COMMUNITY NEWS

No. 966 Ph: 4374 1039 Mo: 0412 669 649 Email: enquiries@cnews1.com.au Web: cnews1.com.au 6th June 2025

PEATS RIDGE & DISTRICT CWA

The Gosford Regional Show was a huge success for few of our members who had entries with 1st & 2nd placings in the Fruit, Marble, Sultana and Cinnamon Tea Cakes.

The same ladies cooked and entered at the Royal Easter Show, with again, placing 2nd for scones and 3rd for laminations and entries in passionfruit butter and gluten free honey loaf congratulations ladies you put our Branch name in the spotlight.

The CWA tea room at the Royal Easter Show this year made 40,670 scones with many men and women volunteers (members and non members) and again a huge success fund-raiser for the Association.

Our branch President Donna and I attended the Country Women's Association of NSW AGM for a four day conference held at Wagga Wagga with many motions passed and now letters will go to various Government Ministers. There were approximately 700 women at the conference.

The area has been in drought but on our last day we saw some much needed rain.

Harvest Festival

June 7th & 8th

Plenty of places to visit, things to do and food to enjoy. Soak up the live music and free entertainment.

Visit local farms, pick your own fruit and local produce.

Check the program and event trails: https://www.lovecentralcoast.com/harvestfestival



Christina Genge, Donna Hobday - Front: Amy Cassidy



Julianne's prize-winning doll



Sister Eleanor Boxcell and Christine

The International Doll Competition saw our Branch entry come 3rd in all the State and congratulations Julianne who is carrying on our past member, Barbara Chapman, legacy.

We took the opportunity to visit a much loved lady who since 1972 was our Bush Nurse but has now retired to Wagga Wagga and what a wonderful time chatting and catching up with Sister Eleanor Boxcell. Many residents were attended by Eleanor with health issues and many babies went through her Baby Clinic and I am sure Eleanor helped many mothers personally as well.

Till next time, take care,

Christine Sanfilippo PublicityOfficer "He with whom neither slander that gradually soaks into the mind, nor statements that startle like a wound in the flesh, are successful may be called intelligent indeed."

Confucius

STOP!

Next issue Published 20th June 2025

** DEADLINE **
** 13th June '25 **

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

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

Community Transport options and issues in rural areas: Public meeting

The Central Coast Local Health District all inclusive care for older people project has been the focus of two community meetings recently.

Community members were invited to come together to help design the Health Connections Kiosk, and we were joined on 15th May by Carolyn Dhu from the My Aged Care Finders program.

Carolyn supports older people in the Plateau area to apply for and receive Commonwealth funded services for people over 65 years to help them remain well and supported at home.

At the next community health connections kiosk meeting we will be joined by Helen Crouch, the General Manger of the Central Coast Community Transport provider, who is keen to hear from people over 65 years in the area who need support to get to medical appointments, shopping, visiting friends and family, social



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outings and more.

Please join us at 1pm on Thursday, 5 June at the hall next to Dr Anand's surgery in Nurses Road, Central Mangrove.

For more information or to register your interest please email Fiona. morrison1@health.nsw.govau or call 0477 752 365.

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OUR JUNE SESSION WILL BE A RECAP ON THE TOPICS PRESENTED SO FAR THIS YEAR

- Managing Contacts
- · Managing your Calendar
- How to effectively use Online Search and Websites (including using Google Lens)
- Using QR codes and completing an online survey
- Being familiar with identifying SCAMS

Sessions are held on 4th Thursday of the month.

NEXT SESSION THURSDAY, JUNE 26, 2025

9.30am - 11.30am

NOTE - Electrical work is being carried out in Waratah Road in June so please double check that we will have power by either sending a message to the number below or checking our Facebook page https://www.facebook.com/MangroveMountainComputerClub

Mangrove Mountain Computer Club 6 Waratah Road, Mangrove Mountain Enquiries - Suzanne 0412 298 126

DIGITAL CONNECT - Free workshops for over 50's to develop skills and knowledge in the digital world.

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A local's Hope mission: From Mangrove Mountain to Mt Aconcagua - one of the 7 highest summits

There's a strong sense of community here in Mangrove Mountain, when our family moved here from Sydney just over 4 years ago that is one of the things we loved about the Mountain. There are many amazing people here doing some incredible things and others just quietly and consistently turning up for their families and friends day after day.

32-year-old local Joel Alderton from Waratah Road is preparing for an incredible journey, heading to Argentina to climb Mt. Aconcagua, which is almost 7,000 meters high. He's doing this to raise \$10,000 for a small Australian charity 'Hope Child Africa' that helps children and single mothers living in poverty in Africa.

Joel has always loved adventure always looking for a challenge. Last year he climbed Mt Kilimanjaro to raise money for an Australian charity helping indigenous children overcome generational cycles of poverty.

However this isn't just a personal challenge for Joel - it's a way to make a difference in the lives of children and their families living in extreme conditions that we really can't imagine. As he takes on Aconcagua, he's also carrying the hopes of these less fortunate ones. Joel is totally self funding the climb so all money donated goes directly to 'Hope Child Africa'. The charity has already made use of some of the money collected by building a shelter for a single mother and her children who were previously homeless.

We wish him all the best on his remarkable





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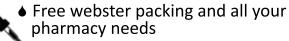
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climb in December this year. He is currently about a third of the way to reach his goal of \$10,000. If you would like to join in to help him reach his goal please click on the QR code to donate -Every dollar given makes a big difference and is GREATLY appreciated.

Thank You

Melanie Alderton





Protecting yourself from mosquitoes

People in flood affected areas should take measures to protect themselves from being bitten by mosquitoes. Stagnant water can become mosquito breeding sites.

With more mosquito breeding there is an increased risk of exposure to mosquito-borne viruses such as Ross River virus (RRV) or Barmah Forest virus (BFV), Japanese encephalitis

virus (JEV), Murray Valley encephalitis virus (MVE), or Kunjin virus.

Mosquitoes can spread viruses that cause disease in humans so you need to take steps to protect yourself from mosquito bites.

For information about mosquitoes and floods, visit the NSW Health website: https://www.health.nsw.gov.au/Infectious/mosquito-borne

Information is also available on how to protect yourself from mosquitoes.

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Neon Nights Community Disco Fun!

On Saturday, 17th May, Central Mangrove Public School's P&C hosted a fantastic community disco at the Mangrove Mountain Hall, bringing together students from Central Mangrove, Somersby, Kulnura, Peats Ridge, and the Mangrove Community Children's Centre. The event was a huge success, with a great turnout that filled the hall with energy and excitement!

The atmosphere was electric as families and friends gathered to enjoy an evening of music, dancing, and fun. The highlight of the night was our engaging DJ, Stacey, from Bop til You Drop, who kept everyone on their feet with a lively playlist that catered to all ages.

The disco not only provided a wonderful opportunity for students to let loose and have fun, but it also fostered a sense of community among families from different local schools. The smiling faces and laughter echoed throughout the hall, making it a truly memorable night.

A huge thank you goes out to the Central Mangrove Public School P&C for organising this exciting event, as well as to all the volunteers who helped make it possible. We look forward to more community gatherings in the

Amy Ball, Principal Central Mangrove Public School 1708 Wisemans Ferry Road Central Mangrove https://centmangro-p.schools.nsw.gov.au 02 4373 1156









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The Benefits Of An AntiInflammatory Diet

Chronic, systemic inflammation is a serious health concern that can be made worse — or better — with diet.

Here's what chronic inflammation is, and how what you eat can keep you safer from the chronic diseases inflammation can cause.

If you've ever cut your finger, bruised a toe or had a throat infection, you have likely experienced the 4 signs of inflammation: redness, swelling, pain and heat. Acute inflammation is your body's natural response to illness, injury or infection.

Systemic inflammation however affects the whole body, and can become chronic, persisting for months, or even years.

Chronic, systemic inflammation is a factor in diseases such as metabolic syndrome, obesity, pre-diabetes and diabetes, heart disease, arthritis, Alzheimer's, and inflammatory bowel diseases like Crohn's. It is also implicated in some forms of cancer.

Inflammatory Foods

What you eat contributes to chronic inflammation.

Foods that cause / exacerbate inflammation include:

Red meat and processed meat, Commercial baked goods, Bread and pasta made with white flour, Deep fried items (eg: fries, fried chicken, donuts), Foods high in added sugar (eg: lollies, chocolate bars, sauces), Sugarsweetened beverages, Trans fats found in margarine, and most processed and ultra-processed foods (often listed as partially hydrogenated oil).

While there isn't one specific antiinflammatory diet, experts say overall healthy eating patterns can help you get rid of inflammation and stay healthier. In particular, they recommend some food types that can help bring inflammation down:

Anti-Inflammatory Foods

1. Omega-3 Fatty Acids

Found in fatty fish such as salmon, herring, mackerel, sardines, tuna, and anchovies.

If you don't eat 2-3 servings per week of these another option is a high quality fish oil supplement.

Plant-based sources include chia seeds, walnuts, and kelp, although they are not as absorbable as the type found in fatty fish.

2. Vitamin C

Ascorbic acid, also known as vitamin C, is a powerful antioxidant. Antioxidants help address cellular wear and tear that can set off inflammation.

You'll find vitamin C in most fruits and vegetables. Great sources include kiwi fruit, berries, capsicum, and broccoli.

3. Polyphenols

Polyphenols are naturally occurring compounds in the foods that protect the body from inflammation.

Good sources of polyphenols include coffee, tea, dark chocolate, extra virgin olive oil, berries, beans, and nuts.

4. Gut-Healthy Foods

A healthy population of beneficial bacteria (flora) in your gut can help keep inflammation at bay. To cultivate

Some ideas for substituting anti-inflammatory foods into your diet:

INSTEAD OF	TRY
Charcuterie Board	Vegetable slices with Hommus
Chips / fries	Baked sweet potato
Sauces with butter / cheese	Olive oil, vinegar, herbs
Bakery cakes / pies	Dark chocolate with raspberries













Whatever your skills, experience or interests, join thousands of people across the state who are committed to helping their communities.



healthy intestinal flora, enjoy plenty of foods rich in probiotics and prebiotics.

Probiotic foods include yoghurt, cottage cheese, kefir, and sauerkraut. Just be careful of any added sugars.

Prebiotics are a form of fibre that feed your gut bacteria. Foods high in this type of fibre include jerusalem artichokes, asparagus, bananas and any food high in inulin.

The Mediterranean diet may be the most beneficial diet in helping people control inflammation. It emphasises omega-3s, vitamin C, polyphenols, fibre-rich foods and other known inflammation fighters.

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Somersby Hall Benefits from Country Fair Grant

Somersby Hall would like to thank the Country Fair Committee for the grant to paint the outside of the hall.

Somersby Hall is a small Community owned hall and we have to fundraise to pay our rates, electricity bill and insurance.

At the moment the Somersby CWA rent the hall on a Wednesday for a coffee and craft morning tea and we welcome anyone to join us for a chat and a laugh.

There is also a small craft group there once a month on a Saturday morning

Somersby Hall is an ideal location for a small children's party or if you would like to start an exercise, Yoga or Pilates classes - it would be perfect...

We have very reasonable rental prices so please give us a ring.

Thanks,

Debbie Fyson 0413-359655





Above: Before painting

Below: After painting





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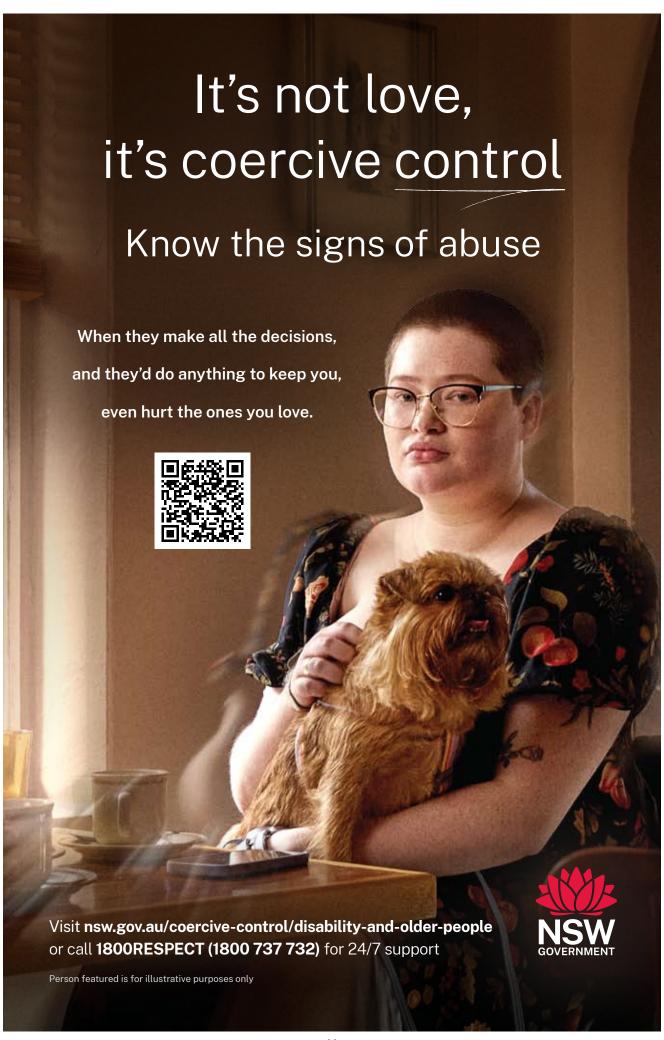
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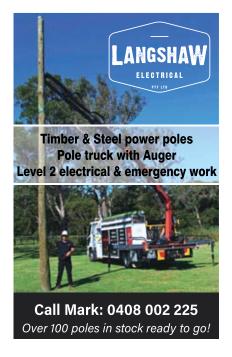


Solving Organic Waste at Central Mangrove Public School

We are excited to announce that the staff and students at Central Mangrove Public School are actively participating in Rumbalara Environmental Education Centre's Solving Organic Waste program!

Under the guidance of Mrs. Shaw and with the generous support of the NSW Environment Protection Authority (EPA), our school is one of just ten selected for this innovative pilot program, paving the way for a state-wide rollout in 2026.

Recently, we had the pleasure of welcoming Lisa and Bec from Rumbalara EEC, who conducted a waste audit at our school. This handson experience allowed us to assess our current waste management practices





and set meaningful goals to reduce avoidable food waste sent to landfill.

We are excited to implement new initiatives aimed at sustainability and look forward to sharing our progress with the community. Together, we can make a positive impact on our environment!

Amy Ball, Principal Central Mangrove Public School 1708 Wisemans Ferry Road Central Mangrove https://centmangro-p.schools.nsw.gov.au 02 4373 1156











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Holy Trinity Church, **Spencer**

In 1861 my great grandfather, William Woodbury, gave the land and built Holy Trinity Church, Spencer.

This generous act was in thanks giving for he and his 13 children being received into the Catholic Church by Fathers Norbert and Odilo Woolfrey, missionaries in the area who used to travel by horseback along the dusty, dirt roads and call on residents along the way.

My great grandfather was greatly impressed by the two missionaries who were the catalysts in his conversion.

Prior to that William had been Church of England but married to a catholic, Mary Donovan. Both buried in the cemetery behind the church.

The 1861 slab church burnt down and in 1909 the current church was built and the church and grounds have been tended and looked after ever since by members of the Woodbury family.

Now the church and grounds are being cared for by the Comensoli, Luci and Carroll families. Anne Carroll being a great, great grand-daughter of William Woodbury.

Initially the church was in the Archdiocese of Sydney. Then when the Diocese of Broken Bay was formed the Parish of Gosford and hence Holy Trinity came within the Diocese of Broken Bay.

In 2009 we celebrated the centenary of the church and his Excellency Bishop David Walker, who was then

HOLY TRINITY US TO WORSHIP AT OUR BEAUTIFUL CATHOLIC CHURCH CHURCH Next Mass is the 14th June, 4pm WE GATHER ON the 4th SUNDAY OF THE MONTH FOR MASS AT 4pm 4350 WISEMANS FERRY RD, SPENCER JOIN US ON FACEBOOK FOR THE LATEST INFORMATION ANNE 0412201851, PETER 0407971340

We would love the opportunity to meet you and welcome you to our community.

Arrive earlier and enjoy a picnic under a shady tree in our beautiful grounds

the Bishop of the Diocese of Broken Bay, celebrated Mass which was followed by a picnic in the grounds, on October 18, 2009.

In those early days the Woodbury's, Cox's, Donovan's, Comensoli's, Kelly's, Shakeshaft's, Green's, Toomey's and Byrnes' used to come to mass, celebrated once a month, on a Sunday at 11am.

They came by water, by horse and sulky, by bike and later by car.

It was a great community. Now in 2025 we are trying to build up the community.

Priests from Gosford come out once a month, the second Saturday of the month, at 4 pm, to celebrate Mass.

Holy Trinity Church stands on a hill overlooking Mangrove Creek. It is a picturesque, peaceful, sacred place.

There is a cemetery where many of the families who were the community in those early days are buried. The cemetery is located behind the church.

Everyone is welcome to come to mass on the second Saturday of the month at 4 pm. The next mass will be on June 14, 2025.

Rosemary Flannery

COME AND JOIN





The federal government have recently announced the introduction of the 'Cheaper Home Batteries Program'. An initiative aimed to improve the affordability of solar batteries by providing subsidies and incentives to households around the country.

As of the 1st July 2025, households on the Central Coast can receive anywhere **between \$2K-\$15K off** the price of a home battery depending on the size of the battery.

With demand expected to surge with this recent announcement, stock shortages are likely, so act fast! With solar-batteries now cheaper, safer and more reliable than ever before, now is the perfect time to give Energyflo a call to determine which system is best suited to you and your families needs.

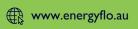
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Council invites community feedback on future of Gosford Library building

Central Coast Council is inviting the Central Coast community to provide feedback on the future of the existing Gosford Library building in Kibble Park, Gosford.

With the completion and opening of the new Gosford Regional Library,

situated in Donnison Street across the road from the existing Gosford Library, in late July-early August, Council is now seeking to finalise the future of the existing library building.

During the adoption of the Kibble Park Place Plan at the September Council Meeting 2023, a resolution was adopted to demolish the existing Gosford library building to improve the safety and security in the park by increasing line of sight, while providing essential open space, which aligned with the sentiment Council received during other Gosford-based













WHAT'S ON WEEKLY

TUESDAY

BINGO from 11am \$15 Pizza night TRIVIA 630pm every ftnite

WEDNESDAY

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

THURSDAY

POKER 630pm \$22 steak night MEMBERS BADGE DRAW 730pm

FRIDAY

HAPPY HOUR 4-6pm, COCKTAIL HOUR 6-7pm MUSICAL BINGO 630pm every fortnight MEAT RAFFLE drawn at 730pm New restaurant specials weekly from 530pm SATURDAY

POOL COMP from 630pm entry fee \$5

SUNDAY

Sunday Roast - available all day (kids eat free)

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community consultations including "Let's Talk Gosford," and "Safer Cities: Her Way".

Council acknowledges that feedback has already been provided by some

community members on the future of the existing Gosford Library building, however is now seeking broader community input to assist in the final decision.

Provide your feedback by Wednesday

11 June 2025, by visiting:

https://www.yourvoiceourcoast.com/GLB

Central Coast Council Media Release









Vale Cedric Leeming

Long-time Spencer resident Cedric Leeming has passed away at the age of 92, surrounded by his loving family.

While he called Spencer home with his wife Eve since 1988, Cedric lived an extraordinary life even before settling down on the Hawkesbury River – a pioneer in television across New Zealand and Australia, and a commercial artist utilising skills of yesteryear.

Born on August 9, 1932, in Christchurch, Cedric as a young man lived an active life – serving for two years in the New Zealand National Service, hunting, and captaining the Waimate Surf Club.

But it was in the early years of television – as a set designer and producer – where Cedric was a true trail-blazer.

Cedric, who completed an apprenticeship as a commercial artist, hand-painted front of theatre posters and other advertisements, eventually rising to the top of Kiwi television as head of design of the New Zealand Broadcasting Service.

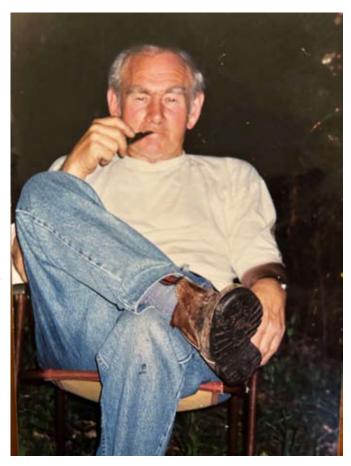
He was a film maker, a designer of theatre sets for both amateur and professional plays, his skills extending to designing costumes for the Australian Ballet.

A kind man and generous man, he didn't suffer fools – but in many ways he was a man ahead of his time – saying he would always give women a job, because they didn't let their egos get in the way of their work like some men did!

Continuing his varied career, he moved to Sydney, Australia in 1984 – first working for Kerry Packer's Channel 9, producing shows such as The Young Doctors, before moving to Perth to work for Channel 7.

His work in Australia also included designing and building the sets for the Tamworth Country Music Festival, and upon returning to Sydney his love blossomed with Eve, with the couple marrying in 1986 before moving to Spencer in 1988.

His workmanship is still evident around Spencer – such as the hand painted sign for Spencer School displayed



proudly on the edge of the village for many years.

He rebuilt the house he and Eve lived in, made furniture for those around the community, and helped renovate the homes of friends in the area, with his skills extending to making the wedding dress his step-daughter Meg wore when married.

Many Spencer residents would know of Cedric's dry sense of humour and willingness to help – it was nothing for he and Eve to host an impromptu dinner for 12 locals on a Saturday

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Applications opening soon for Council's 2025—26 Community Grants Program

Local community organisations are invited to apply for Central Coast Council's 2025-26 Community Grants Program, with applications open from

night!

Cedric, according to Eve, often said the last 36 years in Spencer were the happiest of life – surrounded by family, the local community, and his beloved dogs.

In his later years, Cedric was kept busy producing an endless stream of fancy dress costumes for his grandchildren – no matter how outrageous the request.

Overall, Cedric will be remembered as a dedicated friend, a great husband to Eve, and a loving father of Llewellyn and Nichola, stepfather to Bronwyn, Michael and Meg, and grandfather to Amber, Ashley, Lachlan, Madeleine, Liam, Rhys, Arlo, Bethwyn and Euan, and great grandfather to Moana.

-Written by Lachlan Leeming, Cedric's grandson 1-30 June 2025.

With \$900,000 in total funding available, the program supports initiatives that foster community connections, activate public spaces and enhance the quality of life for Central Coast residents.

Central Coast Council Director Community and Recreation Services, Melanie Smith said the grants are an important way for Council to support and celebrate the Coast's diverse community.

"These programs bring people together through local events, projects and activities that align with our Community Strategic Plan," Ms Smith said.

"Last year, we funded a wide range of initiatives, from sporting programs, community outreach programs, writing festivals, mental health art exhibitions, equipment to enhance community organisations and family-friendly events – we look forward to seeing what this year brings."

The Community Grant Programs include:

Community Development Grant Program

Supports projects that deliver strong community outcomes and improve the quality of life for Central Coast residents.

- Grants up to \$20,000 per application.
 - Annual funding pool of \$300,000.

• Not open again until June 2026.

Community Events and Place Activation Grant Program

Supports community events that activate local spaces and bring people together.

- Grants up to \$20,000 per application.
 - Annual funding pool of \$300,000.
 - Not open again until June 2026.

Community Support Grant Program

Open year-round for small-scale activities, projects and events.

- Grants up to \$5000 per application.
 - Annual funding pool of \$300,000.

Council Mayor, Lawrie McKinna highlighted the importance of grants in creating vibrant, inclusive communities.

"These grants help activate our town centres, foreshore, lakes and open spaces, making them safe and welcoming for families, locals and visitors," Mayor McKinna said.

"If your organisation is working to deliver lasting benefits for our region, I strongly encourage you to apply."

Review the grant program guidelines and submit your application, search 'grants' at <u>centralcoast.nsw.gov.au</u>

Central Coast Council Media Team



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REGULAR ACTIVITIES & MEETINGS

RURAL FIRE SERVICES

Bucketty RFS

Weekend Training Station Maintenance General Meeting

Calga-Mt. White RFS General meeting

Contact

Kulnura VBFB at Greta Rd Station General meeting Training

Mangrove Mountain RFS General Meeting Training / Maintenance Bloodtree Rd

Spencer RFS General Meeting Training Maintenance

Somersby RFS General Meeting Training/Maintenance

Yarramalong RFS

COMMUNITY & SOCIAL

Central Coast Plateau Chamber of Commerce First Tuesday each month 7.00PM MMMC Coastlink Friendship Group

Country Women's Association (Somersby)

Country Women's Association (Peats Ridge & District)

Country Women's Association (Mangrove Mountain Evening Branch)

Gosford North Inner Wheel club

Kulnura & District Garden Club

Kulnura Tuesday Tennis

Ladies of the Valley Afternoon Tea

Mangrove Singers

Mangrove Mountain & Districts Community Group

Mangrove Emergency Planning & Communications Committee

Mangrove Mountain Country Fair Committee Meeting

Mountain Districts Association (MDA)

Mountain District Football Club Meeting

Probus - West Gosford

River Cares for the Lower Hawkesbury River District

Rotary Club Meeting

Spencer Community Progress Group Inc

Spencer Community Ladies Social Club

Newsletter

Wisemans Ferry Community Men's Shed

SPIRITUAL

Anglican Service - Mountain Districts

Mangrove Mountain Union Church Trust

Mangrove Mountain Christian Service

St Barnabas Christian Service Yarramalong

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@lowerhunterrfs.com.au 4998 8130

3rd Mon of the month, 7.30pm all welcome Training Every Monday 6.30 except public holidays Information & updates Facebook.com/calga/mtwhiteruralfirebrigade/ Captain.calgamtwhite@ccrfs.org.au - Zack Winslade.

> 1st Wednesday of the month, 7.30pm 3rd Wednesday of the month 7.00pm

Last Wednesday of the month, 7 pm, All Wednesday's except last of month, 7 pm

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

First Wed of the month 7.30pm at the Station Every Wed night 7.30 at the Station (except

before Wed general meeting) Information: www.facebook.com/ YarramalongRuralFireBrigade/ Phone contact: 0494 344 030

Email: volunteer@yarramalongrfs.org.au

Wed 9.30am-2pm at the Health Centre, Nurses Rd, Central Mangrove

Second Wed of each month, at Somersby Hall Wiseman's Ferry Road, Somersby, contact Sue, 43721280 or 0407768000.

Third Monday of the month at Community Hall, Peats Ridge School. Any enquiries please contact Christine 0419 400163.

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 2nd Wed each month 11am at Phillip House in Kariong. Contact: Glenis Ph: 0400 486 760 Second Monday, 9.30 for 10am start. Jacqui Maxwell 0455364262 kulnuradgc@gmail.com Tue 9.30am-12.30pm, Kulnura Tennis Courts. Enquiries: Alison Palmer 0427731548.

1st Tues, 1pm to 2.30 at Angels Sussurri Cafe Yarramalong. Margaret Dale 0411104770 1st & 3rd Tue, 6.00 7.30pm at Mangrove Golf Club, enquiries - Kim 0401516501

1st Thurs of the Month, excl Jan. 7.30pm, Mangrove Mtn Hall.

Contact: mepccinc@gmail.com, 0412669649

3rd Thu of mth except Jan, 7pm, at Union Church Hall. Pres - Steve 0455 155 075 www.mountaindistrictsassociation.com.au secretary@mountaindistrictsassociation.com.au Second Tuesday of the Month 6.30pm at the Mangrove Memorial Club

2nd Thu. Ph Elaine Burrows 0412988353

President Marlee Maxwell Email rivercaresinc@gmail.com

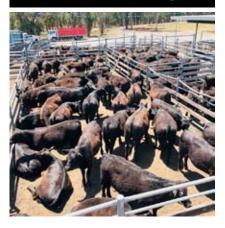
Friday 7.15am at Phillip House. 43404529 President Brad Maisey, Community Meetings, 0436482201, spencercpg2@gmail.com Last Fri of month. 12.00 noon Spencer Community Centre, Jennifer Dayes 4377 1364 Articles to: spencercpg2@gmail.com Tues & Sat, 9am-5pm. Contact: Alan Hunt 4566 4626 or Adrian Acheson 0448 833 781

Every Sun 8am at Peats Ridge Scout Hall, Sunday School during school terms Committee Meeting 3rd Monday, 7.30pm at the Mangrove Mountain Union Church Hall 9.30am second and fourth Sundays. Mangrove Mountain Union Church

Every Sunday, 9.30am. (Easter & (Christmas Carols dates to be advised)

(cont'd next page)

LIVESTOCK



Maitland Liveweight Cattle Sale 26th May 2025

300 Cattle varded today at Maitland. All trade cattle.

Trade job was 40c dearer this week.

- Restocker steers up to 250kg made 370c/kg to 466c/kg
- 250kg-300kg made 370c/kg to 465c/
- 300kg to 380kg made 350c/kg to 450c/kg
- Restocker Heifers up to 250kg made 290c/kg to 365c/kg
- 250kg-300kg made 300c/kg to 365c/ kg
- 300kg-380kg made 290c/kg to 375c/ kg
- Butcher Vealers made 340c/kg to 410c/kg
- Yearling Steers to Feed made 370c/ kg to 415c/kg
- Yearling Heifers to Feed made 280c/ kg to 320c/kg

Maitland Liveweight Cattle Sale 19th May 2025

550 cattle yarded today at Maitland. 500 Trade/yearling cattle and 50 export cattle.

Trade job and export job were both easier this week due to the wet and influx of numbers from the south.

- Restocker steers up to 250kg made 280c/kg to 425c/kg
- 250kg-300kg made 320c/kg to 425c/
- 300kg to 380kg made 310c/kg to 425c/kg
- Restocker Heifers up to 250kg made 230c/kg to 305c/kg
- 250kg-300kg made 250c/kg to 315c/

kg

- 300kg-380kg made 240c/kg to 320c/kg
- Butcher Vealers made 320c/kg to 380c/kg
- Yearling Steers to Feed made 310c/ kg to 385c/kg
- Yearling Heifers to Feed made 240c/ kg to 300c/kg
- Cows Made 160c/kg to 265c/kg
- Bulls made 200c/kg to 230c/kg

Maitland Liveweight Cattle Sale 12th May 2025

- Restocker steers up to 250kg made 310c/kg to 410c/kg
- 250kg-300kg made 345c/kg to 426c/kg
- 300kg to 380kg made 330c/kg to 434c/kg
- Restocker Heifers up to 250kg made 250c/kg to 322c/kg
- 250kg-300kg made 270c/kg to 322c/ kg
- 300kg-380kg made 260c/kg to 320c/kg
- Butcher Vealers made 320c/kg to 380c/kg
- Yearling Steers to Feed made 340c/ kg to 405c/kg
- Yearling Heifers to Feed made 300c/ kg to 320c/kg
- Cows Made 170c/kg to 285c/kg
- Bulls made 210c/kg to 230c/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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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 Trinty Church, 2nd Sat of the month 4pm, Contact 0412 201 851 as times may change each month.

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

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

ContactCentral 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



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