ages.

Students should understand and be aware of how to correctly use smartphones and other electronic devices including tablets, laptops and computers.

Tech neck symptoms include headaches, neck, shoulder and upper

back pain. Tech neck can also lead to postural problems and may cause changes to the natural curve of the spine. Data has shown a worldwide increase in tech neck among young people who spend a lot of time with their heads bent over devices putting stress on their cervical spine which can result in various complications, such as poor posture, premature wear, lacerations, degeneration, possible surgery, medical, psychological and social complications.

What is the impact of tech neck on students?

Students should minimise the risk of tech neck to maximise long-term spinal health. Students who use smartphones for studying are more likely to suffer neck and shoulder pain than those who use smartphones for other purposes. It is recommended that students limit the use of smartphones especially during leisure time.

Multiple academic studies show prolonged, non-ergonomic use of mobile phones, tablets and computers can increase pressure on the cervical spine leading to tech neck. Awareness



Mountain Medicine

Providing the local community with a collaborative approach to multidisciplinary healthcare.

Dr Christine Wade

B.Med (Hons) FRACGP

Dr Sepali de Silva

MBBS

Dr Rohan Dissanayake

MBBS

Dr Anisa Rouhipour

MBBS

Torin O' Grady

Podiatry (Foot Care)

Pathology – Douglass Hanly Moir

Mon & Fri 8.30am to 1.30pm

Wednesday 12.00pm to 5:00pm

Ph: 437 41942



BULK BILLING: Children under 16, Health Care Card Holders and Pensioners

40 Niclins Rd, Mangrove Mountain NSW 2250
ph 4374 1252

MANGROVE MOUNTAIN PHARMACY



Monday - Friday: 9am-7pm

Saturday - Sunday: Closed

Free Shingles Vaccine
Now Available for over 65's
No Booking Required

- Free webster packing and all your pharmacy needs
- Vaccination
- Household goods and gifts
- Parcel point outlet

3/1 Waratah Road, Mangrove Mountain, NSW 2250

Phone: (02) 4374 1457 Fax: (02) 4374 1479

Email: mangrovemtpharmacy@gmail.com

of how to correctly use these devices and the importance of minimising the frequency and duration of use plays a major role in preventing tech neck.

Students should avoid incorrect, non-ergonomic posture when using smart devices and computers and maintain a straight upright posture, take frequent breaks at regular intervals and do stretching exercises.

How to prevent tech neck in students.

Good posture, taking regular breaks to move and stretch, combined with exercise can help minimise tech neck caused from injuring the cervical spine when using mobile phones, tablets or computers incorrectly.

Get the heads up on tech neck!

Studies show that 92% of students did not seek treatment for tech neck which can lead to long-term complications. Students who suffer from tech neck should consult an ACA chiropractor. Chiropractic healthcare is an effective drug-free and low-risk treatment and is one of the most preferred treatment options for neck and back pain caused by tech neck.

ACA's top tips for tech neck prevention among students when using technology devices.

- 1. SIT WITH COMFORTABLE UPRIGHT POSTURE with shoulders relaxed and feet flat on the floor.
- 2. BE AWARE OF TIME SPENT USING TECHNOLOGY by monitoring device use and taking regular breaks.
- 3. STOP BENDING YOUR NECK to look down at a phone or tablet. Hold the device at eye level.
- 4. USE BOTH HANDS or alternate between left and right when typing on a smart phone.
- 5. DON'T WALK LOOKING DOWN at a phone. Hold your head up straight and engage with the world.

- 6. TAKE REGULAR MOVEMENT BREAKS to look away from your device, move your neck from side to side and stretch every 10 minutes if using mobile devices and every 30 minutes if using computers.
- 7. ENSURE COMPUTERS are ergonomically set up so the monitor is at eye level and arm's length away.
- 8. USE AN ADJUSTABLE ergonomic office chair so the knees are slightly lower than the hips.
- 9. EXERCISE REGULARLY to maintain a healthy spine and overall health and wellbeing.
- 10. CONSULT AN ACA CHIROPRACTOR to limit and treat spinal health problems including tech neck.

ACA provides a range of free helpful resources to help minimise tech neck, including the Ergonomic Checklist, Using Mobile Device Checklist and the Stand Corrected Stretching Poster.


<https://www.chiro.org.au/campaigns/spinal-health-week/#factsheets>

Should students who suffer from tech neck use medication to treat neck and back pain?

While pain medications may offer adults temporary relief of pain caused by tech neck, academic studies including a study by Sydney University, show that opioids commonly prescribed for this purpose, do not relieve acute neck pain (lasting up to 12 weeks), and may exacerbate the condition causing increased pain.

How do ACA chiropractors treat tech neck?

Using specialised non-surgical techniques including gentle spinal adjustments, various manual therapies and soft tissue techniques, ACA chiropractors can reduce tech neck pain, improve joint mobility, and reduce stiffness without the use of medication. An ACA chiropractor can



Local
Qualified and Insured Arborist
Felling, pruning, deadwooding
Free Quotes

Contact Asher
0481 353 982
abenvirotrees@gmail.com

offer advice on exercise and lifestyle choices to reduce the risk of tech neck and improve overall health and wellbeing.

Consulting an ACA Chiropractor can help!

ACA chiropractors are five-year university educated healthcare professionals who treat a range of musculoskeletal disorders including tech neck. They play a vital role in managing the spinal health of Australians by providing holistic healthcare that treats the cause of tech neck and not just the symptoms.

Spinal Health Week is the Australian Chiropractors Association's flagship campaign aimed at educating Australians about the importance of maintaining positive spinal health.

Get the heads up on tech neck and download ACA's FREE Avoiding Tech Neck Factsheets and Electronic Device Checklists for Adults, Parents and Students, the Ergonomic Checklist, and the Stand Corrected Stretching Poster available to download from www.spinalhealthweek.org.au.

MAINLINE BATHROOM RENOVATIONS
Lic: L2101



We supply all licenced, qualified trades required to complete your bathroom renovation

Steve Karczmarz
0419 999 054
steve@stevembr.com
www.mainlinebathroomrenovations.com



• Local Painter
• New and Repaint
• Industrial, Commercial and Residential

*email: admin@sunlanddeco.com.au
website: www.sunlanddeco.com.au*

Call Frank: 0411 185 717

LIVE BAND
OZIMAI
**YARRAMALONG
BUSH DANCE**

**Saturday 7th June
6 to 9pm
Yarramalong Hall**

BOOK NOW!
www.trybooking.com

**ADULTS
\$20**

**UNDER 16's
\$5**

**FAMILY of 5+
\$50**

LIMITED
BAR
AVAILABLE

SAUSAGE
SIZZLE
AVAILABLE



An event for the whole family as part of the
CENTRAL COAST HARVEST FESTIVAL

FOR MORE INFO: Jackie@hpo.net.au

Have your say - Improving camping in NSW national parks

Share your feedback on fairer camping fees, simpler bookings, and tackling campground issues in national parks.

The NSW National Parks and Wildlife Service is seeking community feedback on proposed changes to camping in NSW national parks and reserves.

Proposed changes include:

- the introduction of consistent state-wide camping fees
- simplified bookings to deliver fairer camping experiences for national park visitors
- improved management of persistent campground issues such as people booking space and not cancelling or turning up.

More than 200,000 campers and national park visitors were consulted to develop the proposal. Further community feedback will help the



NSW Government to decide on next steps and whether proposed changes are adopted and implemented.

Tell us what you think

Please read the consultation paper outlining details of the proposal and share your feedback by 11.59pm on Sunday 25 May 2025.

All submissions to this consultation, including online written submissions, online survey responses and postal submissions, may be published on the Environment and Heritage website after the closing date unless you request otherwise. When lodging your submission (either online, by post or through the online survey) you can request that your submission remains confidential.

There may be circumstances where the NSW National Parks and Wildlife Service may be required by law to release the information in your submission. For example, in accordance with requirements of the Government Information (Public Access) Act 2009

Complete the survey:

<https://www.haveyoursay.nsw.gov.au/camping/camping-survey>

Upload a submission:

<https://www.haveyoursay.nsw.gov.au/camping/camping-submission>

Post your submission:

Director of Visitor Engagement,
NSW National Parks and Wildlife
Service

Locked Bag 5022
Parramatta NSW 2124

MANGROVE PRODUCE AND HARDWARE

1668 Wisemans Ferry Rd, Central Mangrove *(just 1km from the Crossroads)*

TIME TO PREPARE YOUR HOME FOR WINTER

SEE US FOR ALL YOUR HOME MAINTENANCE NEEDS INCLUDING:

*Fencing, Gardening, Trimming,
Spraying and Painting*



- | | | |
|----------------|---------------|------------|
| ◆ Horse Feed | ◆ Fertiliser | ◆ Paint |
| ◆ Pet Food | ◆ Timber | ◆ Plumbing |
| ◆ Bird Seed | ◆ Hardware | ◆ Fencing |
| ◆ Vet Supplies | ◆ Hand Tools | ◆ Electric |
| ◆ Chemicals | ◆ Power Tools | Fencing |

Mon-Fri: 7:30am -5:00pm
Sat: 8:00am -2:00pm

Ph: 43731259

SHOP ONLINE AT
www.tuckersstore.com.au
or shop.truevalue.com.au

Clever canines join the fight to save critically endangered local orchids

The critically endangered Wyong Sun Orchid (*Thelymitra adorata*) may be elusive, but a collaboration between Central Coast Council and the NSW Government's Saving Our Species Program is aiming to change that.

An Australian first trial for this species has successfully trained scent detection dogs to locate these rare orchids by detecting underground tubers in a minimally invasive way.

Using their remarkable sense of smell, three talented Spaniels, Paddy, Sully and Vera, are leading this innovative conservation effort. In collaboration with On The Scent and The Good Dog, these clever canines were specially trained to detect orchid tubers without relying on the short flowering period when the plants are usually visible. This enables Council to monitor the population of orchids and detect new locations not previously known to be important habitats.

Central Coast Council Mayor, Lawrie McKinna is supportive of the project and says it plays a crucial role in threat monitoring and biodiversity conservation.

"The Central Coast is internationally recognised as a biodiversity hotspot, particularly for this unique orchid species which has been recorded in the region," Mayor McKinna said.

Senior Regional Biodiversity Conservation Officer for the Saving our Species program, Paul Hillier, highlighted the transformative potential of this project.

"Detection dogs could revolutionise how we monitor threatened species. This method will allow year-round surveys and help us better plan conservation efforts, such as targeted burns to encourage orchid growth."

*Central Coast Council
Media Release*

Kubnura and Districts Garden Club

Our meeting in April was a treat! We visited the Community Environment Network (CEN cen.org.au) Nursery at the University of Newcastle's Ourimbah campus, and learnt a lot about this very active and impactful community group.

Sam W the CEO of CEN was

wonderful in supporting our visit, and she spoke about CEN and their projects. Other CEN staff/volunteers gave presentations including nursery manager Xamina who talked about the nursery and gave us hope that the younger people on 'the Coast' have their priorities well set, Rachael talked



Waterwatch Training Day

Saturday 24th May

Are you a landholder or community member living on the Central Coast? Are you interested in learning about the health of your waterway and learn about water quality monitoring in your local rivers, creeks and lagoons?

Join NSW Waterwatch at a free Waterwatch training workshop and learn how to collect water samples, test water quality, and carry out habitat assessments for your local waterway- no experience necessary.

10am - 1pm FREE
Includes lunch

CEN offices Ourimbah

Bookings Essential:
cen.org.au/events

NSW
Sustainable Communities

Waterwatch
NEW SOUTH WALES
Department of Climate Change, Energy, the Environment and Water

This project has been assisted by the NSW Government through funding from the Department of Climate Change, Energy, the Environment and Water.

SOMERSBY ANIMAL HOSPITAL

Dr. Robin Crisman & the SAH veterinary team
79-b Howes Road, Somersby

- A full service, purpose built veterinary hospital.
- Large and small animal consults incl. horse repro.
 - House and farm visits.

Call us on: 4372 1799

www.sahvet.com.au
visit us on Facebook



Sustainable Natives

(wholesale production nursery)
94 Keighley Avenue, Somersby - Sales by appointment.

Contact Jonathan Steeds on 0415465162
jonathan@sustainablenatives.com.au
or Olga@sustainablenatives.com.au
web: www.sustainablenatives.com.au

We produce a large range of Australian Natives including local species. We supply retail nurseries, landscapers, bush regeneration projects, developers and local property owners with tubestock to semi advanced plants.
We offer a design (landscape architecture drawings)/consultation service for your property to add more natives to your landscape.

about Waterwatch (such an important part of our Central Coast Hinterland environment), and Jackie talked about CEN volunteers/campaigns. We spent wisely and came home with lots of local indigenous plants, and a thirst to learn more.

Our competition entries this month included lots of interesting natives, exotics (tibouchina was my favourite), and fruit/vegetables (including cucamelons: olive-sized cucumbers with a slight watermelon taste, which grow really well in our area and are very YUM in a salad).

Back at home in our garden during April we had a bit of a break from planting; while the dahlias and zinnias are coming to the end of their season, and the resplendent purple tiboucina flowers flourish, and raspberries, tomato, okra, basil, pumpkins, sweet potatoes, cucamelons and some very early oranges are being harvested. The weather keeps us guessing – it seems to rain as soon as we put our boots on to work on the garden! The mower is having a break so we avoid getting bogged in the soaked soil.

One local activity we really enjoyed recently was the Central Coast Edible Garden Trail which was on 3-4 May, organized by Permaculture Central Coast. Right across the Central Coast, gardens were open to browse and learn, and we met lots of great people and thoroughly enjoyed ourselves. Keep an eye out for the event next year!



In the spirit of 'world naked gardening day (first Saturday in May), Sabrina Hahn's very suggestive "How to Do it in The Garden" is providing many chuckles and lots of very detailed and well-researched garden advice. We will refrain from providing the Community New's Editor with any related photos, but let's just say that we've had some fun on our Club's group chat!

Being enjoyed with the morning coffee is @jamesprigioni YouTube channel The Gardening Channel With James Prigioni. James hails from New

Jersey and has attitude to match, but it is clear he has a heart of gold and shares with us all an immense love of all things in the garden – and it is interesting to see what those Americans have to deal with in addition to their politics!

Our next meetings will be on Monday 12th May then 9th June. 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

CUSTOM DESIGN | BUILDINGS | EXTENSIONS | ALTERATIONS | DECKS |   



0410 100 616 | kim@kdfconstruction.com.au | LIC NO. 267735C

HERFO'S WOODSHED

QUALITY SEASONED FIREWOOD

*Cut & split vintage Ironbark & Buloke
Sold via National Measurements Act
Registered Public Weighbridge*

More heat for your dollar

Weight ticket with each delivery

call to order:

9988 4444

www.herfoswoodshed.com.au




ALL ASPECTS OF TREE WORK



- Truck & Chipper
- Cherry Picker
- Excavator
- Forestry Mower

Local Arborist, friendly & experienced team. Insured

Tim - 0412 985 422 or tijanotreeco@gmail.com

HAIR BY
GABRIELLE

NOW OPENED

- HAIRCUTS - MEN, WOMEN AND KIDS
- COLOUR
- STYLING

SCAN QR CODE FOR ONLINE BOOKINGS

☎ 0419 193 083

📱 HAIR BY GABRIELLE

✉ HAIRBY.GABRIELLE0@GMAIL.COM

Hello from Central Mangrove's New Principal!

Hello Mangrove Mountain Community! My name is Amy Ball. I am excited to be joining the Central Mangrove Public School team as the new principal. I feel incredibly privileged to be joining such a close-knit and vibrant school community, where every child is known, valued, and supported. I am passionate about working in positive partnership with families to support each child's growth — academically, socially, and emotionally. I value positive community partnerships and look forward to engaging with the wider community over the coming year.

Amy Ball



Follow us  



• Site Levelling, • Land Clearing, • Horse Arenas,
 • Roadways, • Certified Fill Material

Michael Schembri 0419 236 788



HUNTER EARTHMOVING SERVICES

"4th Generation of Earthmoving
on the Mountain"

**GENERAL EXCAVATIONS & CLEARING
 DAM & CHANNEL CONSTRUCTION, REPAIR & CLEARING
 PRIVATE ROAD/DRIVEWAY CONSTRUCTION & REPAIR**

- 20 TONNE EXCAVATORS
- 25 & 30 TONNE DUMP TRUCKS
- LONGREACH EXCAVATOR (16m)
- SKIDSTEER & ROLLERS
- 30 TONNE LOW LOADER, TRUCK & DOGS

ATTACHMENTS:
 RANGE OF BUCKETS & AUGERS
 GRAB - HAMMERS - RIPPER
 PULVERISER - MULCHING HEAD
 POWERRAKE - SLASHER

Wayne Hunter - 0431 761 338
E hunterearthmoving@bigpond.com



COMPLETE SHED DEVELOPMENTS



- ✓ DA & Council approvals
- ✓ Shed design
- ✓ Earthworks & Concreting

- ✓ Shed Kit supply
- ✓ Shed construction
- ✓ Roofing




Phone: 02 4312 7613
info@completesheddevelopments.com.au
www.completesheddevelopments.com.au

FABULOUS FUNGI IN WATERCOLOURS

* Fungus Forage with local fungus enthusiast - celebrating the diversity of Australian fungi

* Techniques of watercolour and shading and how to create finished fungi watercolours

* Fun workshop with morning tea, lunch and afternoon reviver included



Spend a day by the beautiful Hawkesbury River celebrating the fascinating world of Australian mushrooms and fungi.

The day starts with a mini foraging adventure led by a fungi expert, where you'll discover local species and learn about the strange and fascinating histories of fungi—how towering fungal giants once dominated the landscape and the eerie behaviour of zombie ants.

Central Coast artist and designer



Leonie Loewe introduces our first watercolour painting session, guiding you through simple techniques to capture the textures and forms of fungi followed by a beautiful morning tea.

Learn modern watercolour methods, colour tonality and brushwork under Leonie's expert guidance. By the end of the day, you'll leave with your own stunning piece of artwork and new watercolour painting skills.

No prior experience is necessary—watercolours and all materials will be provided. The day also includes morning tea, lunch, and an afternoon refreshment and take-home gift.

Cost: \$145 including all materials, morning tea and lunch

Location: The Hawkesbury Duck in Spencer

Date: Saturday 24th May

Bookings Essential - www.heritageventures.com.au/fungi

or ring Heritage Ventures on 0447-545-271 to book in.

Heritage Ventures
web: heritageventures.com.au
mobile: +61 447545271



Laurie O'Brien Equipment Finance

**30+ YEARS OF EXPERTISE IN
VEHICLE & EQUIPMENT FINANCING**



Let's Talk

Laurie O'Brien
0419-23-1975
Laurie@lobef.com.au

Michael J. Adams
0422-716-113
Michael@lobef.com.au

Australian Credit Representative 549038
is authorised under Australian Credit Licence 389328.

Disclaimer: Your full financial needs and requirements need to be assessed prior to any offer or acceptance of a loan product.



Scan the QR code
to explore our website.

www.lobef.com.au



**Timber & Steel power poles
Pole truck with Auger
Level 2 electrical & emergency work**



Call Mark: 0408 002 225

Over 100 poles in stock ready to go!

Mother's Day Celebrations at Central Mangrove PS

Students, families, and staff gathered for a special Mother's Day celebration this week, to recognise and thank the special people who support and nurture the children in our school community.

It was wonderful to welcome mums, dads, carers, grandparents, aunties, and family friends to our school, recognising that love and guidance come in many forms.

The morning was filled with laughter, heartfelt conversations, and some yummy food, reminding everyone of the importance of connection and appreciation.

Thank you for everything you do!



HEARING LOSS??

FREE HEARING TEST AND
HEARING AID TRIAL

AVAILABLE IF YOU ARE ABOVE 50 YEARS



Micro-Suction, A safe and accurate ear wax removal available.
Free hearing aids for eligible pensioners and Veterans.



02 43115511

Central Mangrove, Woongarah, Morisset and Wyee

admin@welfasthearing.com.au

welfasthearing.com.au

Welfast
Hearing
Hearing Wellness Experts



SCAN HERE FOR
BOOKING

Home visits
for customers
who can't travel.

Brackets & Jam - Sunday Sessions of Music, Creativity & Community

The Central Coast's iconic grassroots arts event Brackets & Jam kicks off a vibrant new chapter — a monthly residency at Fun Haus Factory in Gosford, happening on the first Sunday

of every month.

Come and settle in for a lively Sunday afternoon filled with live performances, creativity, and connection. Grab a delicious burger, sip on a bevy, and soak up an eclectic mix of music, rhythms, storytelling, and vibrant performances — all set in the warm, welcoming space of Fun Haus Factory.

For over 25 years, Brackets & Jam Central Coast has been a beating heart of the region's creative scene,

celebrating local talent, and the power of expression.

Now, that legendary spirit is finding a new home in Gosford. Whether you're an artist looking to road-test new work, a storyteller ready to share your voice, or someone who simply loves good vibes and great company, Brackets & Jam Sunday Sessions at Fun Haus Factory are for you.

Online bookings <https://funhausfactory.org.au/whats-on/brackets/2025-05-04/>



OPEN 7 DAYS
40 YEARS LOCAL

VC DENTAL
Care For Life

ACCREDITED

General Dentistry | Emergency Care | Cosmetic Dentistry
Orthodontics & Invisalign | Dental Implants | Oral Surgery
Sleep Dentistry IV Sedation | Wisdom Teeth Removal
3D CT Scanning | CEREC same-day ceramic restorations

NEW PATIENTS
Comprehensive checkup & clean
Includes up to 5 x-rays
No Gap (with health insurance) or **\$290**

OFFERS (all patients)
Free orthodontic consultation
Free dental implant consultation
Free cosmetic makeover consultation
Sport mouthguards: **No Gap** or **\$99**

FINANCE
We bulk bill the Medicare CDBS
Zip Pay & Zip Money payment plans
We partner with SuperCare

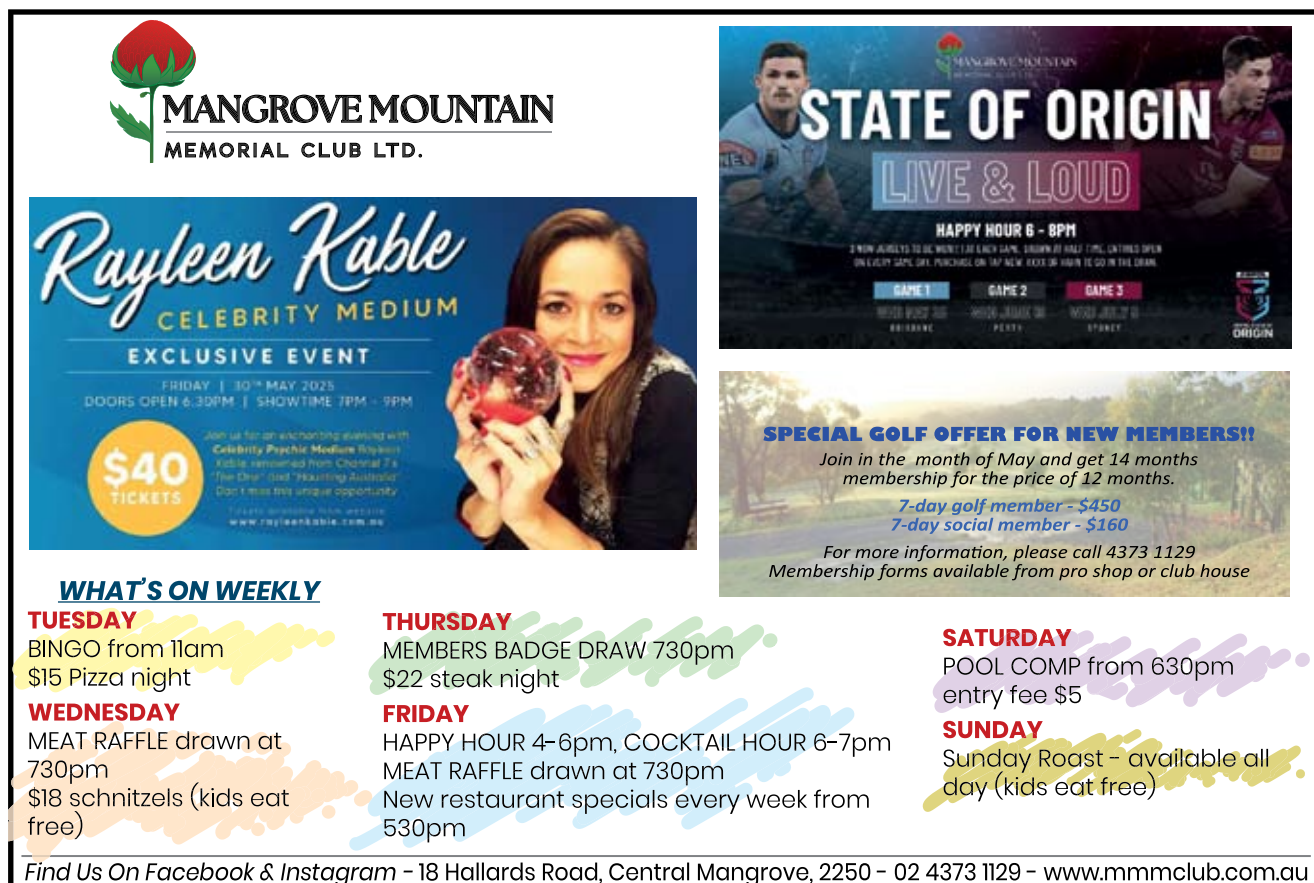
02 4323 1933 | www.vcdental.com.au
Suite 10, 36-40 Victoria Street, East Gosford NSW 2250



GOLDEN
BEAUTY BAR

Beauty,
Cosmetic Tattooing,
Eyelash Extensions
& Makeup
Salon service & Mobile

0437 016 592
Instagram: @golden_beauty_bar_aus



MANGROVE MOUNTAIN
MEMORIAL CLUB LTD.

Rayleen Kable
CELEBRITY MEDIUM
EXCLUSIVE EVENT
FRIDAY | 30TH MAY 2025
DOORS OPEN 6:30PM | SHOWTIME 7PM - 9PM
\$40 TICKETS
Join us for an extraordinary evening with Celebrity Psychic Medium Rayleen Kable, renowned from Channel 7's 'The Dead' and 'Haunting Australia'. Don't miss this unique opportunity.
Tickets available from www.rayleenkable.com.au

STATE OF ORIGIN
LIVE & LOUD
HAPPY HOUR 6 - 8PM
3 NEW JERSEYS TO BE WON! (1st, 2nd & 3rd PLACE) - \$1000 each (incl. 1st, 2nd & 3rd place)
ON EVERY SATURDAY, PURCHASE ONE 1st NEW JERSEY OR HAVE TO GO IN THE DRAW.
GAME 1: BULL DOG vs. REDBACK
GAME 2: WHITE JAWB vs. PESTY
GAME 3: WHITE JAWB vs. STORM
ORIGIN

SPECIAL GOLF OFFER FOR NEW MEMBERS!!
Join in the month of May and get 14 months membership for the price of 12 months.
7-day golf member - \$450
7-day social member - \$160
For more information, please call 4373 1129
Membership forms available from pro shop or club house

WHAT'S ON WEEKLY

TUESDAY
BINGO from 11am
\$15 Pizza night

WEDNESDAY
MEAT RAFFLE drawn at 730pm
\$18 schnitzels (kids eat free)

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 (kids eat free)

Find Us On Facebook & Instagram - 18 Hallards Road, Central Mangrove, 2250 - 02 4373 1129 - www.mmmclub.com.au

Mountain Anglican News

It's hard to believe that we are in May already.

ANZAC day and Easter have come and gone and as a church we are now looking forward to Mother's Day and the feast of Pentecost in June.

As usual, the Memorial club held its special community memorial ANZAC service on a Sunday before the actual ANZAC day. But this year, since the Sunday before ANZAC day was Easter, the normal service was held 2 weeks earlier, on Sunday the 13th.

The Rev. Jim led the prayers and later took his turn to lay a wreath on behalf of the Anglican Church.

It was great to see so many different community groups and other people coming together attending this important ceremony to remember and pay their respects to all those who joined our armed forces to preserve the wonderful freedom that we enjoy in this country.

The Easter season was celebrated on Good Friday with a special church service followed by the usual cuppa afterwards with plenty of hot cross buns. On Easter Sunday we celebrated the resurrection of Jesus and chocolate Easter eggs were shared after the service to everyone.

Just a reminder that we meet at



Harvest Festival
Central Coast
7-8 JUNE 2025

SCAN HERE FOR EVENT PROGRAM

Important changes in traffic conditions:

Please note on June 7 and 8 between 8am and 5pm there will be changes to traffic conditions including speed reductions in areas including Somersby, Kulnura, Peats Ridge and Wyong Creek for Harvest Festival 2025. Please take care and drive safe.

For more information please visit lovecentralcoast.com/harvestfestival
@harvestfestivalcc

MEDIA PARTNER: STAR104.5
EVENT PARTNER: COASTIES
PRESENTED BY: Central Coast Council
centralcoast
LOVECENTRALCOAST.COM

8am on every Sunday morning at the Scout Hall 153 George Downes Drive Central Mangrove, to worship God. For enquiries about this, our Bible

discussion or prayer groups, etc., the Rev Jim can be contacted on 0407 210 861. God bless,

Mountain Anglicans



On The Go Constructions Pty Ltd
Specializing in the building of chicken sheds

Charlie Muscat is well known in the Industry, with over 12 years experience and has a reputation for quality workmanship.

- * New Chicken Sheds * Tunnel Conversions * Roofing
- * Machinery/Farm Sheds/Stables/Lofts/Piggeries * Coolrooms
- * All Fabricating services - All frames & trusses are fabricated by On The Go Constructions to Engineer specifications.

Call Charlie on 4374 1114 or 0408 684 719

VISION FOR LIFE...
For all your concrete & pumping services, call Louis on 0418 409 576



COASTAL TRUCK LICENCES

LR to HC Licences

Paul Viola: 0481 409 309

ABN: 36 659 041 880
info@coastaltrucklicences.com.au
Coastal Truck Licences



thinkwater
CENTRAL COAST

AGRICULTURE • COMMERCIAL • RURAL • INDUSTRIAL

Australia's Leading Water Solutions Network

- ◆ Water Treatment
- ◆ Irrigation Systems
- ◆ Mowers & Ride-Ons
- ◆ Fire Protection Systems
- ◆ Water Tanks
- ◆ Pump Systems
- ◆ Fertigation
- ◆ Pipes & Fittings
- ◆ Chainsaws & Generators
- ◆ Repairs

Ph 4373 1466
780 Peats Ridge Road, Peats Ridge

www.thinkwatercentralcoast.com.au

Raine & Horne® Rural

Thinking of selling?
Think Differently!

- Experienced
- Trustworthy
- Tenacious

A skilled negotiator.

Jay will fight hard to get
you the **BEST PRICE** for
your home

Jay Talbot

LREA | Stock & Station Agent |
Auctioneer

0414 079 220

Scan to learn more
about Jay



The beat goes on

Somersby Public School nurtures many talented young musicians who have crashed and thrashed their way through the grades on two well-loved drum kits. These kits were played with so much enthusiasm throughout the years, the cymbals had become dented and bent and were well overdue for a refresh.

Mangrove Mountain & Districts Country Fair is made up of groups, associations and individuals from our community – including the Somersby Public School P&C Association. These local organisations all work together to host a fantastic event and help raise funds which are then given to the participating groups to benefit the broader mountains community.

In 2024, the Mangrove Mountain & Districts Country Fair was able to assist Somersby Public School by providing a grant to its P&C Association who then purchased cymbals for the students to enjoy. Now when it is time for the students to show off their musicianship during performances for family and the community, they can proudly play the drum kits with brand new shiny cymbals. Thank you Mangrove Mountain & Districts Country Fair – your generosity and ongoing support is greatly appreciated.

*Mikala Spark
Publicity Officer
Somersby PS P&C*



Sam Zouroudis, Year 4, Somersby Public School

Service NSW Business Bureau

A partnership made for business

Clarity begins with one easy conversation.

The NSW Government is here to help. Service NSW Business Bureau provides a wide range of services and tools:

- Expert advice and online resources to assist your planning and growth.
- Step-by-step guidance to help you comply with regulations.
- Manage government interactions on the go with the Service NSW Business Bureau app.
- Ongoing support available in person, over the phone or online.

Call **13 77 88** to talk to an expert today
Visit service.nsw.gov.au  Business



COSS: A LEGACY WORTH EXPANDING ACROSS THE CENTRAL COAST

The Coastal Open Space System (COSS) is one of the Central Coast's greatest assets, a visionary network of natural bushland reserves that has protected over 2,700 hectares of ridgelines and green spaces across the former Gosford City.

COSS was born in the 1970s, not out of environmental passion, but through a simple, practical decision by former Gosford City Council Chief Planner and Chief Engineer, working from the Rural Land Study.

Back then, they realised it was too expensive to connect the steep ridgelines around Gosford to the city's water supply, so they decided to leave them green.

That decision gifted our region something incredibly rare: an expansive network of natural bushland reserves, protecting biodiversity and offering green spaces that have defined the character of the former Gosford City

for decades.

Yet, despite promises made in 2016 when Gosford and Wyong councils merged, COSS has not been expanded across the entire Central Coast.

This is even more surprising given that Wyong has already acquired over 3,300 hectares of land classified as "Natural Assets", an even larger area than Gosford's COSS, through the same planning provisions applied in Gosford.

Both former councils had the same planning provisions, so why hasn't COSS been extended into Wyong?

Even more disappointing, Council recently rejected the chance to purchase a vital "missing link" property at Mount Elliot, despite staff recommending it and money being available.

What is even more illogical is the available money comes from a reserved account where the funds can only be spent on the purchase of land to expand COSS. Eight councillors, including former Gosford Mayor Lawrie McKinna, voted against it. The land has now been sold.

If you care about protecting green corridors, supporting eco-tourism, and building climate resilience, now's the time to ask your local councillor:



EBH
BUILDING GROUP
PTY LTD

OUR SERVICES INCLUDE:

Custom built homes • Granny flats
Extensions • Carpentry services
Renovations • Decks & Pergolas
Waterproofing & Bathroom
renovations
Disabled modifications
Asbestos removal
Building maintenance

Dane Meredith | Builder
0420906499
dane@ebhbuilding.com.au

- Do you support expanding COSS across the whole Central Coast?
- What is your commitment to protecting our region's natural future?

CEN is committed to making sure COSS grows — but we need your voice too. Use this list of Councillor contacts to make your voice heard: <https://www.centralcoast.nsw.gov.au/about-council/mayor-and-councillors>

Gary Chestnut, Chair, CEN

UPCOMING CATTLE AUCTIONS

Maitland Regional Saleyards

- Weekly Monday Liveweight Cattle Sales 9am, followed by Calves, Pigs & Sheep from 12 noon.
- Monthly Store Cattle Sales - May 17, 11am

Gloucester Saleyards

- Fortnightly Thursday Store Cattle Sales - May 22, 11am

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

Follow us on Facebook or join our e-list on
www.bowelidbury.com.au



Bowe & Lidbury Pty Ltd
(02) 49 327 066

OUTLAND Mechanical & Maintenance Service

Licence No. MVRL54125 ABN 14814837840



Mobile Diesel Mechanic

- Specialising in Small Fleet Diesel Service
- Tractors • Farm Machinery • Mowers
- Earthmoving Machinery
- Welding

John: 0427 660 752 jlhellyer67@gmail.com

PRINTING SERVICES

Lynwood Press
Your local printing service



- Flyers
- Booklets
- Stationery
- Business Cards
- Graphic Design
- Duplicate Books

Publishers of the "Community News"

Ph/Fax: 4374 1039 Mob: 0412 669 649
Email: enquiries@cnews1.com.au

Council Community Strategic Plans on Exhibition for Comment

Central Coast Council's draft Community Strategic Plan, Delivery Program, Operational Plan and resourcing strategies will be placed on exhibition for community feedback from 1 May to 2 June 2025.

The plans have been developed following extensive community consultation and respond to the community's vision for the future.

We encourage the community to view the draft plans, understand what's happening in your area, and have your say.

Following consideration of all submissions, the updated plans will be referred to Council before adoption in June.

Integrated Planning & Reporting Framework

Councils IP&R document suite includes the following important planning documents that detail the programs and services that will achieve our community's goals and how these will be resourced and delivered.

- **Community Strategic Plan:** A ten-year vision developed through extensive community engagement, focusing on community and belonging, vibrant public spaces, environmental sustainability, economic growth, and strong leadership.
- **Delivery Program and Operational Plan:** Detailed plans outlining our principal activities, budget, finances, and fees and charges. The Delivery Program is a four-year plan, while the Operational Plan sets out annual actions and budgets.
- **Long Term Financial Plan:** Ensures sufficient funding for our commitments and strategic goals.
- **Asset Management Strategy:** Guides the management, renewal, and planning of infrastructure to maintain sustainable facilities and public spaces.
- **Workforce Management Strategy:** Focuses on recruitment, retention, and professional development to build a skilled workforce.
- **Fees and Charges:** Includes a breakdown of user fees and charges proposed to be charged in the 2025-26 financial year. The fees include those that are set in line with the cost of providing the service, benchmarking with the market, or

as stipulated by legislation.

What is the Community Strategic Plan (CSP)?

The CSP is a ten-year plan that outlines the community's priorities, vision, and aspirations for the future of the Central Coast. It guides the development of other strategies and plans, ensuring all progress and development align with the community's needs and values.

Why is the CSP important?

The CSP is crucial because it ensures that Council actions align with the community's needs and expectations.

It promotes transparency, accountability, and collaboration, enabling effective work with state and federal governments, local organisations, and stakeholders.

How was the CSP developed?

The CSP was developed through extensive community engagement, including surveys, workshops, and interviews conducted between 2021 and 2024. This process ensured that the plan reflects the community's lived experiences, values, and aspirations.

What are the key themes of the CSP?

The CSP is organised around five key themes:

- **Our People:** Focusing on community spirit, safety, and opportunities for

engagement.

- **Our Environment:** Protecting and celebrating natural landscapes and heritage sites.
- **Our Place:** Ensuring sustainable infrastructure and amenities.
- **Our Economy:** Promoting local business, employment, and tourism.
- **Our Leadership:** Ensuring good governance, transparency, and community participation.

How will the Council measure the success of the CSP?

Success will be measured through regular monitoring and reporting on progress. This includes annual reports, quarterly reports on the Delivery Program, the Operational Plan, and the End of Term Report, which evaluates the Council's performance against the CSP.

Delivery Program and Operational Plan

What is the purpose of the Delivery Program and Operational Plan?

The Delivery Program and Operational Plan outline the Central Coast Council's priorities, actions, and budget for the next four years, aligning with the Community Strategic Plan to achieve the community's long-term vision.

How often is the Delivery Program and Operational Plan updated?

The Delivery Program is updated every four years, while the Operational Plan is updated annually.

Community Services

- What community services are provided by the Council?
- Council provides a wide range



Roads | Shed Pads & Sites | Dams
Council Approved Clean Fill

Resource Recovery | Plant Hire | Site Remediation

CALL 0408 843 677

admin@diversetradingaustralia.com.au

of services, including libraries, community centres, sport and recreation facilities, arts and cultural programs, and community development initiatives.

Major Infrastructure and Development

- What major infrastructure projects are planned for 2025/26?
- Major projects include the upgrade of the Wyong South Sewage Treatment Plant, construction of the Gosford Regional Library and Innovation Hub, and various road and drainage improvements.

What is the Council's budget for 2025/26?

Council's operating budget for 2025/26 is \$776.5 million, with significant investments in infrastructure, community services, and environmental management.

How does Council ensure financial sustainability?

Council follows a Financial Sustainability Strategy, which includes prudent financial management, regular service reviews, and strategic investment in infrastructure to ensure long-term financial stability.

Rates and Charges

- How are rates determined for properties?

- Rates are based on the unimproved land value provided by the NSW Valuer General and are categorised as residential, farmland, business, or mining.
- The rates include ordinary rates, special rates, and annual charges for services like waste management and water supply.

What is the rate peg for 2025/26?

The rate peg for 2025/26 is 4.3%, which is the maximum increase in Council's permissible rates income as determined by IPART.

Resourcing Strategy

In order to meet service levels and deliver the projects and actions outlined in the Delivery Program and Operational Plan, Council needs to allocate its resources - finances, people and assets. The Resourcing Strategy includes the following three elements:

- Long Term Financial Plan – a 10-year plan that details financial projections and scenario modelling based on assumptions and other economic factors.
- Workforce Management Strategy – a four-year strategy that details the workforce challenges and opportunities and the actions that will be undertaken to ensure continued service delivery.
- Asset Management Strategy – a 10-year strategy that details Council's asset portfolio and guides the planning,

acquisition, operation, maintenance, renewal and disposal of assets.

Monitoring and Reporting

Council monitors its progress of performance through varying reports at varied points, including:

- Monthly Finance Reports
- Quarterly Budget and Operational Plan Progress Reviews
- Annual Report, including annual Audited Financial Statements
- End of Council Term Report, evaluating progress in achieving the CSP

You can find out more about the Community Strategic Plans and make a submission at:

<https://www.yourvoiceourcoast.com/planning-our-future-2025-2035>

Who's listening

Have questions or want to learn more about this project? Contact us below.

Sharon McLaren - Section Manager, Corporate Planning and Reporting
Sharon.McLaren@centralcoast.nsw.gov.au

Renae Green - Senior Engagement Officer

Renae.Green@centralcoast.nsw.gov.au

David Farmer - CEO
In writing - PO Box 20, Wyong NSW 2259



- Excavator with Buckets, Hammer, Auger & grabs.
- Posi track with 4in1 bucket, forks & spreader bar
- Tipper 6 ton
- Posi track slashing

Excavation - Concrete - Landscape

Facebook, Instagram
Email: blissearthworx@gmail.com

▲ Based in Somersby ▲

0409 456 003

Land Surveyors

Surveying the mountain and districts for 100 years.
Detail, Boundary, Identification, Construction and Volumetric Surveys, Subdivisions and more.

For a free quotation call us on 02 4324 2566
or email us at admin@bannisterhunter.com.au



100 years
Surveying the
Coast since 1924



Local Solar Power Experts

**Living Off Grid
Has Never Been Easier**

Brooklyn Trade Services are your local solar electricians, for both on and off-grid systems.

Our technicians are certified to install state-of-the-art solar and battery systems which are great for the environment as well as your home and or business.

Call us for a chat:

1300 319 419

www.btselectric.com.au/bts-energy



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.calgamtwhite@ccrfs.org.au - Zack Winslade.
Kulnura VBFB at Greta Rd Station	General meeting Training	1st Wednesday of the month, 7.30pm 3rd Wednesday of the month 7.00pm
Mangrove Mountain RFS	General Meeting Bloodtree Rd 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 contact: 0494 344 030 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 Kariong. 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 5th May 2025

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

Trade job remained firm. Export job
was firm to dearer.

- Restocker steers up to 250kg made 350c/kg to 440c/kg
- 250kg-300kg made 350c/kg to 440c/kg
- 300kg to 380kg made 340c/kg to 432c/kg
- Restocker Heifers up to 250kg made 290c/kg to 340c/kg
- 250kg-300kg made 280c/kg to 330c/kg
- 300kg-380kg made 260c/kg to 360c/kg
- Butcher Vealers made 320c/kg to 370c/kg
- Yearling Steers to Feed made 340c/kg to 420c/kg
- Yearling Heifers to Feed made 300c/kg to 350c/kg
- Cows Made 240c/kg to 296c/kg
- Bulls made 220c/kg to 225c/kg

Maitland Liveweight Cattle Sale 28th April 2025

250 cattle yarded today at maitland.
230 Trade/yearling cattle and 20
export.

Trade job was firm to dearer. export
job remained firm.

- Restocker steers up to 250kg made 360c/kg to 450c/kg
- 250kg-300kg made 360c/kg to 425c/kg
- 300kg to 380kg made 335c/kg to 430c/kg

- Restocker Heifers up to 250kg made 290c/kg to 335c/kg
- 250kg-300kg made 280c/kg to 335c/kg
- 300kg-380kg made 270c/kg to 360c/kg
- Butcher Vealers made 320c/kg to 390c/kg
- Yearling Steers to Feed made 340c/kg to 410c/kg
- Yearling Heifers to Feed made 300c/kg to 360c/kg
- Butcher Vealers made 340c/kg to 410c/kg
- Cows Made 200c/kg to 290c/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

*Michael Easy & Rodney McDonald
Bowe & Lidbury
52 Kyle Street, Rutherford NSW 2320
P: 02 4932 7066*

**..KSR..
NEW
GRAVEL
ROADBASE
\$50/T
DELIVERED**

0411 868 437

REGULAR ACTIVITIES & MEETINGS (cont'd)

Catholic Service - Central Mangrove

- Spencer

- Wollombi

- Yarramalong

Divine Retreat Centre

Serbian Orthodox

Kariong Community Baptist Church

Restitution Ministries
Independent SDA Church

YOUTH

Junior Girl Guides 5-10

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/Spining
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
Hall bookings: 0413 359 655 or AH 4373 1488
enquiries@yarramalonghall.org.au
<https://yarramalonghall.org.au>



JEREMY AOUN

PLUMBER | GAS FITTER | ROOFER

OVER 30 YEARS EXPERIENCE
ALL YOUR RURAL PLUMBING NEEDS

Mobile: 0424 894 225

Licence: 134701C

Email: aussieplumbing1@gmail.com

CNS Electrical

Lic No. 214132C

Your local Electrical Contractors on the mountain, specialising in Rural, Domestic, Commercial and Industrial works, including:
Excavation, Trenching, Mains & Sub-mains, Voltage Calculations & Future Planning.



Call Cameron for a quote on: 0438 695 600

Office: 0480 467 894

Email: admin@cnsselectrical.com.au

'Every K counts' – especially on local roads, says NSW Police and Council

Drivers across the Central Coast are being reminded to slow down this May, as Central Coast Council and NSW Police step up efforts to tackle speeding on local roads and increase safety in residential areas.

The focus is on improving safety in 50km/h and 60km/h zones – areas where children, older adults, pedestrians, cyclists and motorcyclists are often present.

Unfortunately, speeding continues to be the primary contributing factor in fatal crashes across the Central Coast.

Our goal is to reduce the risk and severity of speed-related crashes and protect the most vulnerable members of the community.

NSW Police Acting Inspector, Brendan Gregory said that while local streets may feel safer and familiar, they are no place for complacency behind the wheel.

"We want to remind the Central Coast community and visitors to slow down and take care on local roads," Inspector Gregory said.

"Even a few kilometres over the limit can be the difference between a near miss and a serious crash.

"Police will be out in full force across the Central Coast throughout May, targeting speeding motorists and encouraging safer driving behaviour – especially in areas where people walk, ride and live."

'Every K Counts' and 'Stop it... or cop it!' – that's the clear message from Police and Council, reminding drivers that slowing down can save lives.

Council Mayor, Lawrie McKinna said Council is taking a targeted approach and reinforcing safe driving habits to help drivers make better choices.

"Council is working in partnership with NSW Police and Transport for NSW, under the Local Government Road Safety Program, to improve safety on Central Coast roads," Mayor McKinna said.

"Every kilometre over the limit increases both your stopping distance and your risk of a crash.

"We want to see everyone in our community make it home safely – every trip, every time."

This initiative includes heightened

POSITIONS AVAILABLE

SEMI TIPPER DRIVER Wanted. Full time. Mainly quarry work. MUST have Manual Roadranger or Mack 18sp experience and Tipper experience. Travelling between Newcastle, Central Coast, Sydney. Immediate start to right applicant. Ph 0417 285 047

FOR RENT / LEASE

FOR RENT - 3 BR COTTAGE in Yarramalong Ph 0428594629 (no text please)

FOR SALE

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

FIREWOOD FOR SALE & SLASHING. Ph David Starkey 0497808759

FIREWOOD \$150/bin phone 0419412993

HAY FOR SALE Lucerne, Oaten, Wheaten, Rye, Rhodes. Big & Small bales, for Horses & Cattle. Call Mitch 0411562782

Police presence on local roads and the delivery of educational messages to residents and visitors across the Central Coast.

For more information on Council's road safety initiatives and projects, search 'road safety' at centralcoast.nsw.gov.au

Central Coast Council
Media Release

Antennas - Digital

Hayward Video & Antenna Service

VAST Satellite Service

"Government approved installer"

Ray Hayward

mob: 0412 685 555

email: Ray.Hayward@gmail.com



The Grass Cutters

- Slashing
- Rock picking
- Farm cleaning and clearing
- Cultivation and more
- Obligation-free quotes

Call 0419 412 993
Email pat@thegrasscuttersrus.com

See us in action at: thegrasscuttersrus.com



Bikes n Motors

Motor Vehicle Repairer

Service & Repairs

Motorcycles ★ Light Vehicles
Cars ★ ATVs ★ Buggies ★ Quads

Call & Book Now

PH: 0491 622 080

1154 George Downes Drive,
Kulnura, NSW, 2250.
★ Behind Jerrys' Cafe ★
bnm@bikesnmotors.com.au
www.bikesnmotors.com.au

**PINK & BLUE
SLIPS**

Licence No:
MVRL56584

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.

FOR SALE

CHICKEN FARM EQUIPMENT including Atlas Copco 125KVA generator, biobin, plastic scratch trays, feeders, silos, brooders, fans, foggers, gas tanks, pumps etc. Phone Jim 0414 777 748

PLASTIC CRATES - Perfect for Growing crops or used as Benches. Lots of other uses, large quantity available. Stackable, 60cm x 40cm. From \$1.00. Ph 0408 432 999

WATER LICENCE Kulnura Mangrove Mountain Ground water source 30 Megs, open to offers, call 0407761375

WANTED

OLD BATTERIES, will pickup, phone 0413 975 107

AGISTMENT

HORSE AGISTMENT AVAILABLE. Full care. Group and individual paddocks with shelters. Full size sand dressage arena, grass jumping arena. Located walking distance to Peats Ridge Village and Café. Call Cameron on 0438695600

SERVICES AVAILABLE

HANDYMAN (with own tools) looking for work in the greater Lower Mangrove, Mangrove Mountain, Central Coast area. Also have Forklift licence. Phone 0414 912 423

SERVICES AVAILABLE

DOG SITTING/WALKING. Honest & reliable. Call 0438506837

BRICKLAYING & Render repairs. Adrian 0408347737. Lic 98665C

SMALL ACRE MOWING Excavation, Environmental Remediation 0412 228 718

KELLY'S KLEANING SERVICE. Cleaning the mountain & the coast. Call Kelly on 0420541196

MISTY MOUNTAIN RURAL CONTRACTORS - Earthworks, Irrigation, all services available Ph 43530990 or 0418221495

ALL TERRAIN SLASHING
Track mounted slasher/mulcher and excavator mounted flail mower. Sloping land, fire breaks, hazard reduction of low vegetation, (lantana, etc) fence line clearing, broad acre slashing. Free quotes. Bliss Earthworx 0409456003

HORSE BURIALS

Specialising in the on-site burial of your precious horse. Ph Craig 0411 2888 12

ROOF AND GUTTER CLEANING, call Alan on 0427606303. Call for a free quote

METAL PATIOS, INSULATED ROOFS & Carport Builder. Custom made awnings, Decks, Carports & Sunrooms 0420906499

LAURIE DOUGLASS PLUMBING
Plumber, Drainer, Gasfitter, Roofer - Ph 4373 1257 Mob 0407 008 488

OOST Painting Contractors - Lic 71725C
Quality & cleanliness assured.

For a free quote call David 4356 1449 or 0417 234 094. Yarramalong Local

PEST CONTROL - Servicing the local area. A.T.S. Pest Control Services Phone Tony 4373 1157 Mob: 0427 731 157

HORSE RUG REPAIRS - reliable prompt service. Pick-up & drop-off available for large quantities. Ph 0405 620 394

CERAMIC CLASSES & OPEN CERAMIC STUDIO (By appointment-Ph: 0411870090)

JOIN me in an unforgettable journey with clay & artistic exploration!! Reserve your spot today SIMPLY BOOK on foxeystudio.com or email me foxeystudio@gmail.com

LEVEL 2 QHHT Practitioner, Soul Speak Practitioner and Holistic Household Cleansing Consultant. For further info call Sharyn on 0408 967 507, email to shazzaunitt@protonmail.com or visit www.soul-speak-healing.com

TOWN 'N COUNTRY FLOOR SANDING & POLISHING New & old floor boards, parquetry, verandahs, stairs, walls ceilings, re-coating, staining & painting ect..free quote ph Stuart 0400076261 in services available.

AIRCONDITIONING, BUILDING, CARPENTRY - Local service, 14yrs experience in aircon, 22yrs experience in building & carpentry. Call Ken 0412 842 920

RURAL FENCING - Post & rail, wire stock, chainwire, colourbond, paling etc. Also Landclearing. Phone Rick 4373 1117

ALL COVERS & CANVAS WORK!
Boats, Vehicles & Horse floats re-trimmed, cover & horse rug repairs, no job too small! Servicing the mountains & the valleys. Call Alan on 0414 993 669 or Louise on 0410 646 200. located at Yarramalong Road Wyong Creek.

WATER BORES

Local drilling company
based at Ourimbah

Contact: Paul Slade

Ph/Txt: 0408 471247

email:

Sladedrill@bigpond.com

Your LOCAL GUY for Communications and Security

BEFORE YOU ORDER STARLINK:

ONE MONTH FREE SAVE \$139.00.

Use the QR Code below.



STARLINK:

1. Download the Starlink App and do the scan. 2. Call me.

Multiple buildings:

WiFi link to multiple buildings, sheds etc, call for info.

VAST Satellite TV:

We supply and also install

Master Security License:
101264
Open Cablers License:
55883
Insured PI & PL.
Over 30 years In business.
Techniport Pty Ltd T/A

CLOUD SECURITY

Call WARREN 0407 366 444



Contractors Licence No: 367849C



WATERMAN EXCAVATIONS

PH: 0438 617 851

Mulching - Horse Arenas - Certified Fill

Sands - Soils - Mulches - Woodchips
Gravels - Pebbles - Rotomill

Excavators - Tippers - Grader - Dozer - Pozi Track - 6x6 Dump Truck

CROSSROADS AUTOMOTIVES



Terry Kyriacou

Mon - Fri: 7:30am - 5:00pm

Saturday: 7:30am - 12:00pm

SPARE PARTS

LOG BOOK SERVICES

MECHANICAL REPAIRS

Ph: 4373 1774



Cnr of Wisemans Ferry Rd. & George Downes Drive, Central Mangrove

AUTHORISED INSPECTION STATION (INCL LPG)

WARD Septics and Water Tank Cleaning

- * Large and Small Vac trucks
- * Licenced plumber and drainer

Call Paul 0438315514

 **SepticCleaning.com.au**



- AGRICULTURE • INDUSTRIAL • DOMESTIC

Licence No - 269888C

24 HOUR EMERGENCY CALLOUT SERVICE

Ph: 4322 3333

Fax: 43223433

Email: sales@girrigation.com.au

Web: www.girrigation.com.au

Unit 2 254 Manns Road, West Gosford NSW 2250



K&T PROPERTY CONSULTANTS PTY LTD

Real Estate Valuers & Land Economists

ROBERT MEGGS FAPI CPV

providing independent property valuation advice, including:-

- Stamp Duty, CGT, GST & Retrospective Valuations
- Probate & Estate Valuations • Insurance Valuations
- Valuations for Family Law • Pre-Sale/Auction Advice
- Land Value & Compulsory Acquisition Valuations

500 Kyola Road
KULNURA NSW 2250

Telephone (02) 4376 1451

Mobile 0429 44 33 10

Email: ktpropty@ozemail.com.au

Misty Mountain

Rural Property

Development Services



- agricultural consultants
- pasture improvement
- fertilizer spreading
- weed spraying
- all tractor work 4/2WD
- soil conditioning
- irrigation install/design
- fencing & stables
- crop planning & planting & all excavations
- concrete slabs Lic. R94321
- property evaluation & planning & management
- fork lift hire

Ex-Dept. Agriculture Officer with 45 years
experience in the local district.

Greg Koutoulas is the man to call on 0418 221 495



Stop Water Shop

Authorised Dealer

**ONGA, DAVEY and
GRUNDFOS PUMPS**



K. W. & M. E. WEST Pty. Ltd.

1650 Wisemans Ferry Road,

Central Mangrove

Phone 4373 1164 Fax 4373 1049

PUMP REPAIRS AND SERVICE

Trading Hours

Mon - Fri

7.30 am - 5 pm

Sat 7.30 am - 12 noon

Closed Public Holidays