

# COMMUNITY NEWS

No. 981 Ph: 4374 1039 Mo: 0412 669 649 Email: enquiries@cnews1.com.au Web: cnews1.com.au 20th February 2026

You are invited to a combined

**'Mangrove Mountain CWA Evening Branch'  
and 'The Union Church Trust' Event**

## POETS' BREAKFAST

Come and enjoy a hearty cooked breakfast with an array of yummy CWA home baked desserts & scones, juice and a bottomless cup of tea or coffee



*With plenty of poetry*



When: Sunday 15th March 2026  
9am for a 9.30am start

*At Mangrove Mountain Union Church Hall  
2154 Wisemans Ferry Rd, Mangrove  
Mountain NSW 2250*



Please buy your ticket for this event soon as there is limited seating.

Enquiries to Judy B 0458655850 email judybetteridge@gmail.com  
**(You must contact Judy before paying/Dietary requirements on request**

Bendigo Bank BSB 633 000 Acct No. 191925106  
CWA NSW - Mangrove Mountain Evening Branch  
*and put your name in as reference*

### Meeting Notification

## RURAL SENIORS VOICES

*(formerly Aging With Dignity)*

**You are invited to the next meeting of Rural Seniors Voices**

- ★ Date: Wednesday, 19 February 2026
- ★ Time: 10:00 AM for a 10:30 AM start
- ★ Venue: The Hall adjacent to Central Coast Plateau Medical Centre
- ★ Address: 1639 Nurses Road, Central Mangrove

**Purpose: To strengthen opportunities for seniors to remain active, valued, and connected members of the community throughout all stages of life.**

On the initiative of Clara Jones.

**We look forward to your participation and contributions.**

**Phone: Dianne: 0478 160 922 or Alan: 0419 919 969**

### REMINDERS FOR YOUR DIARY

- RDA Information Day 28 Feb 10-12am, Kangoo Rd riding centre
- Seniors Festival 2-15 March 2026
- Seniors Expo: Thurs 5 March 2026, 10am-1pm, Wyong Race Club
- Mobile Library, Central Coast Council Library Service
  - Angel Sussuri 2-2.545pm 24 Feb, 10, 24 Mar, 21 Apr
  - Mangrove Hub - 21 Jan, 18 Feb, 18 Mar
- MMDCG AGM 5th March, Mangrove Hall, 8pm
- RDA AGM 17th March Kangoo Road riding centre

### Energy Performance Services Grant

The Energy Performance Services Grant provides eligible NSW businesses up to \$50,000. It covers up to 50% of costs to improve your energy performance through effective use of submetering data, data analysis and continuous improvement.

This Grant objectives are to:

- support NSW businesses to improve energy performance
- enable long-term monitoring to drive progress toward net zero goals
- enhance industry skills and knowledge

More at <https://www.nsw.gov.au/grants-and-funding/energy-performance-services-grant-round-1>

This program is administered by NSW DCCEW

"I disapprove of what you say, but I will defend to the death your right to say it,"

*on the attitude of Voltaire from the biography 'The Friends of Voltaire' by Beatrice Hall 1906*

### STOP!

Next issue Published  
6th March 2025

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

**\*\* 27th February '25 \*\***

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

# Have your say on disability inclusion

Inclusion and opportunity for people living with disability is a priority for Council.

Our vision is to ensure everyone can participate fully, move around with ease, and enjoy employment opportunities in this place we call home.

That's why we've developed our draft Disability Inclusion Action Plan 2026-2030. This four-year plan sets out the practical steps we can take to make our community more accessible and inclusive.

Input from people living with disability, support organisations in the disability sector, Council staff and reference groups have helped to shape this plan, and we thank everyone who contributed.

The actions in the plan aim to help foster positive attitudes, create liveable, accessible spaces for all, support meaningful employment opportunities and improve access to services through better systems and processes.

We're now asking people to review the draft plan and let us know if it truly reflects people's needs and aspirations.

The public exhibition for our Disability Inclusion Action Plan is open until Monday 2 March.

You can have your say through our online engagement platform *Your Voice Our Coast*, by viewing a copy at Council's customer service centres or libraries.

An Easy Read version of this Plan can be found online at [yourvoiceourcoast.com](http://yourvoiceourcoast.com).

## Some information from the draft plan:

"Council is committed to creating an accessible and inclusive community for people living with disability.

Since the development of our previous plan, we've installed beach matting, widened footpaths, upgraded outdoor play spaces with accessible features, improved bus stop accessibility, ensured Council's outdoor events adopt inclusive practices, and supported inclusive sports days, and more"

Access and inclusion matters because there are a lot of people with disability on the Central Coast.

On the Central Coast, more people are living with disability or chronic illness, are older, or are carers for someone with disability compared to Greater Sydney.

- 7% of us on the Central Coast have a disability (compared to 5% of people in Greater Sydney)
- 38% of us have a long-term health

condition (compared to 28% in Greater Sydney)

- 13% provide unpaid care for others (compared to 11% in Greater Sydney)
- 22% of us are aged over 65 years (compared to 11% in Greater Sydney)
- 11% have a mental health condition (6.6% in Greater Sydney)

In 2021, the ABS reported that 24,000 people living on the Central Coast (7% of the population) required assistance with day-to-day activities due to disability.

Over 35,000 people (13% of the population) provided unpaid assistance to someone with a disability, long-term illness or who required it because of old age.

There are people with disability living in every suburb across the Central Coast.

Some areas of the Central Coast are home to more people with a disability than others:

- Toukley – Canton Beach: 11%
- Charmhaven – Lake Haven: 10%
- Erina: 10%
- Woy Woy – Blackwall: 10%
- Wyong: 10%

The Disability Discrimination Act 1992 makes it unlawful to discriminate against someone because of disability.

In line with this, Council is committed to making all our services and facilities accessible and inclusive,



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KARIONG

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# LOVE YOUR LIVESTOCK WORKSHOP WOLLOMBI

Set your livestock program on target for success at a free one-day workshop covering livestock management and breeding basics for farms in the Hunter region.

Event information  
When: 13 March 2026, 9:00am - 3:00pm  
Where: Wollombi 2325, In-person

Categories: Livestock, Classes, Lessons, Workshops and Talks  
Cost: Free

### Overview of this event

Set your livestock program up for success at this free one-day workshop for farms across the Hunter region.

and meeting the requirements of the Act to the highest possible standard.

There are four focus areas that need to be addressed:

1. Attitudes and Behaviours
2. Liveable Communities
3. Employment
4. Systems and Processes

Visit Your Voice Our Coast for more information, or email [engagement@centralcoast.nsw.gov.au](mailto:engagement@centralcoast.nsw.gov.au).

*Mayor Lawrie McKinna  
Central Coast Council*



Join our Local Land Services Livestock Officer and local District Vet in the paddock and stock yards to learn on-farm stock management and breeding basics, with advice on simple production systems for beef cattle, sheep, or goats.

Get the run-down on:

- Buying and selling stock – demystifying LPA, NLIS and Livestock ID requirements
- Introduction to stock nutrition and feeding
- Breeding and dry stock management
- Your seasonal animal health checklist
- Building livestock assessment skills
- On-farm demonstrations of stock treatment and handling jobs
- Establishing your advisory network

### Contact:

- Maria Cameron on 0409 636 765 or via email at: [maria.cameron@lls.nsw.gov.au](mailto:maria.cameron@lls.nsw.gov.au)
- Sam Harwood on 0476 233 407 or via email at: [sam.harwood@lls.nsw.gov.au](mailto:sam.harwood@lls.nsw.gov.au)

### Booking:

Website: <https://events.humanitix.com/love-your-livestock-workshop-wollombi-march-2026>

Your personal information will only be used for the purpose of registering your attendance and contacting you about this Local Land Services (LLS) event. We do not disclose your contact details unless you consent to this, or it is authorised or required by law.

*Local Land Services Region Hunter*

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(ANAND)

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# Gosford Regional Gallery continues 25th anniversary with diverse 2026 program

Central Coast Council is proud to unveil the 2026 Gosford Regional Gallery exhibition program, a vibrant year-long celebration of creativity that highlights both local talent and acclaimed artists from across Australia.

The 2026 season also continues the gallery's 25th anniversary celebrations with a renewed commitment to artistic excellence, community connection and meaningful cultural engagement.

Council Mayor, Lawrie McKinna said the Gosford Regional Art Gallery's 2026 program reflects the region's strong creative spirit and the gallery's role as a cultural hub for the community.

"The Gosford Regional Art Gallery continues to be a place where people come together to be inspired, to learn and to celebrate the incredible creative talent that exists within our community," Mayor McKinna said.

"This year's program not only honours 25 years of artistic excellence but also strengthens the connection between our residents, our stories and the cultural life of the Central Coast."

Visitors can expect a dynamic calendar of exhibitions ranging from major retrospectives by highly regarded Australian artists to imaginative contemporary works shaped by student creativity and national touring exhibitions.

A key feature of the program is the gallery's dedication to presenting influential and boundary pushing artists. The lineup includes significant works by celebrated portrait artist Sally Robinson and the bold, multidisciplinary duo The Huxley's, whose contributions further elevate the gallery's reputation as a leading arts destination.

Council Director Community and Recreation Services, Melanie Smith said local participation remains central to the gallery's vision.

"The program provides opportunities for community engagement through inspiring exhibitions, and artist-led creative activities that invite visitors to connect more deeply with the stories, themes and processes behind the artworks," Ms Smith said.

"The innovative and community focused exhibition programs are designed to encourage participation and enrich the cultural life of the Coast."

Discover what exhibitions are on in 2026 at [gosfordregionalgallery.com](http://gosfordregionalgallery.com).

Central Coast Council  
Media Release

## HOLY TRINITY CATHOLIC CHURCH

*Spencer*

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## BIRDATA BASICS & BEYOND - FREE ONLINE COURSE

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### What's the course about:

Birddata is BirdLife Australia's online national bird monitoring platform. With more than 30 million records compiled from the combined efforts of professional researchers and citizen scientists like you, it tells us where our birds are living, and how their populations are changing over time.

This data directly contributes not only to our on-the-ground conservation work, but also to broader conservation planning, land management, research and decision making.

You'll find out how to create a more accurate and reliable survey and we'll introduce you to our gold-standard survey methods – used by scientists across Australia. You'll learn how to navigate the Birddata app and website like a pro, while you input data and explore everyone else's data. Plus, we've packed the course full of tips to make you a better birder.

Register for this course

Log in to *MyBirdLife* or create a *My BirdLife* account to register for this course.



## PUT YOURSELF IN THIS PICTURE!



Discover how to become a volunteer at our Riding for the Disabled Central Coast Centre Volunteer Information Morning on **SATURDAY 28 FEBRUARY 2026 from 10am-12pm**

We have been providing riding classes to disabled children on the Central Coast for over 45 years and need more volunteers for this valuable work.

No previous experience of working with horses or disabilities is required as you will be trained and supported to confidently undertake your role. There are various roles available including support of our riders and horses, admin. tasks and the maintenance of paddocks, gardens and buildings.

We only operate in school terms (Monday to Wednesdays from 9am to 3pm and Friday mornings 9am-12). Your volunteering hours can be arranged to suit your requirements.

Directions - turn off Central Coast Highway into Kangoo Rd, Somersby (at Worthington BMW) and follow Kangoo Rd for 1.3km then turn right into Frank Rd. You will see the RDA sign on the left. Easiest parking is in Kangoo Road (or in the paddock on the right as you turn into Frank Road).

For more information contact:

President Ann Lawson (0419 429 362) or email: [rdacentralcoast@gmail.com](mailto:rdacentralcoast@gmail.com)

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# Kulnura and Districts Garden Club

**February 2026**

Mulberries! Your correspondent is savoring a bowl of fresh picked mulberries with a scoop of ice cream, and is having trouble concentrating! Its our first year of harvesting a decent crop of these delightfully sweet and flavourful blue-red finger-stainers, and who knows why only one of our three mulberry shrubs is producing 80% of our crop – is it the particular cultivar, the location, the soil, the microclimate, or what? Therein lies the clue to why gardening is addictive. Some enjoy sitting in front of a ‘one armed bandit’ hoping for a jackpot at the local ‘club’, whilst gardeners study and strive and sweat for the perfect crop or harvest or bloom or flourish, and will keep on putting in their time, effort and strength. Writing this whilst having a culinary sensory explosion leaves me knowing I’m placing the best bet - the garden! I’m also certain that I’ll be

taking plenty of cuttings for slips to propagate more of our star mulberry shrub.

Our garden club had our first meeting for 2026 at Somersby Hall this week as it poured rain outside. We had planned to visit Gales Citrus, alas the rain spoiled our plans. We must reschedule, as our members were looking forward to stocking up on local citrus trees, tapping into local knowledge, and exploring their stock (there was a rumour circulating that the BEST rhubarb is from Gales!). Nevertheless, we had lots of great garden discussion, and our member Cathie gave a great presentation on ‘Birds of the Central Coast’ with only minutes notice. As a local wildlife carer, she gave an insightful perspective on our local birdlife, and a few surprising facts (including that rainbow lorikeets are nasty patients). There was a great range of competition plant entries (including our very early quince being

pipped at the post by Sue’s perfect parsley), and lots of plants to swap and share.

Back at home in our garden during February the dahlias, zinnias, and roses are flowering superbly, the orchard is pumping out quince very early (making lovely pectin-strong quince paste) while the citrus is looking promising for winter harvesting. Tomatoes are producing nicely, and a new ‘experiment’ providing delicious diversion is ‘sandpaper figs’ – pea sized figs that are just perfect halved on a piece of cheddar cheese with an aperitive whilst preparing dinner. With all the rain, sun, humidity and heat our shiny new tractor is getting a heavy work-out anywhere grass grows, and is proving a great investment with its 4-in-1 bucket moving mulch and turning compost. Our friendly neighbour, the other Dooralong Dave, dropped off a Bunya Pine Cone (all 10 kgs of it!), which is proving a rabbits-warren of study on how to cook the bloody thing. Baking has proved the



**Our smart phone courses at  
Mangrove Mountain will commence  
on February 26th.**

**At Digital Connect we are here to help you discover  
and use the many features on your phone or tablet and  
have fun doing so.**

**Where: Mangrove Mountain Computer Club  
6 Waratah Road, Mangrove Mountain  
9.30am - 11.30am**

**Sessions are held on the 4th Thursday of the month  
Enquiries: Suzanne 0412 298 126**

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



Our club members on a garden visit some time ago when the weather was somewhat cooler!

most successful, but all taste-tests of the results have failed to raise a smile. I humbly suggest that pine-nuts in pesto are far more enjoyable than bunya pine, but perhaps there are secrets I am not aware of?

CountryStyle's 'Country Gardens in Australia', published 2021, is giving plenty of inspiration: 'a garden is an important part of a country home – a

cool, shady spot that is just devoted to beauty'. It is eternally amazing how so many people create delightful garden spaces, and then invite people and photographers in to enjoy these spaces. Very inspiring!

Being enjoyed with the morning coffee is Vasili's Garden @ vasilisgardenofficial – this fellow from Victoria has been creating gardening

content for at least a decade (when I first saw him on local TV), and he is very down to earth and practical. To quote his blurb: "Vasili's Garden offers you everything you need to know about creating a healthier and sustainable lifestyle for you, your family and friends. Bringing back the ways of life that people throughout the world have been living for hundreds of years, growing and preparing their own food for their family and friends. It's our passion to share the wealth of good gardening and good living knowledge, that has been handed on through generations of wonderful people, recognising the life stories of families and individuals who we hope will inspire you to take up and continue traditional ways of living and eating."

Our next meeting will be on Monday 9th March. We welcome new members and visitors to Kulnura and Districts Garden Club – it's a wonderful club, and a great way to be introduced to local gardens and gardening knowledge!

Please email kulnuradgc@gmail.com for information about meetings, membership, or any other questions.

Getoutintothegardenandenjoy!

Dooralong Dave

# ARTS NEWS



Our next exhibition...

CLAY 'N' INK

21 February - 8 March 2026

10am to 4pm daily.

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

Wollombi 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)

The Wollombi Ceramics & Printmaking Groups invite you to their upcoming exhibition:

## CLAY 'N' INK

A diverse selection of works created by the ceramicists and printers that share the Wollombi School Arts Studio.

21 February - 8 March  
Old Fireshed Gallery, Wollombi  
Open 10am-4pm daily

Please join Jennifer Little, Dorothée and Luca Heibel, Sally Reinhardt, Michelle Loadsman, Stephanie Vella, Rosie Hermann and Linda Wilkinson for our Opening Celebration on Saturday 21<sup>st</sup> February from 3-6pm.

NSW Create NSW  
Wollombi School Community Centre  
Rosie Hermann - Stephanie Vella - Sally Reinhardt - Jennifer Little - Michelle Loadsman - Linda Wilkinson - Dorothée and Luca Heibel

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# Kariong Neighbourhood Centre given an upgrade

Kariong Neighbourhood Centre is set to broaden its appeal with a State Government grant to provide repairs for the facility.

General Manager of the centre Sarah Webb said the \$28,272 Community Building Partnership funding will be used to replace and repair fencing and decking, increase shaded areas and purchase a defibrillator for community use.

“Facility Improvements are planned to enhance and increase the opportunities for community use of the Centre by providing greater privacy and security for both centre users and residents in neighbouring properties,” Ms Webb said.

“We are looking forward to offering safer and more accessible facilities for families and community members hiring the Centre.

“We know that people find the Centre welcoming and flexible for different uses and the planned improvements will only add to this.

“Our future improvement plans include a drop in space for community



members to relax, grab a coffee, and meet up with friends.”

Member for Gosford, Liesl Tesch MP said the money will be used to improve security and access for community members at what is a much-loved Neighbourhood Centre.

“The Kariong Neighbourhood Centre is such a magnet for the surrounding suburbs and the hinterland, offering everything from playgroups for the young to Tai Chi for seniors and plenty in between,” Ms Tesch said.

“It is part of the fabric of the mountain and the people of the region

make good use of its facilities.

“So, it was only fitting that when the centre needed some help with repairs that the State Government came to the party for such a worthy public amenity.”

In the latest round, the Gosford electorate has secured \$450,000 in funding for a total of 22 infrastructure projects supported by the \$41 million 2025 Community Building Partnership grants program.

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



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# WEEDS OF SIGNIFICANCE

## *St. John's Wort* (*Hypericum perforatum*)

St John's wort is a herb with bright yellow flowers.

How does this weed affect you?

- competes with pastures
- poisons livestock
- can downgrade wool with 'vegetable fault'
- can reduce property value.

### Livestock poisoning

St John's wort contains a chemical called hypericin. Livestock that eat it become very sensitive to sunlight. Minor exposure to St John's wort affects animal health as: weight loss, fewer pregnancies, stillbirths, weak young, cows producing less milk, fewer lambs and calves surviving weaning.



Intense sunlight worsens the effects of hypericin. Access to shade helps protect animals. On sunny days, stock without access to shade can develop signs of acute poisoning in five hours.

Early symptoms of acute hypericin poisoning include: agitation, rubbing the head against posts or trees, weak hind legs, panting, confusion, depression..

As poisoning gets worse, animals get a high temperature. The skin around their forehead, eyes and ears swells and turns red. Animals can die from acute hypericin poisoning.

### Control

Pasture Management - Healthy

**YOU'RE INVITED**

# Ladies of the Valley & friends

3<sup>RD</sup> MARCH  
7<sup>TH</sup> APRIL  
5<sup>TH</sup> MAY  
TUESDAY 1:00PM TO 2:30PM

## Sip & Chat

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

**WHERE: ANGELS SUSSURRI CAFE. YARRAMALONG.**  
A range of beverages and delicious treats are available to purchase.

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

Contact Margaret  
0411 104 770

perennial pastures are the best long-term defence against St John's wort.

Grazing - Make sure there are shade trees in St John's wort-infested paddocks for animals to shelter under. Grazing is usually the only practical way to control St John's wort in steep areas.

Take care of animals when using grazing as a control strategy. Never graze when St John's wort is flowering.

Physical removal - Hand-weeding

is not an effective way to control St John's wort.

Fire - Burning can destroy seeds on the plant. The plant will regrow from the roots. Fire tends to cause more damage to pasture than to St John's wort.

Biological control - Eleven biological control agents have been released in Australia. Six have established.

Search for St Johns wort at <https://weeds.dpi.nsw.gov.au/>

Information from NSW DPI

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# TWO EVENTS IN MARCH WITH HERITAGE VENTURES

## Wonders of Flat Rocks Ridge - March 22nd

Adventure into the heart of Hawkesbury sandstone country for sites, botany and history. Starting with morning tea at a Hawkesbury River cafe

Walk in wonder along bush tracks to the headwaters of Gunderman and Mill Creeks. Adventure into the heart of Hawkesbury sandstone country - up high along bush tracks to explore sandstone overhangs, caves and gullies. Enjoy the abundance of botanical flora including orchids, pea flowers, grevillea and hakea with identification of birds and plants from local experts. We gradually ascend through gullies past spectacular water gums and angophoras to Flat Rocks Ridge - a long Aboriginal engraving gallery stretching for kilometers. Hear about McCarthy's explorations around Flat Rocks Ridge, group 6 and other galleries between Gunderman and Mangrove Creek with Paddy Pallin in the 1940s.

Join us for time travel, ecology, and nature immersion in March.

Medium level of fitness and bush walking experience required, includes

some steep slopes, scrambling and climbing over loose surfaces. Distance total 10km.

Cost: \$85 plus booking fee  
Date: Sunday 22nd March 8.30am-4.00pm

Departing Location: Wombat Cafe in Gunderman

Tickets: [www.heritageventures.com.au/flatrocks](http://www.heritageventures.com.au/flatrocks). m: 0447545271

## History Afloat: Kayak Pumpkin Creek - March 29th

Kayak the mysterious waterway of Pumpkin Point Creek. A beautiful and immersive tour gliding with the tide. Lunch at an abandoned homestead.

Launching from Spencer we paddle into the Hawkesbury River past Greenmans, the site of the first inn on the Lower Hawkesbury River, and many ghost stories. Pulling in at Marlow enjoy a morning tea while hearing about the timber getters, ex-

convicts and sly groggers.

Our journey downstream takes us past stands of mangroves alongside twisted angophora, hillsides of grass trees and sandstone formations. On the way catch a glimpse of Mariner Bowles' 19th century cottage at 'Gentlemen's Halt' once a school and post office of a small vibrant community and further on the fishing settlement of the multi-generational Davidson families. Enjoy the birdlife along this stretch of the Lower Hawkesbury including soaring sea eagles, pelicans, herons, fishing cormorants, and kingfishers.

Entering the seldom visited Pumpkin Creek we glide up the magical meandering waterway passing abandoned wharves and the cave where Peter Hibbs is reputed to have lived. Lunch along Pumpkin Creek at an abandoned homestead. Returning back to Spencer in the afternoon. Double kayaks, all gear, morning tea



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and lunch is provided.

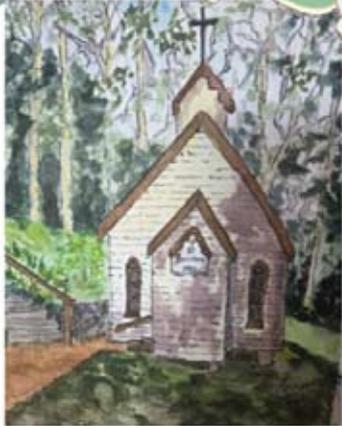
Cost: \$198 plus booking fee  
Date: Sunday 29th March 8.30am-3.30pm  
Departing Location: The Hawkesbury Duck in Spencer  
Tickets: [www.heritageventures.com.au/pumpkin2026](http://www.heritageventures.com.au/pumpkin2026), m: 0447545271

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For more Information: Margaret: 0411 104 770



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**TUESDAY**  
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HAPPY HOUR 4-6pm

**WEDNESDAY**  
MEAT RAFFLE drawn at 730pm  
\$20 schnitzels

**THURSDAY**  
POKER 630pm \$24 steak night  
MEMBERS BADGE DRAW 730pm

**FRIDAY**  
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# The Deltaz (USA) at Mangrove Hall

Don't miss The Deltaz (USA) when they perform at the historic Mangrove Mountain Hall for the first time on Sunday the 22nd of February plus special guest, Owen Campbell. The Deltaz are a brother duo blending Americana, blues-rock, and raw sibling harmonies into a sound steeped in the heart of American roots music.

Born and raised in the hills outside Los Angeles, the two spent their early years steeped in the sounds of America's past, carving out a name for themselves in Southern California's live scene with a sound that felt both lived-in and alive.

Early on, the brothers caught the attention of legendary bassist Rick Rosas (Neil Young, Joe Walsh), who became a mentor after hearing them perform at The Old Place. His guidance helped shape their direction, and the band later dedicated a record to his memory.

During that time the brothers also shared the stage and toured with alt-country standout The White Buffalo. But in 2018, their home and studio were lost in the Woolsey Forest Fire. Everything they built went up in smoke



except the music. Rather than retreat, the brothers leaned in and headed south. They relocated to Nashville in 2021, rebuilding not just their lives, but their sound.

That new chapter begins with Give It All to You, a powerful 12-song record coming out September 2025,

that draws from the deepest wells of Southern roots music while reflecting the personal transformation they've undergone.

Recorded live at Soil of the South Studio in Valdosta, Georgia with Grammy-winning producer Mark Neill (Charley Crockett, The Black



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Keys), Give It All to You is The Deltaz at their most honest and unfiltered. "This record has a completely different sound," Ted explains. "Mark helped us tap into something raw, deeply emotional, and more rooted in the music we've always loved—R&B, country, and the blues.

Singles from the new album like "Lovin' Man" and "Close to Me" reflect their immersion in the South's musical traditions, drawing inspiration from bluegrass jams and late-night dance halls. Meanwhile, tracks like "A Little Longer" and "When I Get Over You" bring emotional reflection, exploring love, loss, and longing with unflinching honesty. And "Drumonica Rag," reaffirms their deep groove, fearless instrumental instincts featuring John on his washboard and harmonica.

For The Deltaz, music isn't just expression, it's survival, connection, and devotion. After years on the road, through personal upheaval and artistic growth, they've emerged more grounded than ever in the music that shaped them. Give It All to You is more than a record, it's a statement of resilience, a love letter to roots music, and a new beginning for two brothers who never stopped listening to each other.

Owen Campbell is one of Australia's premier alternative blues/rock exports with 3 best-selling studio albums, 3 Eps, and over 12 years of national and



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international touring.

Owen has wowed audiences in all corners of the world from the USA, Europe, Japan, Hong Kong, India, and even performing at the highest blues festival in the world, The Himalayan Blues Festival in Kathmandu, Nepal. With his smouldering guitar work, gritty caramel vocals, and sublime rhythm section, Owen's alternative blues and soulful rock sound have made him a crowd favourite at Blues on the Mountain.

Don't miss The Deltaz (USA)

plus Owen Campbell at the historic Mangrove Mountain Hall on Sunday the 22nd of February.

All ages family friendly event, great food available to purchase, BYO welcome.

Doors open at 2.30pm for 3pm start. Camping sites are also available, pre booking essential.

Tickets are limited. To book visit <https://events.humanitix.com/the-deltaz-usa-owen-campbell-mangrove-mountain-hall>

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Sat 21 Feb	<b>SOLD OUT</b> <i>Chefs-Table</i>
Sat 28 Feb	<i>Restaurant</i> - Dinner Service
Sat 7 March	<i>Restaurant</i> - Dinner Service
Fri 20 March	<i>Golf</i> - Twilight Golf + Wood-Fired Pizza
Sat 28 March	<i>Restaurant</i> - Dinner Service

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**Central Mangrove Public School**



- A welcoming caring environment where student wellbeing is a top priority
- Commitment to fostering every student's growth through innovative and inclusive future focused education



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- Our teachers and support staff tailor learning activities to your child's needs, interests, and pace
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**Somersby Public School**



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## LIVESTOCK MARKET REPORT



### Maitland Liveweight Cattle Sale 9th February 2026

520 cattle yarded this week at Maitland. 464 Trade/56 export.

- Restocker Heifers up to 250kg made 344 c/kg to 465 c/kg
- 250kg-300kg made 405/kg to 480 c/kg
- 300kg to 380kg made 393 c/kg to 468c/kg
- Restocker steers up to 250kg made 442c/kg to 530 c/kg
- 250kg-300kg made 459 c/kg to 534c/kg
- 300kg-380kg made 433 c/kg to 526 c/kg
- Yearling Steers to Feed made 406c/kg to 472c/kg
- Yearling Heifers to Feed made 434 c/kg to 462 c/kg
- Cows made 339 c/kg to 388 c/kg
- Bulls 334c/kg to 360c/kg

### Maitland Liveweight Cattle Sale 2nd February 2026

550 cattle yarded this week at Maitland. 364 Trade/95 export.

- Restocker Heifers up to 250kg made 256 c/kg to 440 c/kg
- 250kg-300kg made 365/kg to 410 c/kg
- 300kg to 380kg made 379 c/kg to 400c/kg
- Restocker steers up to 250kg made 401c/kg to 535 c/kg
- 250kg-300kg made 474c/kg to 530c/kg
- 300kg-380kg made 400 c/kg to 510 c/kg
- Yearling Steers to Feed made 409c/kg to 485c/kg
- Yearling Heifers to Feed made 336 c/kg to 400 c/kg
- Cows made 320 c/kg to 382 c/kg
- Bulls 270c/kg to 310c/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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More info at: [https://www.siliconranch.com/cattletracker/?utm\\_source=GS\\_small\\_farms&utm\\_medium=email&tid=29d5a51faff850bb](https://www.siliconranch.com/cattletracker/?utm_source=GS_small_farms&utm_medium=email&tid=29d5a51faff850bb)

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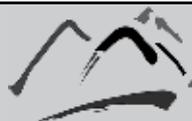
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## REGULAR ACTIVITIES & MEETINGS

### RURAL FIRE SERVICES

Bucketty RFS	Weekend Training General Meeting Contact	3rd Sat, 9am-12 pm 4 meetings per year bucketty@lowerhunterffrs.com.au 4998 8130
Calga-Mt. White RFS	General meeting Training Information & updates Contact	3rd Mon of the month, 7.30pm all welcome Every Monday 6.30 except public holidays Facebook.com/calga/mtwhiteruralfirebrigade/ Captain.calgamwhite@ccrfs.org.au - Zack Winslade.
Kulnura VBFB at Greta Rd Station	General meeting Training	1st Wednesday of the month, 7.30pm 3rd Wednesday of the month 7.00pm
Mangrove Mountain 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)
Yarralong RFS		Information: <a href="http://www.facebook.com/YarralongRuralFireBrigade/">www.facebook.com/ YarralongRuralFireBrigade/</a> Phone contact: 0494 344 030 Email: volunteer@yarralongrfs.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 0458 655850
Gosford North Inner Wheel club	2nd Wed each month 11am at Phillip House in Kariong. Contact: Glenis Ph: 0400 486 760
Kulnura & District Garden Club	Second Monday, 9.30 for 10am start. Jacqui Maxwell 0455364262 kulnuradge@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 Yarralong. Margaret Dale 0411104770
Mangrove Mountain & Districts Community Group	1st Thurs of the Month, excl Jan. 7.30pm, Mangrove Mtn Hall. Contact: mepccinc@gmail.com, 0412669649
Mangrove Emergency Planning & Communications Committee	
Mangrove Mountain Country Fair Committee Meeting	3rd Thu of mth except Jan, 7pm, at Union Church Hall. Pres - Steve 0455 155 075 <a href="http://www.mountaindistrictsassociation.com.au">www.mountaindistrictsassociation.com.au</a> <a href="mailto:secretary@mountaindistrictsassociation.com.au">secretary@mountaindistrictsassociation.com.au</a>
Mountain Districts Association (MDA)	Second Tuesday of the Month 6.30pm at the Mangrove Memorial Club
Mountain District Football Club Meeting	2nd Thu. Ph Elaine Burrows 0412988353
Probus - West Gosford	President Marlee Maxwell Email rivercaresinc@gmail.com
River Cares for the Lower Hawkesbury River District	Friday 7.15am at Phillip House. 43404529
Rotary Club Meeting	
Spencer Community Progress Group Inc	President Brad Maisey, Community Meetings, 0436482201, spencercpg2@gmail.com Articles to: spencercpg2@gmail.com
Newsletter	
Spencer Sheilas Community Social Club	Last Friday of the month. Eve Leeming - 4377 1116 and/or cedriceve@bigpond.com
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 Yarralong	Every Sunday, 9.30am. (Easter & (Christmas Carols dates to be advised)

(cont'd next page)

# Council serves up free session for food businesses

Food businesses across the Central Coast can enhance their food safety knowledge at a free event at Gosford RSL Club on Tuesday 24 February.

The Retail and Food Service Information Session provides businesses with the chance to get information and advice from Central Coast Council food safety and trade waste officers, as well as the NSW Food Authority in an informal setting.

Council Mayor, Lawrie McKinna said all local food businesses are encouraged to come along.

"Whether you've been in the industry a long time or are only new to the scene, this is a fantastic opportunity to refresh your skills, expand your network and talk about food issues specific to our area," Mayor McKinna said.

"The session will include presentations on common food safety topics relevant to all retail food businesses, as well as an open discussion where you can share concerns and ideas."

There will be stalls at the event hosted by the NSW Food Authority, the NSW Shellfish Committee, Service NSW and Central Coast Council food safety and trade waste officers. Attendees will also take home an information pack.

Council Director Environment and

.:KSR.:.

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Planning, Luke Nicholls said Council was co-hosting the session as part of a NSW Food Authority partnership program.

“We were excited to be chosen to host this event – it’s quite a competitive process with only three councils selected from across the state each year,” Mr Nicholls said.

“We know our local food businesses have a lot on their plate but we’d love to see a great turnout – from clubs, restaurants and cafés to takeaways, bakeries, school canteens and everything in between.”

**The Central Coast Council Retail and Food Service Information Session will be held at Gosford RSL Club on Tuesday 24 February 2026 from 9am to 12.30pm.**

For more information and to register, search ‘Retail and Food Service Information Session’ at [centralcoast.nsw.gov.au](http://centralcoast.nsw.gov.au)

*Central Coast Council  
Media Release*



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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**  
 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](mailto: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](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)

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

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  
 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](mailto:mmucsecretary@outlook.com)  
 Hall bookings: 0413 359 655 or AH 4373 1488  
[enquiries@yarramalonghall.org.au](mailto:enquiries@yarramalonghall.org.au)  
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# 'Dogs Day Out' set to bound back this month with more four legged fun

Central Coast Council is excited to announce the return of one of the region's most beloved community events, Central Coast 'Dogs Day Out' taking place on Saturday 21 February at Terilbah Reserve, The Entrance.

With Coasties known for their passion for their four legged companions, this year's event promises to be bigger, brighter and even more 'pawsome' than before.

Council Mayor, Lawrie McKinna said that Council is proud to deliver this event as part of its ongoing commitment to promoting responsible pet ownership across the region.

"Dogs Day Out provides an opportunity for the community to learn more about caring for their pets while enjoying a relaxed and family friendly day outdoors," Mayor McKinna said.

"A favourite among local dog lovers, this annual celebration brings together pets, their owners and the

wider community for a day dedicated to fun, connection and responsible pet ownership."

The event precinct will host a vibrant mix of pet related market stalls, offering everything from pooch clothing and accessories to treats and toys for dogs of all sizes.

Crowd favourites are also returning, including the fancy dress competition and best trick contest, giving local pups the chance to show off their personality and skills.

Food and drink vendors will be on site to keep human attendees fuelled throughout the day.

Council Director Environment and Planning, Luke Nicholls said the 2026 program features a wide range of activities designed to entertain, educate and support pet owners.

"Visitors can enjoy agility demonstrations, meet experienced dog trainers and take part in walking groups throughout the day," Mr Nicholls said.

"For those wanting to ensure their pets are healthy and safe, Council will again offer free dog microchipping and health checks, along with low cost vaccinations delivered by qualified professionals."

Event details:

- Saturday 21 February 2026
- 9am-2pm
- Terilbah Reserve, Wilfred Barrett Drive, The Entrance North

## POSITIONS AVAILABLE

CAR WASHER / DETAILER wanted to clean limousines and buses as needed in Somersby. Suit retiree or someone in between work. Contact Greg P: 0414 682 306 or E: lionlimos1@gmail.com

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For further information about the event search 'Dogs Day Out 2026' at [centralcoast.nsw.gov.au/whats-on](http://centralcoast.nsw.gov.au/whats-on)

Central Coast Council Media Release



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## CLASSIFIED ADVERTISEMENTS

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

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