

COMMUNITY NEWS

No. 973 Ph: 4374 1039 Mo: 0412 669 649 Email: enquiries@cnews1.com.au Web: cnews1.com.au 19th September 2025

Keys to better health

Even small increases in physical activity can have a positive effect on physical and mental wellbeing.

NSW Government initiatives including phone and online health coaching programs, Get Healthy and Go4Fun, are built for adults and families of all ages and abilities to promote health and wellbeing.

"People perceive the Central Coast as a health capital with our beaches, sporting achievements and facilities, but we are also burdened by the same health problems as the rest of society: diabetes, alcohol, mental health issues," Member for Gosford Liesl Tesch said.

"These websites are free one-stop shops for the motivation you need to get moving and improve you and your family's health.

"They include phone consultations with university-qualified health coaches that support everything from nutrition to pregnancy health."



Developed by Health NSW, Get Healthy offers six or more confidential coaching calls with a qualified health coach to support you to set and achieve your health goals, eat well and keep active, reduce the amount of alcohol you drink, keep a healthy weight in pregnancy, or stay active during and after cancer treatment.

Go4Fun is a free healthy lifestyle program for primary school children that offers 10 online sessions to learn skills to make healthier food, a reward program with tokens to collect, a weekly phone call from a personal coach and more activities for families.

In response to community concerns



HERE COMES THE FAIR

Saturday 18th October
Opens 9am till 3pm

How do you plan to start your Country Fair experience this year?

Some people will be enticed into the Hall early to find out: how their entries went, how did the kids go, who won the Contemporary Art, who won the Family Aggregate, which school won the best school display, who got the CWA prizes, who won the Produce trophies, did the judges award any Best in Class sashes and where can the children collect their prize money?

Lots of us will just enjoy looking at all the various displays in the Hall, such as admiring the ultra tiny flower

that sport is increasingly seen as competition for the highly able, rather than an activity for wellbeing, the NSW Office of Sport has released a new strategic plan, Everyone Plays Here.

The plan includes a focus on facilitating increased opportunities for participation in sport and active recreation by everyone and will be delivered with a number of key projects to promote access to activities in the near future.

Contact details:

- Get Healthy www.gethealthynsw.com.au
- Go4Fun www.go4funonline.com.au
- Munch & Move www.healthykids.nsw.gov.au
- Live Life Well @ School www.health.nsw.gov.au/heal/schools/Pages/llw-at-school.aspx
- Active and Health directory www.activeandhealthy.nsw.gov.au
- Knockout Health Challenge: community-led healthy lifestyle program for Aboriginal people in NSW www.nswknockouthealthchallenge.com.au/frontpage/

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

UNVEILING OF MARY LUCY'S PLAQUE

Please put aside Sunday 26th October 2025 for Mary's commemorative plaque to be unveiled.

It is intended to come together with family and friends to share a morning tea at the Mountain Community Children's Centre commencing at 10:30am.

Please bring a plate, tea and coffee will be provided.

Enquiries – Nai Herford
0405558669

arrangements and trying to guess the book, movie or TV show behind the flower construction in front of us.

Other visitors start their Country Fair day outside as there is so much to see and do: all the animals under the trees, great rides, delicious food, circus fun, competitions, displays and stalls run generously by our local volunteer groups.

I also really enjoy going to the Fair site, the day before especially, and encourage others to come too. Help is always welcome.

Don't miss the Country Fair. Come along, enjoy a great day out and catch up with your friends and neighbours too.

Sue Douglas

"Quality is like buying oats. If you want good clean oats you must pay a fair price but if you are satisfied with oats that have already been through the horse, well that is a little cheaper"

John Ruskin

STOP!

Next issue Published
3rd October 2025

**** DEADLINE ****

**** 26th September '25 ****

Send adverts & copy by
email, website or post.
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Final Call for Entries
WOLLOMBI VALLEY ARTS COUNCIL
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Entries close 5pm Mon 22nd Sept
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4 - 19 October 2025
Old Fireshed Gallery

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AgSkilled extends cutting-edge program

The vital food producing areas of the Gosford electorate are set to benefit from an extension of the NSW Government's AgSkilled program.

The program can already count Central Coast farmers and ag workers among its success stories with 16 local students completing Drones in Agriculture training in 2024, while another eight are qualified in the Agricultural Chemical Skillset course.

Of the drone pilots, 83 per cent gained new skills needed for their jobs, while 17 per cent set up or expanded their own businesses.

"This brings cutting-edge knowledge to our region in a fast-changing industry, from mastering on-farm technology to improving safety, sustainability, and productivity," Member for Gosford Liesl Tesch said.

"The injection of a further \$5 million into Agskilled for another 12 months provides further opportunities

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UPCOMING CATTLE AUCTIONS

Maitland Regional Saleyards

- Weekly Monday Liveweight Cattle Sales 9am, followed by Calves, Pigs & Sheep from 12 noon.
- Monthly Store Cattle Sales - September 20th, October 18th, 11am

Gloucester Saleyards

- Fortnightly Thursday Store Cattle Sales - September 25, October 9th & 23rd, 11am

Feedlots - Abattoirs - Paddock to Paddock Sales
 Clearing Sales - Rural Property Sales
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for Central Coast producers to get ahead.”

Over the past year alone, AgSkilled has powered training for more than 2300 participants across 188 locations, achieving an impressive 94 per cent completion rate through 768 courses run by 33 endorsed providers, including TAFE NSW.

The program is also helping to attract a new generation to the sector, with one in four participants under 25, and one in four being female.

“Our local growers and producers are the backbone of not only the region but the national economy,” Ms Tesch said.

“This funding will ensure TAFE NSW and other training providers can continue to deliver free or low-cost, industry-aligned training that helps regional economies grow now and into the future.

“This investment supports the next generation of farmers and producers to adopt sustainable and innovative practices, while also creating real career opportunities for people in regional NSW.”

For more information on the AgSkilled program, please visit www.nsw.gov.au/education-and-training/vocational/vet-programs/agskilled

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



Peats Ridge & Districts CWA 79th AGM Notice

Date: 20th October 2025

Time: 12:00pm

Where: Kulnura Memorial Hall

All invited, only financial
members can vote

A light afternoon tea at
conclusion

RSVP by 17th October 2025 to
cwaofnswpeatsridge@gmail.com

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(ANAND)

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Somersby Corridor Included in Plans for Increased Residential Density Development

Business NSW Central Coast, in conjunction with Prometheus Planning and Milestone-Belanova has produced the Central Coast Residential Development Guide, a guideline for residential development with practical information relevant to development in areas like Gosford, Tuggerah, Wyong,

Woy Woy, and the benefits of including affordable housing in new projects.

The Central Coast has a population of over 351,000 and growing, who enjoy a high quality of life between the greater metropolises of Sydney and Newcastle.

This makes the Central Coast an attractive and secure longterm investment location for residential developers

The housing crisis has created unprecedented demand for new homes on the Central Coast. It's not just about growing businesses needing to accommodate new staff - frontline workers such as nurses, paramedics, police and hospitality employees are also in the market for affordable, well-located homes.

Over the last couple of years, the Central Coast recorded over \$1.6 billion in residential development approvals, with an average of four new houses being approved every day. This growth is expected to be sustained over the coming decades.

Investments over \$10 million in Gosford City Centre are assessed by the State Government under a designed approach to planning controls.

There is an urgent need to accelerate housing development around the major transport hubs in Wyong, Tuggerah, Gosford, and Woy Woy. These areas have the potential to deliver much-needed affordable housing and greater diversity across medium to high density housing choices.

The Central Coast economy is set to almost double to an annual Gross Regional Product of \$35B by 2040, driven by booming sectors like health, education, and advanced manufacturing.

With rental vacancy rates between 0.6 per cent and 1.5 per cent, and a 36 per cent rise in median housing prices from 2018 to 2023, the demand for new housing is undeniable.

There is also a critical shortage of affordable housing for essential workers that are so critical to the health and growth of local communities.

To assist in responding to this regionally significant issue, RDACC



TAKING THE CONFUSION OUT OF USING SMART PHONES AND TABLETS!

Apps! ... there's an app for that!



This month we'll explore the world of apps:- **What is an App? -**

- Where to find apps - the Google Play Store and the Apple App Store
- What to look for when choosing an app
- Installing new apps and deleting ones you don't need
- Arranging and managing apps on your smartphone.

We'll also look at some great examples of apps to make your life easier.

JOIN US ON SEPTEMBER 25 TO TAKE THE CONFUSION OUT OF THIS TOPIC!

Sessions are held on 4th Thursday of the month.

NEXT SESSION THURSDAY, SEPTEMBER 25, 2025

9.30am - 11.30am

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

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Central Coast is pleased to partner in an initiative led by Business NSW Central Coast, to deliver the Central Coast Residential Development Guide.

The guide will provide developers with practical insights into high-priority areas such as Gosford, Tuggerah, Wyong, and Woy Woy, and showcase opportunities to integrate affordable housing, including transport-oriented development zones to unlock prime areas for sustainable housing to benefit residents and businesses alike.

The Central Coast Residential Development Guide can be found by going to: <https://www.rdacc.org.au/post/central-coast-residential-development-guide> and clicking on the link.

The Central Coast Regional Plan 2041 recognizes decisions about where and how to accommodate new housing influences people's lifestyles, natural environment, carbon emissions, public infrastructure costs, public health costs and outcomes, social equity and economic competitiveness.

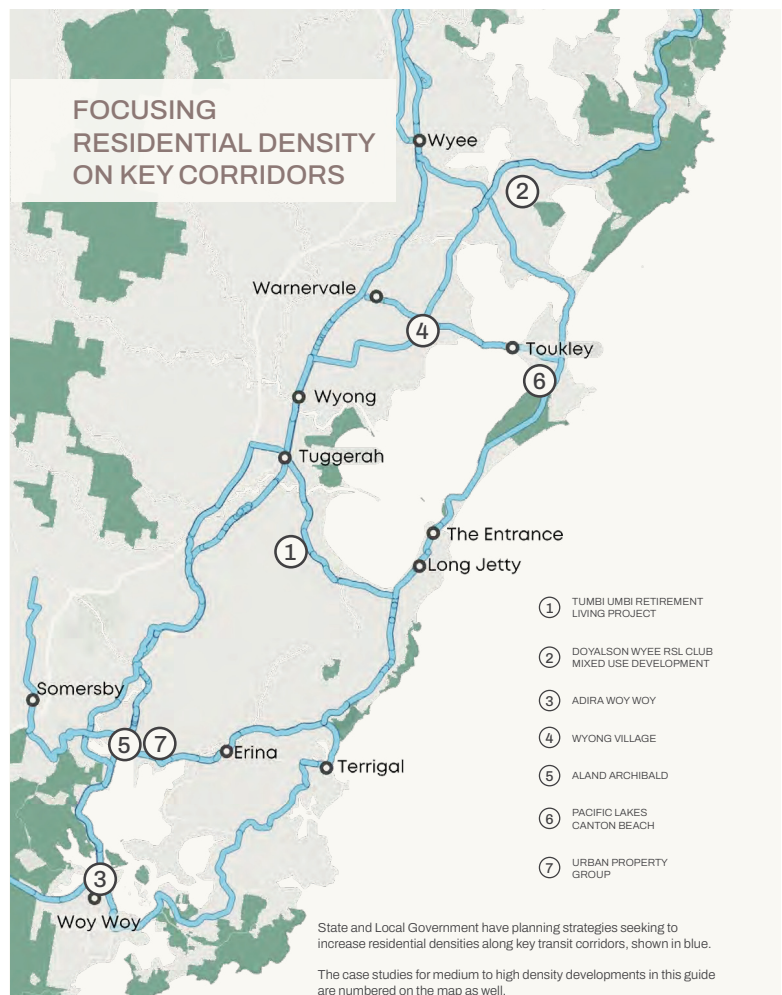
The regional plan focuses greater density of housing in and around Gosford City Centre, the regional growth corridors and local centres of The Entrance, Toukley, Long Jetty, Bateau Bay, Wyong, Tuggerah and Woy Woy.

The regional plan has a mix of density targets across different community contexts, from new greenfield developments to metropolitan city centres, to be met through a diversity of human scale housing types up to four stories.

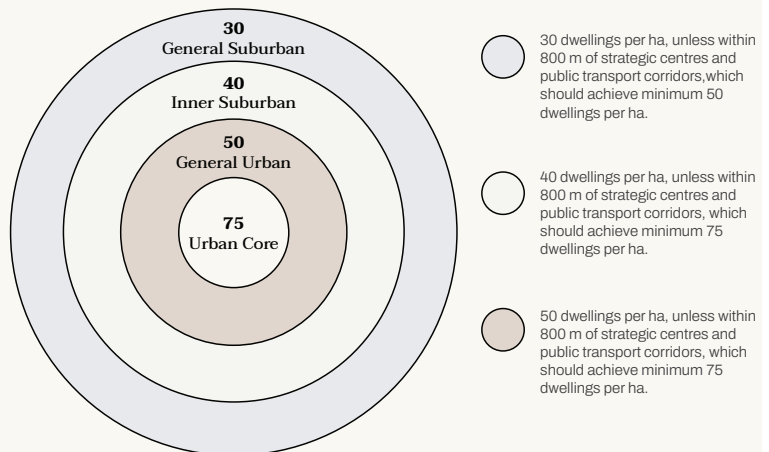
Together with Central Coast Council's Local Strategic Planning Statement and Local Housing Strategy, the Central Coast Regional Plan 2041 aims to build a future where housing is efficient, enriching, and supportive, fostering sustainable communities that meet the needs of all residents.

- Central Coast Housing Target:
9,400 New completed homes by 2029
- Central Coast Population Growth:
2024 - 351,000 2041 - 404,000
- This will make the Central Coast almost as big as Canberra (87% of 466,000)

*Information from
Central Coast Residential Development Guide
Produced in partnership between
Business NSW Central Coast, Prometheus Planning,
Milestone-Belanova and RDACC*



Optimal densities (dwellings per hectare)



Source: Central Coast Regional Plan 2041



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Nominations open for Harmony Day heroes

The search is on for champions of a safe and inclusive Central Coast, such as Sandra Morales.

Last year, Sandra, founder of arts organisation Heartdancers, won the Arts and Culture Medal at the annual Harmony Day awards.

"We're the only organisation in the Central Coast, Hunter and Newcastle areas that solely focuses

on collaborating with artists from First Nations and culturally diverse backgrounds," she said on receiving the award.

Member for Gosford, Liesl Tesch MP is calling on the Coast community to nominate people and organisations that have championed social cohesion in 2025.

"We have some fantastic organisations that do vital work in our multicultural community, and some of it goes completely under the radar," Ms Tesch said.

Multicultural NSW has officially opened nominations for the 2026 Multicultural Community Medals and Multicultural Honour Roll.

Leaders, volunteers, change makers, innovators, artists, creatives, and sporting trail blazers are recognised through the program for their inspiring contributions to social cohesion and harmony in NSW.

Nominations close on 28 September and the awards will be presented at the Premier's Harmony Dinner in March 2026 – one of the biggest multicultural events in Australia.

For more information and to nominate please visit: <https://multicultural.nsw.gov.au/multicultural-community-medals/>

Liesl Tesch MP

*Parliamentary Secretary for Families and Communities, Parliamentary Secretary for Disability Inclusion
Member for Gosford*


ALICE gets vital information to senior members of the community

Seniors Health & Community Connections Expo

The ALICE project hosted a Seniors Health & Community Connections Expo on Friday 12 September at the Central Mangrove community hall and invited local residents over 50 years and their families to come and meet with a range of local services that can support them to age well and live well in a place they call home.

The ALICE project is an initiative of Central Coast local health district and focuses on all-inclusive care for older people, by providing reliable information about aged care services available locally, trusted support with forms, applications and referrals, and advice and guidance from senior's services professionals.


The expo hosted representatives from Services Australia (My Aged Care, Centrelink etc.), Meals on Wheels, Wesley Mission's Care Finders, Central Coast Community Transport and Central Coast Legal Aid's Elders Services Program.



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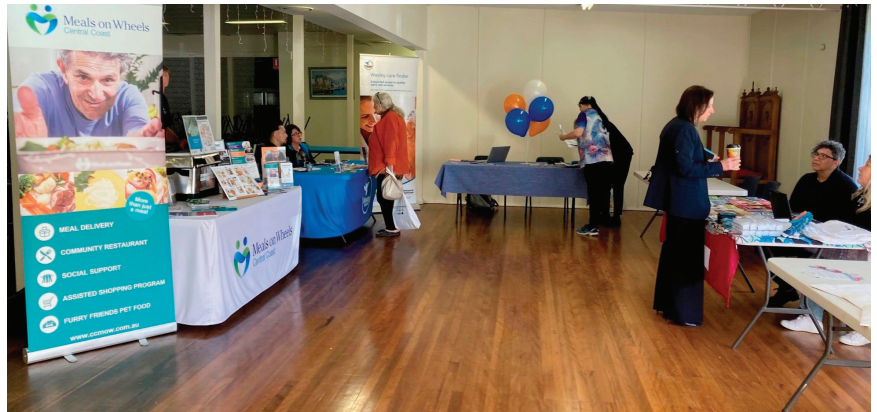
Caring for Kariong & the Mountain District for over 20yrs.



Attendees and services providers all found much to discuss and were able to make some great connections.

The ALICE Health Connections Kiosk is available for individual appointments between 9am to 12 pm on the first and third Mondays of each month at the Community Health Clinic, 13 Nurses Road, Central Mangrove. If you want to find out more about how health and community services can assist you or a family member to age and live well, please call Fiona on 0477 752 365 to book an appointment.

Fiona Morrison
ALICE Community Engagement Officer
Health Quality, Strategy and
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Reference: 1. GN data on file (2025).



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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...

« Mème pas peur »

Chantal Mahoney is an Australian artist born in France. After graduating from the National Art School in Sydney, she established her first studio in Mosman, where she became an active member in shaping the Headland Park artists' community on the former military sites managed by the Sydney Harbour Federation Trust. Eight years ago, her deep love of the Australian wilderness led her to open a second studio in Wollombi. Her work is held in collections across Australia and internationally.



Chantal Mahoney
"Wildflowers of Nurrewin"

« Mème pas peur » Mahoney's 13th solo exhibition, explores resilience and the courage to confront fear, transforming it into strength and connection.

"Mem Pas Peur," is a French phrase that translates to "I'm not afraid anymore." This phrase is often

YOU ARE INVITED TO

Ladies of the Valley and friends

"Sip & Chat"

2nd September
7th October
4th November

1pm - 2.30pm

You are all warmly invited to our next *Sip & Chat* gathering...
FIRST TUESDAY OF THE MONTH

Join us for an easy relaxed and friendly afternoon of conversation over coffee, tea or something cheekier.
Whether you're catching up with old friends or looking to make new ones, you're more than welcome.

Where: Angels Sussurri Cafe - Yarramalong
(A range of beverages & delicious treats available to purchase)

It's a lovely way to connect, unwind and enjoy the company of fellow women from the Valley and beyond.

For more information Contact:
Margaret 0411 104 770

associated with themes of overcoming fear or anxiety.

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

Wollombi Valley Arts Council Inc
c/o General Store, Wollombi 2325
Email: artscouncil@wollombi.org
Web: www.wollombi.org

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Come See Us at the Country Fair!

The Country Fair is just around the corner, and we're excited to be there once again to catch up with our wonderful local community and visitors alike.

We'll be on hand to chat about all things fire safety—whether it's preparing your property for the upcoming bush fire season, understanding Neighbourhood Safer Places, or answering any fire-related questions you may have.

When we're not helping out with the ever-popular chicken races (yes, they're back—place your bets!), we'll be sharing information about the RFS, what we do in the community, and how you can get involved or better prepare for emergencies.

Bring the kids along to explore our fire trucks, grab some goodies, and



pick up a Bush Fire Survival Pack to help your family start thinking about your fire plan.

We can't wait to see you all there! Can't find us? Just look for the big red trucks—we'll be nearby.

*Tarryn Nester
Captain
Mangrove Mountain*

Gosford Library Saved

Gosford library has been saved from the threat of demolition, with the Central Coast Council recently voting to retain rather than raze this significant Modern building.

Central Coast locals have rallied to save the Gosford Library since the demolition was proposed, with ongoing petitions, letters and community advocacy reflecting the sustained community investment in this significant place. The National Trust has engaged with the Central Coast Council on several occasions, recommending that the Gosford Library building is suitable for adaptive re-use and noting that this would be the best possible environmental and cultural outcome in response to the evolving landscape of the Gosford CBD.

The National Trust commends the Central Coast Council for retaining this significant building – a place important to the accessibility of education in NSW and a unique architectural gem for Gosford – and the group of concerned locals whose efforts have led to a positive heritage outcome.

The National Trust of Australia (NSW)



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McGrath Rural welcomes Tyson Nicholson

Leading a new era for rural real estate for the Central Coast, Lake Macquarie and Lower Hunter



With almost three decades of hard work and experience in agricultural real estate, Tyson Nicholson delivers phenomenal results as a Rural & Lifestyle Specialist at McGrath.

His transparency, empathy and respect for his clients motivate him to provide remarkable, honest insight and guide them through their decisions.

There's a quiet confidence that comes from knowing the land - truly knowing it. From understanding the rhythm of the seasons to reading the stillness of a paddock. For Tyson Nicholson, it's not just a career it's a way of life. And now, that lived experience, and professional excellence will be at the heart of McGrath's bold new rural division.

As McGrath continues to expand its footprint across the Newcastle, Hunter, and Lake Macquarie regions, we are proud to introduce Tyson Nicholson our newly appointed specialist rural agent who will spearhead a revitalised rural offering across the Central Coast and surrounding regions. Backed by 25 years of industry experience and armed with a deep

connection to the land, Tyson brings a personal and professional depth that reflects the very essence of McGrath Rural.

Tyson joins a growing team under the McGrath banner, representing a unified network of ten offices owned by Jaimie Woodcock and Mat Steinwede, now spanning the Coast, Lake Macquarie, Newcastle and Hunter and filling a long needed gap between the Upper Hunter, Bowral, Camden, and the Central West. With the launch of McGrath's dedicated rural branding, he now leads an exceptional rural division purpose-built to meet the evolving needs of agricultural, equine, and lifestyle property clients.



McGrath Rural

Tyson Nicholson
0418 251 312

Around the World in One Evening: The Fun of Being a Girl Guide!

Who says you need a passport to explore the world? At Guides, girls get to travel the globe—one activity at a time—all from the comfort of Kooree Cabin. From tasting new foods to learning about different cultures, being a Guide is an adventure in friendship, creativity, and fun!

One of our favourite activities was our "Trip to Japan"—and what better way to start than by making our own sushi! Girls rolled up their sleeves, grabbed the seaweed and rice, and learned how to make their very own sushi rolls. Some were pros from the start, others were giggling as they tried

something new—but everyone had a blast.

Next stop: Norway! We warmed up the waffle irons and let our imaginations run wild with toppings. Each waffle was as unique as the Guide who made it.

Whether it's dancing to music from South America, celebrating a festival from India, or learning a new craft from Africa, every Guides meeting is a chance to explore, create, and connect. Girls discover new cultures, try new things, and most importantly—have fun doing it together.



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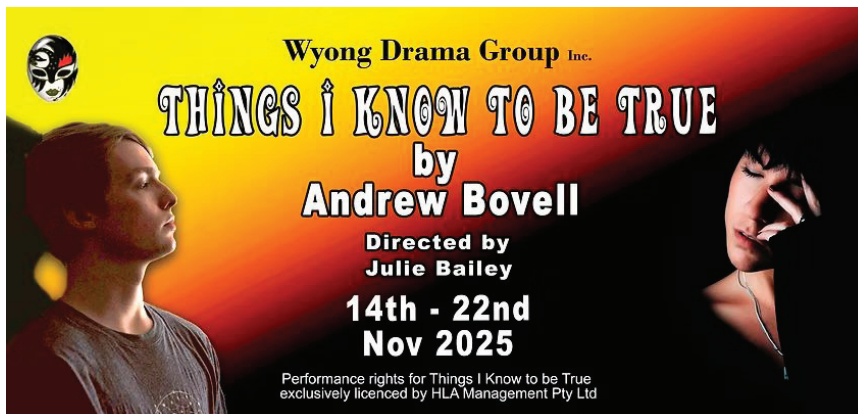
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Interested in joining or learning more please email Jessica at moncrieffj658@gmail.com

Jessica Moncrieff



Wyong Drama Group Inc.
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by
Andrew Bovell
Directed by
Julie Bailey
14th - 22nd
Nov 2025
Performance rights for Things I Know to be True exclusively licenced by HLA Management Pty Ltd

'THINGS I KNOW TO BE TRUE'
by Andrew Bovell
November 14 - 22, 2025 at the
Red Tree Theatre. Directed by Julie
Bailey.

Synopsis:
Bob and Fran Price have loved each other for 30 years. They have built a home and raised four strong children. At the end of it all, they are left asking: Was it worth it? Who are we now that the children have gone?

'Things I Know to be True' is a poignant, honest account of family life in the Australian suburbs. Over the course of one year, the four adult Price children struggle to establish their identities and deal with personal crises.

It is about growing up and moving on, even if you're not ready to.

Director, Julie Bailey, is very pleased

to announce the following cast:

Fran: Sally Bartley
Bob: Gavin Fryer
Pip: Rebecca Flint
Ben: Byron Reeson
Mark: Adam Golledge
Rosie: Georgia Martin
Performances times:

Opening Night - Friday 14th
November 7.30pm

Matinees - 2.00 pm on Sat.15th/
Sun.16th/Wed.19th/Sat.22nd

Evenings - 7.30pm Sat.15th/22nd,
Fri.21st

****Q&A after the matinee performance
on Wednesday 19th.**

Content Warning: Occasional
coarse language and sexual references
Bookings: wyongdramagroup.com.au
Group bookings: 0467 957 371

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Wyong Drama Group



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Mountain community children's centre inc.

Mountain Community Children's Centre News

The children have been very busy at the centre over the past month. A huge thank you to Patricia Flannery for coming out to the centre during book week to read her books about the Adventures of the She Oak Critters all about Casa and Rena.

Happy Early Childhood Educators Day to our Team

Last week we celebrated our beautiful educators with a special day. Thank you to all the families and our community who contributed to the day to spoil the staff. We enjoyed a delicious morning tea, lunch and gifts of gratitude.

Part Time and Casual Early Childhood Educator Positions

We are currently looking for educators to join our team here at



Above: The educators at the Childrens Centre.
Below Left: Patricia reads to the children Below Right: some of the She Oak Critters



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Mountain Community Children's Centre. The position is for an educator with a Certificate III in Early Childhood Education and Care. We are also looking for casual educators with either a Certificate III, Diploma or Early Childhood Degree or working towards any of these qualifications. If you would like further information, please phone Louisa on 43741239 or email mountainchildren@bigpond.com

Enrolments for 2026

We currently have a few vacancies for February 2026 for 4 years olds in our snake room who are heading to kindergarten in 2027. If you would like to join our waiting list or have a look around the centre, please feel free to give us a call on 43741239. Noni our very friendly administration officer would be more than happy to post out an enrolment pack or organise a tour of the centre. We look forward to welcoming you to our centre.

Until next time with news from the Children's Centre.

Louisa Foxford, Director
Mountain Community Children's Centre
2829 Wisemans Ferry Road
Mangrove Mountain, NSW 2250
Ph: 43741239
Email: mountainchildren@bigpond.com
www.mountainchildren.com.au



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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: 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 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)	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	
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 8th september 2025

540 cattle yarded this week at Maitland. 458 Trade/Yearling cattle and 61 export.

Trade job remained firm. Export job dearer.

- Restocker steers up to 250kg made 505c/kg to 590c/kg
- 250kg-300kg made 515c/kg to 588c/kg
- 300kg to 380kg made 435c/kg to 580c/kg
- Restocker Heifers up to 250kg made 438c/kg to 490c/kg
- 250kg-300kg made 414c/kg to 486c/kg
- 300kg-380kg made 400c/kg to 460c/kg
- Butcher Vealers made 400c/kg to 470c/kg
- Yearling Steers to Feed made 415c/kg to 580c/kg
- Yearling Heifers to Feed made 430c/kg to 460c/kg
- Bullocks made 310c/kg to 360c/kg
- Cows made 330c/kg to 380c/kg
- Bulls 200c/kg to 210 c/kg

Maitland Liveweight Cattle Sale 1st september 2025

400 cattle yarded this week at Maitland. 350 Trade/Yearling cattle and 50 export.

Trade job was dearer. Export job dearer.

- Restocker steers up to 250kg made 490c/kg to 590c/kg
- 250kg-300kg made 450c/kg to 580c/kg
- 300kg to 380kg made 440c/kg to 520c/kg
- Restocker Heifers up to 250kg made 400c/kg to 490c/kg

- 250kg-300kg made 400c/kg to 490c/kg
- 300kg-380kg made 400c/kg to 480c/kg
- Butcher Vealers made 400c/kg to 500c/kg
- Yearling Steers to Feed made 460c/kg to 520c/kg
- Yearling Heifers to Feed made 390c/kg to 480c/kg
- Bullocks made 370c/kg to 410c/kg
- Cows made 300c/kg to 380c/kg
- Bulls 200c/kg to 300 c/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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- 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

Carnival Glass Club

Central Coast Junior Motorcycle Club Inc.

Coastal Communicators Toastmasters

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 pastorkcbbc@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 0406645842.
3rd Fri of month 7.30pm Pearl Beach. Peggy 0411754577 pbaboriginalhistory@gmail.com
Sun to Thurs, 10am-2pm, other times by appt. 43521886 or info@alisonhomestead.com.au.
website: www.alisonhomestead.com.au

Meetings held every three months. Central Coast, Newcastle, Sydney. Ring 0447723956 or 0448390077 for details.

Meeting dates: 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
2nd Sat of the month Somersby Hall (10am to 2pm) cost \$5 per person Carmen 0434071305
Third Sun 2pm, Angels Sussurri Yarramalong. Contact Kerry Watson 0404059167

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
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Silent Book Club is a global movement with nearly 2,000 chapters in more than 60 countries, and over a million members worldwide. The concept is simple: bring your own

book, settle in, read quietly alongside fellow book lovers, and, if you'd like, share a little about what you're reading afterwards. No homework, no stress—just books, friends, and maybe a drink or two.

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Silent Book Club is free to attend on the last Saturday of every month, all ages are welcome (under 18s must be accompanied by an adult), and it's BYOBook—whether that's a novel, audiobook, ebook, or graphic novel. Doors open at 12pm with delicious

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Silent Book Club® at Funhaus Factory. Doors open: 12pm. Event duration: 3 hours. All ages welcome (under 18s with adult)

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