

# COMMUNITY NEWS

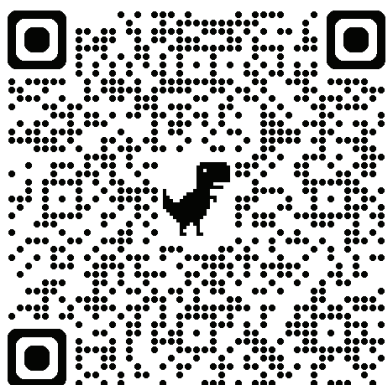
No. 970 Ph: 4374 1039 Mo: 0412 669 649 Email: enquiries@cnews1.com.au

Web: cnews1.com.au 1st August 2025

## Updated Guidelines for Safe Pile Burning Outside the Fire Danger Period

Some of the information shared in our previous article is now outdated, so we'd like to provide you with the current requirements and reminders for conducting a safe pile burn outside of the official Fire Danger Period.

If you're planning to burn, it's important to notify the RFS ahead of time. The easiest way to do this is by searching "Notify to Burn" online or scanning the QR code included with this article.



You'll be directed to the appropriate online form. In addition to notifying the RFS, you must also inform your neighbours at least 24 hours before lighting your fire.

Before you begin, check local weather conditions. Be aware of the Fire Danger Rating for the day, and take into account wind speeds and temperature, as these can affect how your fire behaves. It's also essential to clear the area around your burn pile of any flammable material and keep firefighting equipment close by. Fires must be carefully monitored at all times, and if anything gets out of control, you should call Triple Zero (000) immediately.

As we near the start of the next Fire Danger Period on 1 October 2025, it's also important to stay alert for any Total Fire Ban days. On these days, burning is strictly prohibited—regardless of whether you've notified—because it simply isn't safe.

There are also a few important

restrictions to keep in mind when burning. You are not permitted to burn rubbish or building materials, as these can create toxic smoke and pose additional hazards. And finally, never leave a burn unattended. Many emergency callouts are the result of small, manageable fires being left on their own and quickly escalating.

If you're unsure about any part of the process or have questions specific to your property or situation, please don't hesitate to reach out by emailing Secretary-MangroveMountain-vol@rfs.nsw.gov.au. We're here to help you burn safely and responsibly.

*Tarryn Nester*

*Captain*

*Mangrove Mountain Rural Fire Brigade*

## VALE MARY LUCI

As a small enduring token of Mary's generosity, we are proposing a memorial plaque to be placed in the gardens of the Mountain Community Children's Centre, 2829 Wisemans Ferry Road, Mangrove Mountain.

Donations can be left in the locked letterbox at the Centre, or in the donation box at the rear of the Greek church in Nurses Road during Catholic Mass on Saturday evenings from 5.00pm to 6.00pm.

In due course, we will celebrate the unveiling of the plaque, with a get together/picnic for family and friends.

*Nair Herford*  
0405558669

## SOMERSBY CWA

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## LONG TABLE LUNCH

17th August 2025 11am  
\$25 a head

RSVP 13th August

**Bookings required:**

Sue 0407768000

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"The only thing worse than not getting credit for your work is getting credit for someone else's."

*John Wooden*

## STOP!

Next issue Published  
15th August 2025

**\*\* DEADLINE \*\***

**\*\* 8th August '25 \*\***

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Email, website, FB or  
phone for enquiries

## FREE CHEMICAL CLEANOUT EVENTS RETURN TO THE CENTRAL COAST



Central Coast residents can safely dispose of unwanted household chemicals at two free Chemical CleanOut weekends this August.

These events offer a safe and environmentally responsible way to clear out hazardous items from your home, shed, or garage.

Event details:

### Council Charmhaven Depot

- Saturday 2 August and Sunday 3 August 2025
- 9am-3.30pm
- 137 Chelmsford Rd, Charmhaven NSW 2263 (enter via Depot Road)

### Former Kincumber Waste Management Facility

- Saturday 9 August and Sunday 10 August 2025
- 9am-3.30pm
- Cullens Road, Kincumber, NSW 2252
- (Note: The facility remains closed to the public except for this event)

Council Mayor, Lawrie McKinna said proper disposal of household

chemicals is essential for community safety and environmental protection.

"Keeping old chemicals in the home can increase the risk of poisoning, while improper disposal – such as pouring them down the drain or placing them in the bin – is illegal and can harm the environment," Mayor McKinna said.

"These free Chemical CleanOut events are a great opportunity to safely and conveniently dispose of hazardous items – mark your calendar!"

Council Acting Director Infrastructure Services, Andrew Pearce said a wide range of items will be accepted.

"Residents can bring paints, pesticides, gas bottles, fire extinguishers, fluorescent globes and tubes – even unknown or unlabelled chemicals can be dropped-off," Mr Pearce said.

"Please note only household quantities are accepted. A limit of 20 litre or 20 kilogram applies per item, except for paint, which is accepted up to 100 litres in containers of 20 litres or less."

The Chemical CleanOut program is a NSW Government Waste Less,

## Mountain Districts ALICE program

Health Connections Kiosks are being held at the Mangrove Mountain Community Health Centre at 13 Nurses Road, Central Mangrove on the 1st and 3rd Monday of each month between 9am and 12pm.

It is recommended that people book to ensure that they are able to secure an appointment. To make an appointment:

- phone (0477 752 365) or
- email: [fiona.morrison1@health.nsw.gov.au](mailto:fiona.morrison1@health.nsw.gov.au)

Please note that the phone is manned three days a week (Monday, Thursday, Friday, 8am to 4.30pm), so if you can't get through just leave a message, either a voicemail or a text.

*Fiona Morrison*

*ALICE Community Engagement Officer  
Health Quality, Strategy and  
Improvement Unit*

*Central Coast Local Health District  
T (02) 4320 2522 M 0477 752 365  
E [fiona.morrison1@health.nsw.gov.au](mailto:fiona.morrison1@health.nsw.gov.au)  
75 Holden Street  
Gosford, NSW 2250*

Recycle More initiative brought to you by the Department of Planning, Industry and Environment, Paintback and Central Coast Council.

For the full list of accepted and information on storing and transporting unwanted items safely, go to the NSW Household Chemical CleanOut webpage or search 'chemical cleanout' at [centralcoast.nsw.gov.au](http://centralcoast.nsw.gov.au)

*Central Coast Council Media Team*

### Sustainable Natives

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# MOUNTAIN DISTRICTS MEN'S SHED UPDATE

Behind the scenes the continuing work to establish a Men's Shed serving our community has resulted in the formal establishment of the Mountain Districts Men's Shed Inc.

The committee is now focused on the acquisition of a physical shed, with several "irons in the fire" that with fingers crossed may well yield results sooner versus later.

For all community members who have expressed support and interest in joining our Shed; we are now ready to accept membership sign-ups. We welcome all men 18y/o and over who have an interest in practical projects beneficial to the community, and who wish to form new social connections.

We will be holding a BBQ get together on Saturday August 23rd (4:30pm), at the Mangrove Mountain Union Church grounds where membership applications can be completed.

Annual membership is \$40.00, which goes toward operational costs

including insurance etc. Membership fees will be accepted via funds transfer or cash on the day. For those unable to attend on the 23rd, please contact me directly to request a membership form be emailed to you (simonperry@fastmail.com).

While we work toward the goal of acquiring premises, committee members and friends have stepped up with the offer to host working parties to deliver on our Shed's first project: signage for the 2025 Mangrove Mountain & Districts Country Fair. Members who have completed their applications will be welcomed to contribute to the signage project.

The Mountain Districts Men's Shed Inc. committee also wishes to acknowledge and express our sincere thanks to the CWA Mangrove Mountain Evening Branch for the generous donation of \$500 toward the founding of our Shed. It is said that it takes a village to raise a child.

The CWA branch's generosity is an example of the fact that it also takes a community to raise a new group. On behalf of all the committee members of our new community group; thank you.

Simon Perry  
President

Mountain Districts Men's Shed Inc

## Mangrove Mountain Union Church 1914 Trust Inc.

### Notice of AGM

15th September

Committee Meeting at 7pm  
followed by AGM at 8pm

The community is urged to join the Trust and help preserve this historical local icon



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# Mangrove Mountain Public Toilets Upgrade up to 2 years away

The 2024 Public Toilet Strategy exhibited by the Central Coast Council did not include the public toilets at Mangrove Mountain.

The Strategy followed on from an extensive consultant's report by Conybeare Morrison International Pty Ltd (CM+) that looked at all toilets available to the public, including those at railway stations, shopping centres and other public spaces.

CM+ identified that the Mangrove Mountain toilets do not meet the guidelines of the Disability Discrimination Act (DDA).

The toilets, identified in the Council documents as "BL-0732 Waratah Road Public Toilet", are classified as "General public toilets in remote areas" with no recognition of how frequently they are used.

The toilets continue to emit a foul persistent odour and leak effluent which stagnates in pools beside the

facility. Such leaks not only breach basic hygiene standards but also pose significant public health risks, echoing concerns raised across Australia about the management of public sanitary infrastructure (NSW Health, 2022).

This is a raw sewage leak!

The approval and regulation of Onsite Wastewater Management Systems (OWMS) on land owned by the state or federal governments is managed by the relevant department and Minister (Minister for Local Government / Minister for Better Regulation and Fair Trading / Minister for Planning and Public Spaces) so perhaps we can call on our State Government MP's and Ministers to look into this issue.

There are several pieces of legislation and government guidelines that apply to this problem.

## *Excerpts from the NSW Government Easy Septic Guide:*

### HIGH RISK AREAS

These are highly vulnerable and sensitive environments like villages and areas close to drinking water sources, oyster leases, rivers and wetlands where the release of sewage pollution can cause a lot of harm.

If your septic system is in a HIGH risk area, the council will arrange to have regular checks made for the assurance of safety and good practice.

**As a septic system owner, you are**

**responsible for –**

- ensuring the house drains and tank don't leak
- getting things fixed if they are not working properly
- keeping the system well maintained
- ensuring the system is checked regularly
- getting the tank pumped (de-sludged) when it becomes too full to process the flow going into it
- maintaining and protecting the absorption field
- complying with the council's requirements for installation, maintenance service and operation and paying fees for inspections or maintenance.

**Meanwhile, the council is**

**responsible for –**

- providing general services for the protection of the environment, public health and safety
- helping people keep their septic systems working well
- providing a scheme of systematic management for all of the septic systems in the council area, including environmental monitoring and technical advice.
- providing advice and contact information when people need professional services to design or maintain septic systems
- regulating the installation, operation and maintenance of septic systems, conducting audits and inspections and keeping a register of systems in



## Mountain Medicine

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B.Med (Hons) FRACGP

### Dr Sepali de Silva

MBBS

### Dr Rohan Dissanayake

MBBS

### Dr Anisa Rouhipour

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### Torin O' Grady

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use in the council area

- providing community information and education programs
- monitoring and reporting on the overall impact of effluent and other by-products from septic systems in the state of the environment report for the council area
- implementing strategies for ecologically sustainable development

#### **NSW Local Government (General) Regulation 2021:**

The performance standards for the operation of a “system of sewage management” underpin this Guideline and set the requirements for installation, construction and alteration and operation of OWMS. In particular, section 44 of the LG Regulation states:

1. A system of sewage management must be operated in a manner that achieves the following performance standards:
  - a. the prevention of the spread of disease by microorganisms
  - b. the prevention of the spread of foul odours
  - c. the prevention of contamination of water
  - d. the prevention of degradation of soil

- e. the discouragement of insects and vermin
- f. ensuring that persons do not come into contact with untreated sewage or effluent (whether treated or not) in their ordinary activities on the premises concerned
- g. the minimisation of any adverse impacts on the amenity of the premises and surrounding lands
- h. if appropriate, provision for the re-use of resources (including nutrients, organic matter and water)

#### **Performance standards:**

Existing OWMS should comply with the performance standards in LG Regulation section 44 and any installation approval still in force for the system. Existing systems are not required to meet current design standards unless there is a failure of the system, an alteration to the buildings associated with the system or an alteration to the OWMS, including the buffers to its EAA.

#### **Department of Planning, Housing and Infrastructure, Office of Local Government, Onsite Wastewater Management Guidelines**

##### **A2.1.5 Waterless composting toilet system conditions**

43. The installation of the Waterless Composting Toilet System (WCTS) should be inspected and checked by the manufacturer or the manufacturer’s agent. The manufacturer or their agent is to certify that they system has been installed and commissioned in accordance with its design, conditions of accreditation and any additional requirements of Council.

44. Maintenance of the WCTS is to be completed in accordance with the manufacturer’s operation manual. The owner/ operator of the system is to obtain an operation and maintenance manual from the manufacturer.

Reason: To ensure the owner/ operator has the necessary information to carry out basic maintenance.

45. Composted waste material from the WCTS is to be disposed of



by burial within the confines of the premises in soil, which is not intended to be used for at least three (3) months for the cultivation of food for human consumption. The minimum cover of soil over the deposited compost must be 100mm.

46. A permanent notice with basic instructions must be fixed to the facility in a prominent position. The permanent notice must include provisions for recording the date of commissioning and the last time compost waste was removed.

47. The fan fitted to the air vent must be installed in such a manner that it operates continuously, with easy access being supplied for repairs or replacement of the fan.

Reason: To keep the drainage bed and compost pile aerated.

48. No kitchen sullage or greywater is to be disposed of through the WCTS.

49. Liquid from the WCTS is to be directed to the approved EAA

These standards and guidelines are applicable to all properties and toilet installations and Council is urged to consult the Community and replace the Mangrove Mountain Public toilets without delay.

*Keith Aranjio*

**PILATES ON THE MOUNTAIN**

**PILATES MAT GROUP**

WEDNESDAY 6PM  
THURSDAY 11AM

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# Gosford Library prepares to turn the page on an exciting new chapter

Central Coast Council advises that the current Gosford Library will close its doors at 12pm Saturday 16 August, to begin the transition into the new Gosford Regional Library.

The much-anticipated facility will open its doors to the public in early September.

The closure marks the beginning of a new era in local library services – delivering an innovative, inclusive and accessible space where our community can connect, create and collaborate in the heart of Gosford.

During the transition period:

- The returns chute will remain open.
- Borrowing periods will be extended by one month until the new library opens.
- Items can also be returned or collected at any of our Central Coast Libraries, including those close-by at Erina, Kariong and Tuggerah.
- For help with bookings, reservations or general queries, contact library staff via [library@centralcoast.nsw.gov.au](mailto:library@centralcoast.nsw.gov.au) or call 4304 7500.
- For assistance after the current Gosford branch closes, call 4306 7900.

Council's beloved book mascot, Parker, will be busy preparing the shelves for the opening in September!

For more information, visit [centralcoast.nsw.gov.au/libraries](http://centralcoast.nsw.gov.au/libraries)  
Central Coast Council Media Team



## Landcare Week 4 – 10 August 2025

Landcare Week 2025 is just around the corner – taking place from Monday, 4th August to Sunday, 10th August. It's a great opportunity to raise awareness about the environmental, community, and wellbeing benefits of caring for our land and waterways.

Landcare Week is an annual campaign celebrated during the first week of August that acknowledges the Australians who are actively restoring, enhancing and protecting the natural environment in their community.

The Landcare Week campaign week is an opportunity to create awareness of landcare to the wider community, and for us all to promote the environmental, community and wellbeing benefits of getting your hands dirty to care for the land and waterways.

The campaign will acknowledge individuals, groups and organisations across Australia involved in landcare activities. This includes people involved in conservation land management, sustainable agriculture, Cultural land management, women in landcare and the next-generation of landcare leaders. The campaign



## Mobile Library

To ensure everyone has access to a good read, our Mobile Library visits selected stops to engage communities unable to readily access libraries. We're now making a stop at Mangrove Mountain – come down and say hello!

### Mangrove Hub, 10.30–11.45am

2 Waratah Road, Mangrove Mountain

- Wednesday 6 August 2025,
- Wednesday 3 September 2025,
- Wednesday 1 October 2025,
- Wednesday 29 October 2025,
- Wednesday 26 November 2025,
- Tuesday 2 December 2025.



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will also acknowledge the thousands of volunteers who take action to care for the environment in their local community throughout the year.

Whether it is a school group learning about biodiversity and food production, a group of volunteers caring for their local beach or bushland, a farmer engaging in sustainable agriculture practices, the storytelling from an Indigenous elder, investing in science and research about the latest technologies and innovations, all Australians are taking small steps to care for the environment at work, home and in their community.

We invite everyone to get involved in landcare for Landcare Week, take the Landcare Week survey or submit a photo of what landcare means to you. We have created useful Landcare Week branded resources for landcare groups and all other community-led groups focused on caring for the natural environment to us when promoting their support for landcare.

How to get involved? This year, we'll be sharing inspiring local stories and celebrating the people behind landcare. You can get involved by taking our Landcare Week survey or by submitting a photo for the Landcare Through the Lens campaign.

PLUS, by submitting a photo, you will go in the draw to win a Milwaukee Dual Battery Chainsaw!

<https://landcareaustralia.org.au>  
Landcare Australia



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## Bringing regional events to life: Glenworth Grazing scores \$20,000 grant

The Central Coast visitor economy is set to benefit from a more vibrant events calendar with Glenworth Grazing amongst the 61 recipients of the Minns Labor Government's 2025/26 Regional Event Fund.

Member for Gosford, Liesl Tesch MP said the funds would help event owners continue to bring their event vision to life and make a valuable contribution to the Gosford visitor economy.

"I'm thrilled that Glenworth Grazing received this funding from the NSW Government, amongst more than \$1.3 million being awarded to event owners across the state," Ms Tesch said.

The Regional Event Fund forms part of the Minns Labor Government's commitment to strengthening local communities and growing regional visitor economies.

The program provides grants of up to \$50,000 to help bring events to life – from marketing and PR campaigns to infrastructure and equipment hire to enhance the visitor experience.

To view the full list of successful recipients and for more information on the program, visit [www.destinationnsw.com.au/regional-event-fund-2025-26](http://www.destinationnsw.com.au/regional-event-fund-2025-26)

Minister for Jobs and Tourism Steve Kamper said "Regional events are the heartbeat of local communities – they celebrate what makes each region unique while also driving real economic benefits by attracting visitors, creating jobs and supporting local businesses.

"This investment of more than \$1.3 million will give certainty to event organisers across the state to elevate their offerings and reach new audiences.


Member for Gosford Liesl Tesch

said "Glenworth Grazing is such an exciting highlight of the Central Coast events calendar, celebrating local food, culture, music and the arts against the stunning backdrop of Glenworth Valley.

"With our incredible coastline and beautiful bush landscapes, the Central Coast is truly a wonderful place to live. Events such as Glenworth Grazing are a fantastic opportunity for our community and visitors to explore the best of what the region has to offer.

"This funding is a key part of the Minns Labor Government's committed to revitalising regional events, celebrating the diversity, vibrancy and unique character of our region, while supporting our local visitor economy."

General Manager of Glenworth Valley Wilderness Adventures Mia Lawler said "Glenworth Grazing is more than just a festival; it's our way of sharing the breathtaking beauty of Glenworth Valley with the community. Seeing families and friends come together to enjoy local food, music, and the great outdoors is truly rewarding. We're grateful for the support that



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Glenworth Grazing - Furnace and the Fundamentals

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helps us continue this tradition.

“This grant enables us to elevate the Glenworth Grazing experience, attracting more visitors to the Central Coast hinterland. It’s a fantastic opportunity to showcase our region’s rich culture and natural landscapes, boosting local tourism and the visitor economy.

“The Glenworth Grazing Festival is a platform for local artisans, producers, and performers to shine. With this funding, we can expand our reach, support more local talent, and offer an even more diverse and enriching experience for attendees.”

Media Release from the  
Office of Liesel Tesch MP  
Member for Gosford  
0422 103 440



**NOONAWEEENA**

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**16<sup>TH</sup> & 17<sup>TH</sup> OF AUGUST**  
**5<sup>TH</sup>, 6<sup>TH</sup> & 7<sup>TH</sup> OF SEPTEMBER**

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# VALE VALMAE BARR

It's with great sadness that we report the recent passing of Valmae Ethel Barr (born Andrews) on 30 June 2025, aged 89.

The daughter of Herb and Thelma Andrews, and granddaughter of Alfred and Amanda Andrews, Valmae had a deep connection to her family's legacy and to Fairview Homestead.

Together with her brother Warren, she spearheaded the initiative to save Fairview Homestead from demolition, to restore the Homestead and to create a community asset for all to enjoy.

She co-founded the Fairview Homestead Association in 2012 and served as its Vice President until she passed. Whilst Warren was the face of the Association, Valmae was his steadfast 2ic and a tireless campaigner for Fairview.

Her legacy of commitment to community, history and the preservation of heritage will be long remembered. Valmae was laid to rest at Point Clare Cemetery on 10 July. Rest in Peace, Valmae.

Dr. Matt Lohmeyer, President  
Fairview Homestead Association Inc.  
president@fairviewhomestead.com.au  
0431 664 550

Left: Warren Andrews &  
Valmae Barr, née Andrews



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Day**  
8 August



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Dying to Know Day is a national campaign that supports Australians to improve death literacy and plan for end-of-life.

Help create a world where we all know what to do when someone is dying, caring or grieving.

Talking about death can be daunting, but it's better to do when we're well rather than wait until it's too late!

We invite you to attend an information session. Guest speaker topics include:

• Financial Planner • Wills and Estate Planning • Probate • Palliative Care • Funeral Plans

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Go to <https://www.aabr.org.au/> and click on "AABR Projects"

Australian Association of Bush Regenerators (AABR)

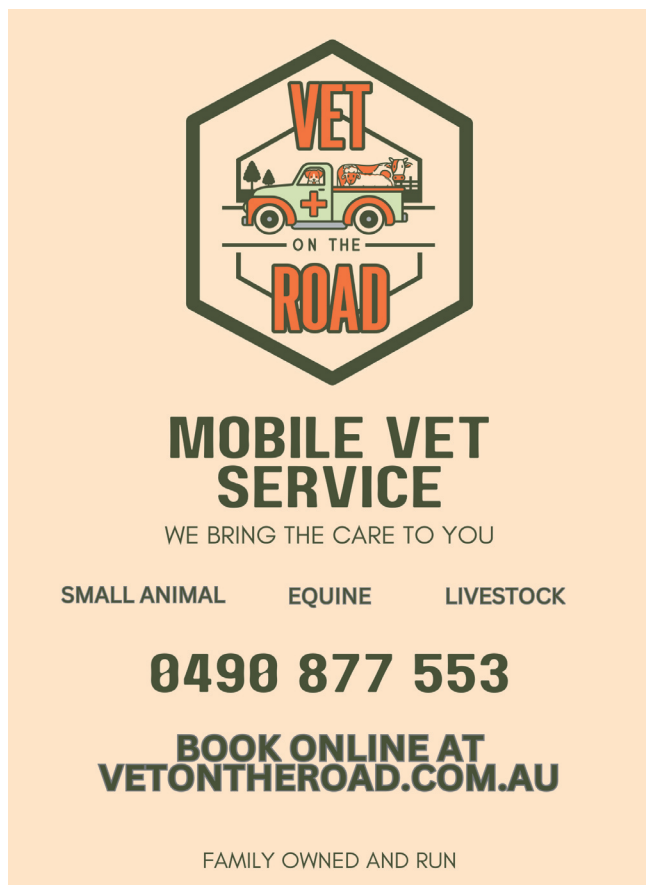


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# ARTS NEWS

OLD FIRESHED GALLERY  
WOLLOMBI CULTURAL CENTRE

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

WVAC warmly invites you to...  
'METAL STONE PAINT'

An exhibition by local artists Giles Tester, Ross Fletcher & Sheree Roberts.

You are warmly invited to join Sheree, Giles and Ross for the exhibition opening on Saturday 2 August from 2pm, refreshments provided.

Exhibition runs 2 - 17 August 2025, open Friday - Sunday 10am - 4pm

"3 artists ...Giles, Ross, Sheree ...have created works in this exhibition 'metal, stone, paint' using various ideas, imagery, styles and materials. From childhood we all have played, discovered, experimented and manipulated any materials in our reach. Thus, stimulating all of our senses and minds. Materials used in artworks can tell the viewer stories of time passing, of the ancient earth, or the pleasure of using mixed media to create unique and aesthetic works of art. Materials used either in traditional or non-traditional ways, challenging the viewer to ask questions of the artist intentions, their past or present, their society, culture and beliefs. The viewer themselves connects with materials artist use, from personal experience, memory and senses. The artists want the viewers to see or feel in a new or different way ....to see life from a different point of view, dream to



Work by Sheree Roberts

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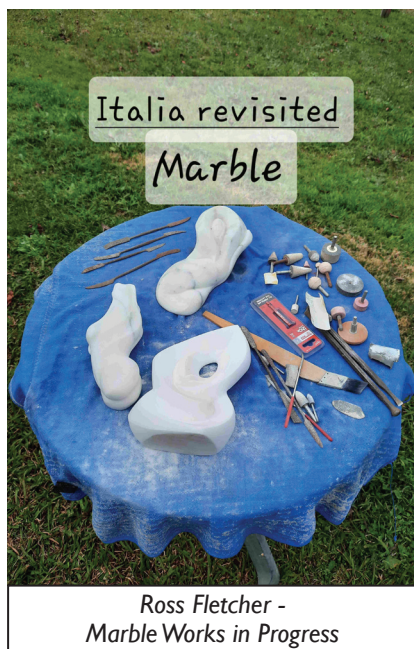


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reality, wisdom to madness.  
"Art should be born from the material" Jean Dubuffet"

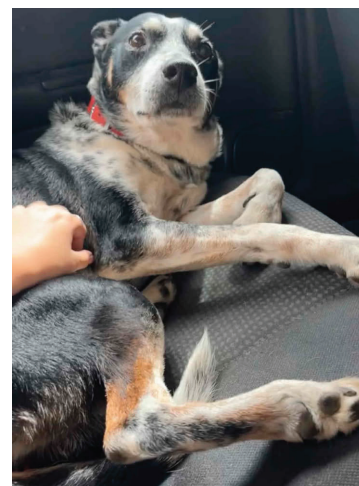
### The Old Fireshed Gallery

The old fireshed was converted to a much-needed gallery space for our local artists to display their works in 2003. The dimensions of the exhibition space are 9m x 6m.

The Old Fireshed Gallery is situated behind the Wollombi Cultural Centre in the main street of Wollombi, and holds regular exhibitions throughout the year. To book the gallery for an exhibition or other cultural or arts related function, please contact [artscouncil@wollombi.org](mailto:artscouncil@wollombi.org)

Wollombi Valley Arts Council Inc  
c/o General Store, Wollombi 2325  
Email: [artscouncil@wollombi.org](mailto:artscouncil@wollombi.org)  
Web: [www.wollombi.org](http://www.wollombi.org)

## MISSING DOG



Old Blue Cattle Dog missing at Central Mangrove near Memorial Club. Ph Ruth 0437498838

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### WHAT'S ON WEEKLY

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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  
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Library  
Service

## Mobile Library Library to you

During school term only

Mangrove Mountain  
Mangrove Hub  
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**Monthly  
Wednesday  
10.30-11.45am**

**Upcoming dates**  
6 August  
3 September  
1, 29 October

Yarramalong  
Angel Sussurri Cafe  
and Restaurant  
1-4 Linga Longa Road

**Fortnightly  
Tuesday  
2-2.45pm**

**Upcoming dates**  
1, 29 July  
12, 26 August  
9, 23 September  
21 October

## About the Mobile Library service

The Mobile Library service is an outreach branch of Central Coast Library Service. It is a branch on wheels and offers many of the services that you will find in our branches.

### Borrow and return library items

Browse books, magazines, audiobooks and DVDs for all ages. Stock is regularly rotated so there is always something new.

### Manage reservations

Library staff can reserve library items for collection at any branch. Alternatively reserve your items online, select Bookmobile as the pick-up location and we will let you know when it is on board for collection.

### Technology on the move

The Mobile Library is fitted out with essential technology to help keep you connected. Access free wi-fi, scan to email or download eBooks and eAudiobooks from the eLibrary.

### Like to know more?

Contact any library branch or send an email to [library@centralcoast.nsw.gov.au](mailto:library@centralcoast.nsw.gov.au)

### Membership

Library membership is free. If you have a Central Coast Library card it will work on the Mobile Library.

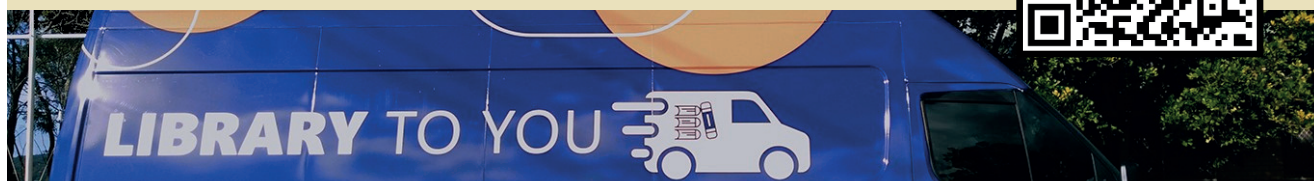
### Don't have a card?

Ask library staff about joining the library, they can sign you up on the spot. There is also the option to join online for instant access to online resources.

### Where does the Mobile Library visit?

All stops are listed on the Mobile Library timetable. Copies are available on board or can be downloaded from the library website at <https://libraries.centralcoast.nsw.gov.au/services/mobile-library>

**Scan the QR code** to find out more about the service.



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# The Benefits of an Anti- Inflammatory 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)
- Sugar-sweetened 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 anti-inflammatory 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

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.

This information is brought to you by Better Habits Health Coaching.

For information about our Health Coaching Services you can call Better Health Practices on 4340 5154.

<i>Some ideas for substituting anti-inflammatory foods into your diet:</i>	
INSTEAD OF....	TRY
Charcuterie Board	Vegetable slices with Hommus
Chips / fries	Bakes sweet potato
Sauces with butter / cheese	Olive oil, vinegar, herbs
Bakery cakes / pies	Dark chocolate with raspberries

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## AGEING WITH DIGNITY

It was great to have Belinda Neal as a guest at the last meeting, it appears she is really supportive of the concept of an age care facility in our area.

Discussion seemed to major on the public toilets behind Mangrove Hall, the main problems appear to be about water, there is apparently a leak or overflow with the current composting system, one wonders is this because the water from the hand-basins is mistakenly being directed into the composting pit thereby negating an effective composting process. On the other side, if a septic system was put in where would the water to service it come from, could the hall supply be so depleted that it [the hall] became unusable. Should the toilet block be moved to the other end of the reserve next to the hall? Could the doors be made coin operated in order to fund more frequent clean-outs?

There also seemed to be confusion about convalescent care, respite care and rehabilitation, I will endeavour to highlight the difference at the future meetings.

We will continue to meet on the 3rd Thursday of the month, however now there will be a more social aspect, with activities such as cards, board games, craft, yowie painting etc in progress while we deliberate on our primary aim:- that is to assist/allow older people to live with dignity in our community for all of life.

We are now at the stage where we would really value input from the broader community.

Unfortunately I can't get internet and wouldn't know how to safely negotiate it.

However my address is C Jones 1560 Murrays Run Rd, Murrays Run 2325.

Letters could be left with Margaret

## PEST ANIMALS UPDATE ~ FERAL DEER

Feral deer are a growing problem throughout Australia and are becoming increasingly abundant in our region.

They cause environmental, social and economic impacts and are extremely difficult to manage in urban and peri-urban settings.

Feral deer are moderately distributed throughout the Greater Sydney region,

Pontifex, or left with Fiona at the nurses centre, Nurses Rd, Central Mangrove.

The next meeting will be 21st August, bring own lunch, tea coffee and cup of soup provided.

Clara Jones

including the Central Coast, Hills, Hawkesbury, Penrith, Liverpool, Camden, Campbelltown, Wollondilly and Sutherland local government areas.

Although every landholder is responsible for managing pest animals on their land, several ground control programs are currently being funded by Greater Sydney Local Land Services in the Macarthur, Kurrajong and Cattai Creek areas.

If you are in one of these areas and are interested in being involved in a program to control feral deer, contact Annaliese.geddes@lls.nsw.gov.au for more information.

Check out this online Glovebox guide <https://www.feralscan.org.au/docs/CISS-Glovebox-Guide-Feral-Deer-final.pdf> to managing deer for information on how to manage the impacts of feral deer.

Greater Sydney Local Land Services

## HOLY TRINITY CATHOLIC CHURCH

Spencer

Next Mass is the 16th August, 4pm

WE GATHER ON THE 2nd SATURDAY OF THE MONTH FOR MASS AT 4pm



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ANNE 0412201851, PETER 0407971340

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## REGULAR ACTIVITIES & MEETINGS

### RURAL FIRE SERVICES

Bucketty RFS	Weekend Training Station Maintenance General Meeting	3rd Sat, 9am-12 pm, breakfast 8.30am Every Thurs as required, generally 10am-1pm 3rd Sat in even months, at 1pm, All welcome bucketty@lowerhunterffrfs.com.au 4998 8130
Calga-Mt. White RFS	General meeting Training Information & updates Contact	3rd Mon of the month, 7.30pm all welcome Every Monday 6.30 except public holidays Facebook.com/calga/mtwhiteruralfirebrigade/ Captain.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 Bloodtree Rd	General Meeting Training / Maintenance	Last Wednesday of the month, 7 pm, All Wednesday's except last of month, 7 pm
Spencer RFS	General Meeting Training Maintenance	2nd Monday of the month Meeting 6.30pm 3rd Monday 6:30pm 4th Monday 6:30pm E: captain-Spencer-vol@rfs.nsw.gov.au 0415 668953. 4778 Wisemans Ferry Rd
Somersby RFS	General Meeting Training/Maintenance	First Wed of the month 7.30pm at the Station Every Wed night 7.30 at the Station (except before Wed general meeting)
Yarramalong RFS		Information: <a href="http://www.facebook.com/YarramalongRuralFireBrigade/">www.facebook.com/ YarramalongRuralFireBrigade/</a> Phone 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 the Kulnura Hall. Any enquiries please contact Christine 0419 400 163.
Country Women's Association (Mangrove Mountain Evening Branch)	2nd & 4th Tues of the month, 4-8pm at Mangrove Mtn Union Church, 2154 Wisemans Ferry Rd, MMtn. General meeting 6pm 2nd Tues. Ph Judy 43771728
Gosford North Inner Wheel club	2nd Wed each month 11am at Phillip House in Kariiong. Contact: Glenis Ph: 0400 486 760
Kulnura & District Garden Club	Second Monday, 9.30 for 10am start. Jacqui Maxwell 0455364262 kulnuradgc@gmail.com
Kulnura Tuesday Tennis	Tue 9.30am-12.30pm, Kulnura Tennis Courts. Enquiries: Alison Palmer 0427731548.
Ladies of the Valley Afternoon Tea	1st Tues, 1pm to 2.30 at Angels Sussurri Cafe Yarramalong. Margaret Dale 0411104770
Mangrove Singers	1st & 3rd Tue, 6.00 7.30pm at Mangrove Golf Club, enquiries - Kim 0401516501
Mangrove Mountain & Districts Community Group	1st Thurs of the Month, excl Jan. 7.30pm, Mangrove Mtn Hall.
Mangrove Emergency Planning & Communications Committee	Contact: mepccinc@gmail.com, 0412669649
Mangrove Mountain Country Fair Committee Meeting	3rd Thu of mth except Jan, 7pm, at Union Church Hall. Pres - Steve 0455 155 075
Mountain Districts Association (MDA)	<a href="http://www.mountaindistrictsassociation.com.au">www.mountaindistrictsassociation.com.au</a> secretary@mountaindistrictsassociation.com.au
Mountain District Football Club Meeting	Second Tuesday of the Month 6.30pm at the Mangrove Memorial Club
Probus - West Gosford	2nd Thu. Ph Elaine Burrows 0412988353
River Cares for the Lower Hawkesbury River District	President Marlee Maxwell Email rivercaresinc@gmail.com
Rotary Club Meeting	Friday 7.15am at Phillip House. 43404529
Spencer Community Progress Group Inc	President Brad Maisey, Community Meetings, 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	
Wisemans Ferry Community Men's Shed	Tues & Sat, 9am-5pm. Contact: Alan Hunt 4566 4626 or Adrian Acheson 0448 833 781

### SPIRITUAL

Anglican Service - Mountain Districts	Every Sun 8am at Peats Ridge Scout Hall, Sunday School during school terms
Mangrove Mountain Union Church Trust	Committee Meeting 3rd Monday, 7.30pm at the Mangrove Mountain Union Church Hall
Mountain Districts Christian Church	Services 9.30am 2nd & 4th Sundays. Bible Study 4.30pm 1st & 3rd Mondays. 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 21st July 2025

640 cattle yarded this week at Maitland. 520 Trade/Yearling cattle and 120 export.

Trade job was firm to 20c dearer.  
Export Job remained firm

- Restocker steers up to 250kg made 400c/kg to 480c/kg
- 250kg-300kg made 390c/kg to 470c/kg
- 300kg to 380kg made 380c/kg to 460c/kg
- Restocker Heifers up to 250kg made 280c/kg to 380c/kg
- 250kg-300kg made 280c/kg to 390c/kg
- 300kg-380kg made 300c/kg to 395c/kg
- Butcher Vealers made 350c/kg to 395c/kg
- Yearling Steers to Feed made 380c/kg to 440c/kg
- Yearling Heifers to Feed made 340c/kg to 380c/kg
- Bullocks made 340c/kg to 370c/kg
- Cows made 240c/kg to 360c/kg
- Bulls made 230c/kg to 260c/kg

### Maitland Liveweight Cattle Sale 14th July 2025

620 cattle yarded this week at Maitland. 520 Trade/Yearling cattle and 100 export.

Trade job was firm to 30c dearer.  
Export Job 45c stronger

- Restocker steers up to 250kg made 400c/kg to 480c/kg
- 250kg-300kg made 390c/kg to 470c/kg
- 300kg to 380kg made 380c/kg to 450c/kg
- Restocker Heifers up to 250kg made 280c/kg to 390c/kg
- 250kg-300kg made 280c/kg to 390c/kg

- kg
- 300kg-380kg made 300c/kg to 380c/kg
  - Butcher Vealers made 350c/kg to 390c/kg
  - Yearling Steers to Feed made 360c/kg to 440c/kg
  - Yearling Heifers to Feed made 320c/kg to 380c/kg
  - Bullocks made 340c/kg to 370c/kg
  - Cows made 240c/kg to 360c/kg
  - Bulls made 230c/kg to 280c/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

Central Coast Junior Motorcycle Club Inc.

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 4pm, Phone  
0412 201 851 as times may change.  
2nd & 5th Sunday of the month, 4.30pm Mass  
at St Michael the Archangel, Wollombi.  
1st Sunday each month, 11.00am 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 [pastorkcbe@outlook.com](mailto:pastorkcbe@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](http://www.henrykendallcottage.org.au)  
Last Sat of month. All welcome, contact Jan  
Kofron 0405321478 [jankofron@optusnet.com.au](mailto: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 0406645842.  
3rd Fri of month 7.30pm Pearl Beach. Peggy  
0411754577 [pbaboriginalhistory@gmail.com](mailto:pbaboriginalhistory@gmail.com)  
Sun to Thurs, 10am-2pm, other times by appt.  
43521886 or [info@alisonhomestead.com.au](mailto:info@alisonhomestead.com.au).  
website: [www.alisonhomestead.com.au](http://www.alisonhomestead.com.au)

Meeting dates: [ccjuniormotorcycleclub.org.au](http://ccjuniormotorcycleclub.org.au),  
FB: "Central Coast Junior Motorcycle Club  
Official". David Smith 0412 506 503

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](mailto:stackm@skymesh.com.au) or ph 43561196  
2nd Sat of the month Somersby Hall (10am to  
2pm) cost \$5 per person Carmen 0434071305  
Last Sun 2pm, Angels Sussurri Yarramalong.  
Contact Margaret Dale 0411104770

Contact Central Coast Council.  
Hall bookings Ryan Howard 0405416289  
Church & Hall bookings 0412669649  
[mmucsecretary@outlook.com](mailto:mmucsecretary@outlook.com)  
Hall bookings: 0413 359 655  
or AH 4373 1488  
[enquiries@yarramalonghall.org.au](mailto:enquiries@yarramalonghall.org.au)  
<https://yarramalonghall.org.au>



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## Sport grants keep grassroots growing

Sporting organisations in the Gosford electorate can share in up to \$50,000 set aside for the region under the NSW Government's \$4.65 million Local Sport Grant Program.

Last year, local recipients such as Gosford Kariong Storm Rugby League Football Club received \$5056 through the program, which provides grants for facility upgrades, new equipment and programs that support and encourage participation and active recreation.

Member for Gosford, Liesl Tesch MP said that this program was all about ensuring that local sports groups can grow and thrive, "the grants are all about the grassroots; organisations that play such an important role in growing local sport and participation."

"With the critical role sport plays in keeping people healthy, active and socially connected, this funding is vital to community health, wellbeing and sense of identity."

Applications close 1pm, Monday, 18 August with further information, including program guidelines available at: [www.sport.nsw.gov.au/local-sport-grant-program](http://www.sport.nsw.gov.au/local-sport-grant-program)

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

## New projects, new perspectives

What a pleasure it was to meet people and discuss our plans, projects, and budget for this term of Council.

I'd like to thank everyone who came to one of our 'Let's Talk' sessions to meet with Councillors and Council teams, view the plans and give feedback. We had some robust discussions and learned first-hand what's important to our residents.

I'd also like to thank Councillors for attending these consultations and for their efforts to reach out to as many people as possible. Returning Councillors to the Central Coast has returned the voice of the people to strategic planning.

After talking with our community, we've made some changes.

We've improved the way our plans read to make them more accessible, and the Community Strategic Plan has been updated to reflect Council's commitment to the Coastal Open Space System.

We've increased our focus on local roads by allocating an additional \$20M for road renewals, and a further \$800,000 to fix potholes.

We also resolved an additional

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allocation of \$1.2M to fund a dredging program in Tuggerah Lake to help mitigate the extent and frequency of flooding in the area.

And we've allocated \$150,000 to a tree planting program on the Peninsula after receiving more than 320 representations.

I'm particularly proud of Council's commitment to maintaining financial sustainability in this budget, and our Long-term Financial Plan has been designed to ensure we stay in good shape.

I encourage you to take a look at our plans and see for yourself what's in store by visiting Council's website and searching for 'Delivery Program and Operational Plan'. You can find out about projects happening near you on our Capital Works map, and we'll be adding more projects now these plans have been adopted. You can view the map on our website.

I look forward to keeping you up to date about our progress and encourage you to keep in touch with consultation opportunities through the Your Voice Our Coast website.

*Mayor Lawrie McKinna  
Central Coast Council*

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

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