

COMMUNITY NEWS

No. 860 Ph: 4374 1039 Mo: 0412 669 649 Email: cnews@k3s.com.au Web: www.k3s.com.au/cnews.htm 4th September 2020

Bucketty Brigade Prepares for Summer

Bucketty & District Brigade – which covers the Murrays Run, Fernances Crossing and Bucketty Communities – was an active Brigade in the fighting of the widespread Gaspers and Little L fires which impacted Wollombi Valley/Bucketty/Mountain areas over the summer of 2019/20.

Like many Brigades it found its efforts strongly supported by its local communities and crews from all over the State as well as NZ and Canada which was so appreciated by its members. Even better, we were delighted to have twelve new recruits step forward to train as Basic Fire-fighters and despite the impact of COVID-19, their training is progressing well.

Our Brigade was also successful in applying for RFS funding under the NSW post-fire dispersal of donated community monies and was able to purchase a number of communications and office equipment items which are not routinely supplied by the RFS.

Drought, fire, flood, and pandemic – what a 12 months it has been. Through it all, our members have continued to respond to fires and MVAs as well as undertake regular training and carry out administrative duties. Like everyone else in these unusual times, we stand ready to see what our communities and our Brigade will be responding to next as the Fire Season approaches!

*Ann Harwood & Kerry Lannoy -
Community Engagement Coordinators
Bucketty & District Rural Fire Brigade
5385 George Downes Drive, Bucketty
(02) 4998 8130
buckettyrff@gmail.com
"Volunteers working for our community..."*



LOOKING FOR RAFFLE PRIZES

The Covid version of the 2020 Country Fair will be a huge Mega Raffle to try to raise money for our local community groups, many of which are really hurting due to the effects of Covid. So if you have any Great Raffle Prizes that you think will be attractive and appeal to people, please contact us!

They could be Gift Certificates for your Products, or from your Business. They could be Gift Baskets, Hampers, Coupons and of course real physical prizes. They could be hidden treasures from your home that someone might really like to have – no junk though! We will give it a lot of Facebook, social media and print media publicity – so we can promote your business, your name and your service or product to a wide audience if you help us.

Please put on your thinking caps and contact us. Already the CWA Mangrove Mountain is putting together an amazing Gift Basket for us to raffle. What can you do?

Please email Mangrove Mountain Country Fair - secretary-mmcf@hotmail.com, or call Shane 0417 436 529. We need to have ALL Prizes worked out by mid-September please. So we don't have much time! Let's rally together and make this happen!

Shane Eastman

WHERE THERE'S SMOKE.....

Whilst open pile burning is permitted, there are strict rules set by council and the NSW Protection of the Environment Operations (Clean Air) Regulation 2010. Penalties do apply.

Some key points:

- The RFS must be notified beforehand either on-line at <https://www.rfs.nsw.gov.au/fire-information/BFDP/burn-notifications> or by phone: Kariong 02 4331 2908 Charmhaven 02 4394 3100
- Neighbours must be given 24hrs notice.
- A Permit must be obtained from the RFS for open pile burning during the Bushfire Danger Period. No pile burns are allowed during total firebans.
- Burning should not cause nuisance to neighbours or a smoke hazard to traffic. Where nuisance or smoke hazard occurs, the fire is to be immediately extinguished.
- Burning must minimise smoke impacts by avoiding green, damp and compacted piles.
- Only one pile of vegetation may be burnt at any one time.
- Pile size may be up to 2 metres in

diameter and a maximum height of 1.5 metres. Vegetation may be added as the pile burns down.

- Deemed approval is only granted for the burning of dry and dead vegetation generated on premises.
- Vegetation must be of a diameter of 150mm or less.
- An open pile burn fire must be at least 20 metres from any dwelling, building, or unmanaged vegetation.
- All combustible material within 4.5 metres of the fire must be removed.
- Adequate water supplies and/or fire fighting equipment must be immediately on hand.
- An open fire must be supervised by a responsible adult at all times.
- Burning should only take place when weather conditions are suitable with winds under 15km/h.



Cough, cough - not the way to pile burn!

*More information is available from the
Central Coast Council and
NSW RFS websites*

STOP !

Next issue Published
18th September 2020
**** DEADLINE ****

**** 11th September '20 ****

Send adverts & copy by
email or post.

Email or phone for
enquiries

UNDERSTANDING LOWER BACK PAIN

Low back pain results in millions of dollars of lost work in Australia. About 70% of Australians will experience back pain at some point in their lives.

Back pain, and particularly lower back pain is a common presentation at the Better Health Practices clinic. We understand back pain and are here to help you with both treatment and prevention of this common disorder.

Chiropractors are qualified to assess and treat a variety of back injuries and disorders. With Podiatry now being offered at our clinic we can also help with assessment of footwear and foot posture, which can be a driver of low back pain.

To help prevent low back pain it is important to:

- Exercise regularly - this keeps the muscles and joints strong and flexible. Weak back and abdominal muscles may not properly support the spine. 'Weekend Warriors' are more likely to suffer painful back injuries than people who make moderate physical activity a daily habit.
- Maintain a healthy weight. Being over-weight puts excess strain and pressure on spinal joints and

discs and effects normal, healthy movement of spinal joints.

- Wear supportive, low-heeled shoes. Seek advice from a podiatrist on correct footwear for your particular foot type and activity level.
- Have good sleep posture and make sure your mattress is supportive. For most people, sleeping on your side is the best position for your back.
- Don't try to lift something that is too heavy. Correct lifting technique requires you to lift from your knees and keep a relatively straight back. Keep the object close to your body and never twist whilst lifting something heavy.
- Don't sit for too long. If you sit at work for any extended period of time, use a lumbar support for your low back and put your feet on a low stool.
- Quit smoking. Smoking reduces blood flow to the lower spine, increases the risk of osteoporosis, and slows the healing process.

Better Health Practices offer Chiropractic, Podiatry, and Massage

DLHHS Visit to Wisemans Well, Wisemans Ferry Cemetery & One Tree Reach Wetlands at Laughtondale

The Dharug and Lower Hawkesbury Historical Society would like to extend the invitation to the general public to join us as we visit Wisemans Ferry along the Singleton Road. This locality was originally known as

Therapy, all of which can be useful for both treatment, rehabilitation, and prevention of spinal injuries. All our practitioners are rebatable under private health insurance. Medicare and DVA rebates can also apply for Chiropractic and Podiatry through a GP referral.

For any questions regarding our services please don't hesitate to contact us:

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Email: mangrovemtpharmacy@gmail.com

Lower Portland Head. The Wisemans Ferry Cemetery is also known as Laughtondale located downstream from Wisemans Ferry.

Date:- Saturday, 26th September 2020

Time:- 10.15am.

Location:- The meeting place will be provided when booking is confirmed.

Lunch:- Bring along your lunch and return to Wisemans Ferry mid afternoon.

Cost:- \$5.00 for Members and \$7.50 for Non-Members

We will have a quick morning tea & discuss the area we are to visit and its historic context. Then we will drive out along Singleton Road to Wisemans Well. Historic significance of this site is the possible importance to the Great North Road construction and to the early settlers as the source of fresh water. We will look at maps and diagrams of the site and the archaeological assessment and management recommendations conducted by Siobhan Lavelle in association with Dr Grace Karskens (who wrote *The Colony, A History of Early Sydney*) on behalf of the DLHH Society.

We will then continue to Wisemans Ferry Cemetery where we will do a tour of the grounds sharing the history

of the many significant grave sites. Interred in this cemetery is Peter Hibbs [1847] who sailed with Captain James Cook to Australia in 1770 & again with Captain Arthur Philip in the First Fleet. Pioneering families include the Douglass, Books, Chaseling, Rose & Leet families. This is also the final resting place of Solomon Wiseman [1838].

Around mid-day we will drive along to the One Tree Reach Wetlands where we will park and have lunch. The One Tree Reach Wetlands represents one of the few intact natural wetlands in the lower Hawkesbury River. The local area was officially settled from 1810 by Europeans. Whilst little is known of what modifications early settlers made to this area, historical surveys reveal a 'ditch' or drainage line had been cut at the northern end of these wetlands to the Hawkesbury River from the late 1870s. After lunch the history & significance of this area will be discussed, and we will do one or both of the boardwalk walks into this site.

Afterwards we will proceed back to the car park at Wisemans Ferry. Participants may wish to complete the day with an exploration of the Museum within the Wisemans Ferry Inn former home of Solomon Wiseman.

Bookings and contact details in

case of rain to 0405 321 478 (leave a message) by Tuesday, 22nd September 2020

Please note: Numbers are strictly limited to comply with current COVID-19 restrictions on outdoor gatherings. If you are booked in but unable to make it on the day please advise ASAP as we expect a waiting list. If more than 20 people turn up (i.e. without a booking) we will not be able to proceed with the excursion.

We require all participants to observe the 1.5 metre apart rule (members of the same household excepted) and practise good hand hygiene.

All participants will be required to provide contact details and sign a indemnify form on arrival before participating in the excursion.

Any further information please contact us on enquiries@dlhhs.org.au

Bring along lunch, snacks, water, hat, sunscreen, repellent and wet weather gear. Sturdy shoes are suggested.

All welcome.

*Robyn Downham
President/Publicity Officer
Dharug and Lower Hawkesbury
Historical Society*

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State Body Formed For Neighbourhood Watch NSW

With 2019 being the 35th anniversary of Neighbourhood Watch and taking into consideration a 500% increase in Neighbourhood Watch groups over the past 5 years a meeting was held to discuss the next 35 years of the number 1 community crime prevention organisation.

After a very passionate and committed 8 hour meeting it was decided that Neighbourhood Watch New South Wales Incorporated would be formed. Having a state body would bring the organisation into line with the other states and help their groups grow stronger together and to keep

their communities safe. A formation board was elected to see in the new state body until an AGM can be held later in 2020.

The New South Wales Police Force have been great caretakers of Neighbourhood Watch over the past 35 years but it is now time for groups to work together while keeping the Police as our supporters. With more and more demands on the New South Wales Police Force for frontline policing and the need for more staffing NHW NSW INC can take care of the day to day running of the organisation while continuing to be a conduit between the Police and the community.

Newly elected State President Mr Bill Hackney stated, "After 35 years without having a state body, the corporation will help groups grow stronger together as well as give guidance to new groups."



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WILD DOG AND FOX CONTROL PROGRAM

Dear neighbours,
Glenworth Valley Outdoor Adventures will be holding a wild dog and fox baiting program on our property. This is part of our on going work to control pest animals and their impact on primary production and native wildlife. 1080 wild dog and fox ground baits will be laid. The program will commence on the 9th of September until the 14th of October 2020. Please restrain all domestic pets and working dogs during this time.

For further information please contact, Jason Lawler on 0417022720 or Email Jason@glenworth.com.au



UPCOMING CATTLE AUCTIONS

Maitland Regional Saleyards

- Weekly Monday Liveweight Cattle Sales 9am
- Monthly 3rd Saturday Store Cattle Sales 12pm

Gloucester Saleyards

- Fortnightly Thursday Store Cattle Sales 11am
3rd September

Wollombi Saleyards

- Bi Monthly Saturday Store Cattle Sales 12pm
Held on the 2nd Saturday into every 2nd month
10th October

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

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He continued on to say "As we move forward we must always remember that there are many organisations that support Domestic Violence, Suicide, Natural Disasters and so on but we, Neighbourhood Watch, are the only crime prevention organisation. Yes there is Crimestoppers but they are a reporting organisation rather than a community based prevention organisation. Neighbourhood Watch has been trusted for the past 35 years as well as being there supporting your communities and NSW Police"

NHW has certainly leapt forward more in the last 5 years than it had in its previous 30 years and it is what you remember but also so much more. Like most things the advent of new technology has advanced the organisations ability to do so much more. Social Media has offered NHW the opportunity to educate the community en masse on crime prevention in the palm of their hands and to reach mass audiences in a very short time.

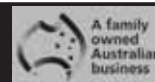
"We don't face problems only challenges, and yes there are going to be highs and lows, but the resilience of NHW in NSW will come to the fore and it won't hold us down for long!" commented Mr Hackney when asked what problems face them as they move forward. When asked his first priority he said, "Our first priority is to create a database off all the groups in NSW so we can then hold a state conference

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to discuss our new direction.

Anyone who would like to support or sponsor NHW NSW INC can get in contact with the state office on 0401 384 003 or email: admin@nhwnsw.org.au

Contact Information:
Neighbourhood Watch
New South Wales INC.
David Watmore
State Secretary
0401 384 003
Email: admin@nhwnsw.org.au

Join our local Neighbourhood Watch Group:

1. Go to:
<http://www.nhwconnect.com.au>
2. Create an account for yourself, click on: **Create Login**
3. Once you have created your account, find our local group. For location type in:
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4. For the group **Mountain Districts** click on:
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Grazing Kikuyu – Look out for your horse's bones!

Dr Peter Huntington
Director of Nutrition
Kentucky Equine Research

Pasture is what horses are designed to eat and good pasture should be the

number 1 ingredient in most horse's diets. If you live on the central coast that pasture will be mainly or all kikuyu and that has some pro's and con's.

Kikuyu is a productive and persistent warm season grass which gives great ground cover and responds quickly to rain in early spring. It copes with heavy traffic and horse's that walk the fence better than other grasses. Unlike cool season grasses it doesn't contain fructans, indigestible sugars in the grasses which can lead to hind gut disturbances or trigger laminitis. Early growth has high protein, sugar and energy content so horses will do well on it, but they can get fat easily. If your horse is prone to obesity and Equine Metabolic Syndrome with laminitis beware of the 'power' of early spring kikuyu pastures. Behaviour problems can also be seen from an energy overload. Reduced time in the paddock or a grazing muzzle may be required.

What about other negatives – it tends to dominate other grasses, will dry off in winter and is less digestible than cool season grasses so weanlings don't do quite as well and can be a bit potbellied. But the big problem relates to calcium and skeletal health.

The grass is lower in calcium and higher in phosphorus than other grasses which leads to an inverted Ca:P ratio, and also contains oxalate



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chemicals which binds calcium in the gut and dramatically reduce digestibility.

Both of these factors lead to calcium being taken out of the bones to maintain blood levels in a narrow range and so bones get weaker, which can lead to reduced bone density with shifting lameness or fractures, and Big Head where the bones of the upper jaw are enlarged as calcium is removed.

Supplementing calcium and some other minerals is vital to prevent Big Head in horses grazing lush kikuyu paddocks with large grass intakes. Lucerne hay will help as it has a very high Ca content and in addition you need a feed or supplement with high levels of calcium, and other trace minerals and vitamins. If horses don't need much extra energy, then Barastoc KER Stud Balancer is a great supplement fed at only 500g – 1kg. If they need more energy Barastoc Breed & Grow is a good choice, Barastoc KER Low GI Cube is a perfect feed as it contains KER BMC, a highly digestible source of calcium and other minerals. BMC is a key ingredient in the supplement KER Triacton



which has been shown by research to increase bone mineral density.

For more information on high oxalate pastures go to <https://ker.com/equinews/> and read articles from the extensive health and nutrition library. You can sign up for fortnightly educational newsletters presented by Barastoc on that website.

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HAPPY DAY FOR LOCAL COUPLE

Erin Roberts and Trevor Williams celebrated their wedding on Saturday 14th March 2020 at the Sylvan Glen Country Estate in the NSW Southern Highlands along with 102 friends and family members.

The couple explained "The Southern Highlands is our favourite weekend destination for wineries, walks, shopping, restaurants etc, which is why we chose to get married there."

"We chose to have a "cheese" cake made from various cheese wheels from the Robertson Cheese Factory."

Erin walked down the aisle to

African Drums (performed by InRhythm). She has been drumming with InRhythm for about 3 years so this was a perfect fit!

The couple honeymooned at Tumbling Waters Retreat in Stanwell Tops.

Best of all they were the last wedding before Covid, so extremely lucky to get the wedding and honeymoon in before the bans came in two days later!

Details:

- Theme: Rustic, woods, earthy, greenery, leaves, bush
- Bridal Theme/ Styling: Black/ grey/ lime green
- Photography: Magnus Agren Photography
- Bridal Bouquets: Florals and Fika Bowral
- Dress: Perfect Day Bridal

Willoughby

- Band: Slide McBride
- Celebrant: Elizabeth Taylor



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Contact 0408 442 062



Kulnura Public School Kindergarten Enrolments

Kulnura Public School is now taking enrolments for Kindergarten 2021.

If you have not already done so, please contact the school office if you would like an enrolment package for your child.

We are hoping to hold an information session and three orientation sessions in Term 4, however this will be dependent upon the Covid—19 restrictions at that time.

These are certainly very unusual and trying times for everyone and we will endeavour to make your child's transition to Kindergarten as smooth as possible.



Should you require any further information or wish to discuss your child's enrolment please do not hesitate to contact the school on: PH 4376 1264 Steve Collins

Principal



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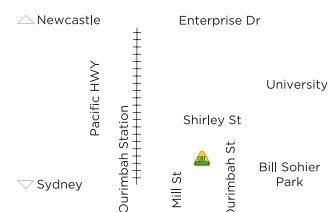
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SOMERSBY CWA

Our ladies enjoyed another meeting in the hall on 12th August, we had a early meeting followed by lunch, all the ladies had brought their own lunch so we sat around and enjoyed the friendship, we then cut our Branch birthday cake which had been made and beautifully iced by our member Liz.

Our culture officer had written a play ready for Group culture day in September (which has been cancelled thanks to Covid) so we gave our ladies a laugh by showing them what our branch had planned.

Our meetings are on the 2nd Wednesday at 1pm but with craft from 10am, Craft on the 4th Wednesday (but if you are like me it's talk & more talking) but at our August meeting it was decided we would have friendship & coffee on the other Wednesdays so CWA ladies will now be at the hall every Wednesday so if you feel like a chat pop in and say Hi.

Publicity Officer
Somersby CWA
Sue Ward



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What should climate action look like in your community?

In 2020, our region has faced climate impacts such as drought, bushfires, floods and coastal erosion.

Small actions lead to big solutions for your community.

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- 6 car renovated shed with 3-phase power and tack area
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- 4 minutes to M1
- Under 30 minutes to Sydney



Central Coast Select Properties

02 4324 8486

Shop 9, 482 Pacific Highway
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FOR SALE - THE BEST BY A COUNTRY MILE!

Supremely Private, this stunning 90 acre lifestyle escape is nestled in the upper reaches of the picturesque Dooralong Valley. With an impressive drive in, this property will captivate you from the outset. Well-built country residence is spacious throughout, offers a beautiful outlook from every window.

5 bedrooms incorporating 2 guest suites with ensuites, north facing master suite, dual dining & living rooms plus billiards/rumpus room for entertaining. Larger than life swimming pool overlooking pastured acres, well equipped machinery shed along with 2 workshops, multiple dams and seasonal creek. Beautifully positioned against the Watagan state forest backdrop. Picturesque, peaceful and private defines this stunning property. Located just over an hour north of Sydney, 15 minutes to Westfield and M1 motorway and 30 minutes to coasts beaches.

Inspection is sure to Impress!!



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Further Update On The Optus Spencer Mobile Tower

The latest update with Optus and even though they stated the co-location with Telstra would be finalised in July due to delays caused by COVID, Optus hope to have services for the permanent co-location solution up and running by early September offering greater 4G and 3G coverage and capacity.

Some new software was loaded onto the satellite small cell at the Malaluka Caravan Park over the last few weeks in August with some testing conducted in the Spencer village.

The Optus deployment team have recently completed and/or to be addressed on the Telstra base station the following:-

- Slab for Equipment cabinets now down.
- Order for equipment cabinets in progress and will be installed along with the base station equipment.
- Transmission orders in place and ready for connection.
- Power Connection being arranged

for our equipment.

- Riggers being scheduled to install antenna on the tower.
- Work continues on solution for Marlow as well.

*Robyn Downham, President
River Cares Inc*

ABN: 16 331 855 147

E: rivercaresinc@gmail.com |

Postal: Boat Shack 1, SPENCER 2775

*Street: The Boat Shack, 4685 Wisemans
Ferry Road, Spencer NSW 2775*

Caring for the Lower Hawkesbury
River District

River Cares Inc would like to acknowledge the traditional custodians of this land, the Aboriginal and Torres Strait Islander Peoples, and pay our respects to their elders past, present and future.



KULNURA GARDEN CLUB

As we were unable to attend our planned venue, Marilyn gave a Power point presentation on the development of their property at Mangrove Mountain. She and Stephen purchased their acres in 1998 and transported a pre-loved house from Gosford to the site.

It was wonderful to view the renovation of the house and the development of their garden into what it is today – a miniature Botanic Garden! Marilyn has kept records of what she has planted over the years – including 65 camellias. Unfortunately, they have sold this property and are moving to the Southern Highlands. We wish them all the very best and are sure that the local Garden Clubs will welcome their membership. Apparently, the new owner is also a keen gardener.

Our next meeting, 14th September, is set down to be held at Kulnura Cottages with a talk about Bees. Needless to say, it is most unlikely to be held and we will be Zooming again!! President Louise will email members as to the new arrangements. In the meantime, Stay Safe!!

Glynnis Golsby



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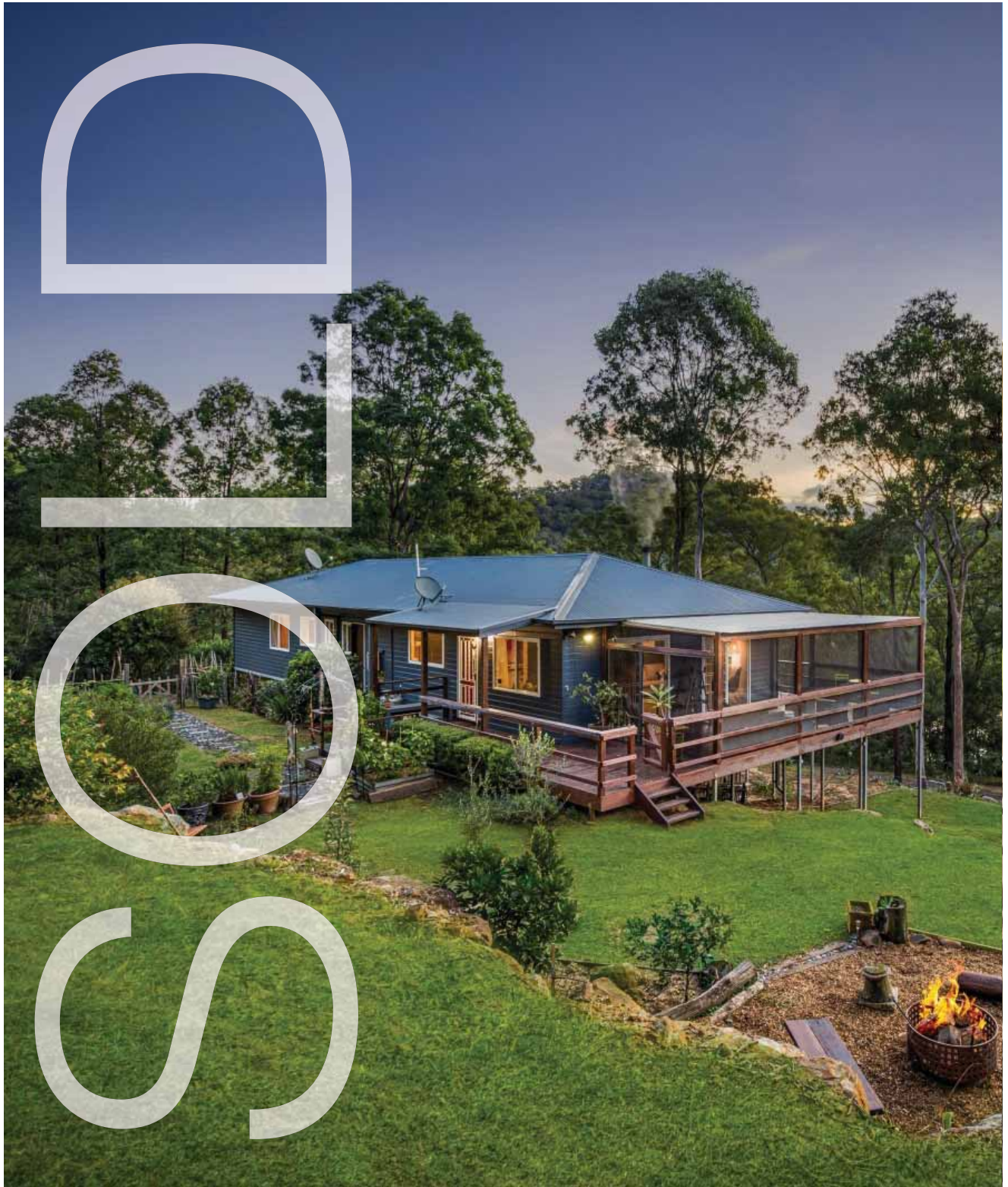
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A New Recruit for Peats Ridge Cubs

In these uncertain times, one thing is for certain is that our numbers (ie. not cases!) are growing in Peats Ridge Scout Group. I am still really excited when we invest new Youth members into our Group and the global Scouting community.

These little souls have no idea what they are joining when they put on their blue uniforms with bright shiny badges for the first time. The big smiles and happy times will be with them forevermore as they travel through life. When we invest them into our movement, I love telling them about the the first badge they receive, the purple Scouting Fleur de Lis.

It is so symbolic, firstly the royal purple background, the colour of Peace, denotes Leadership and Service. The white or silver arrowhead represents Purity and signifies Direction, pointing forever upwards and turning neither to the left or right, since these would lead backwards again. The encircling rope signifies Unity and Family.

This badge was worn by Neil Armstrong (and the following Nine astronauts) to the moon and back. Sir Edmond Hillary wore it on the First successful return ascent of Mt Everest. It has been placed and flown at both North and South Poles. Been to the bottom of the ocean and on the podium

of the US Presidential leadership several times. The Head of the UN was also a Scout, our very own former head of Defence, most recipients of the Victoria Cross and bravest soldiers in the Australian Armed Forces have all been Scouts.

Our photo today is of our newest and most excited new Cub Scout, young Emily. And when I handed her that badge, I wondered what greatness she will achieve.



Will it be in Medicine, perhaps a cure for all pandemics, maybe as a lawyer fighting for all those that matter, will she be another astronaut, a scientist, adventurer or peace maker.

Whatever she does is not as important as how she does it; and I know whatever it is it will be for

MAYOR CALLS FOR MORE RECOGNITION FOR CENTRAL COAST AS A REGION

Central Coast Mayor Lisa Matthews is calling on all government agencies to follow the lead of the Rural Fire Service in ensuring the Central Coast is recognised as a stand-alone region and community.

The Rural Fire Service confirmed it will issue warnings specifically for the Central Coast in future emergencies from 2021.

Mayor Lisa Matthews said the recent fire emergency had brought to light

others; for those she loves, leads and serves.

What are your kids going to do? I know where all mine are going to be next week - that's Peats Ridge Scout Hall for starters...

If you think your child would like to learn more about the fun activities of our local Scout Group please contact myself on 0438 476 562 or by email to jamesrlutwyche@gmail.com for more information. Session dates and times for Cubs (8-10yr boys & girls), Scouts (11-14yr boys & girls) and Venturers (15-18yrs youths) can be found in the back page listings of the Community News.

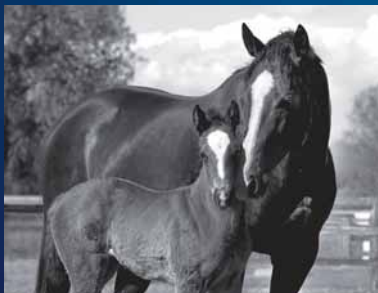
Yours in Scouting,
James Lutwyche, Group Leader, Peats Ridge Scout Group

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20kg bags



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the lack of recognition and identify for the Central Coast and this needs to change.

"We had the situation where a catastrophic fire warning was issued but nowhere did it say 'Central Coast'," Mayor Matthews said.

"This caused confusion in the community, as to whether it applied to us, and that is the last thing you need in an emergency.

"I am pleased the RFS, who have been doing an amazing job during the unprecedented bushfire threat, have recognised this and will be changing warnings in the future. This is great news for our community.

"I call on other agencies to follow suit and recognise us as the important region we are."

*Media Release from the Mayors Office
Central Coast Council*



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Isotomas
Prostantheras
Scaevolas
and MANY MORE!



SHOW YOUR SUPPORT FOR OUR RECYCLING FACILITY!

Davis Earthmoving & Quarrying Pty Ltd have submitted a Development Application to create a state-of-the-art facility inside the Somersby Industrial Park at 90 Gindurra Rd to convert sand, soil and building materials into 100% recycled building and landscaping supplies. **Some reasons for supporting the proposal are:**

- Creating more than 20 permanent local jobs
- A significant boost to the local economy
- Helping to support a sustainable Central Coast
- Helping to prevent illegal dumping
- Diverting waste from landfill
- A need to recycle building materials locally

You can support our project by making a submission to the Department of Planning, Industry & Environment using one of the methods below:

Option 1: Email information@planning.nsw.gov.au with the subject "Submission for Kariong Sand And Soil Supplies Facility – SSD-8660". If you have email set up on your phone, scan this QR code to use our pre-filled email. Just open the camera app, point at the QR and click the prompt.

Option 2: Visit ksss.com.au/dpie to make a submission directly from our website.

Thank you for your support!



**We need
your support!
Comments close
Sept. 24th**

Show your support at www.karionsandandsoil.com.au/dpie

Guides

Well !! All the girls and leaders have been enjoying meeting back in our cabin, while Zoom was good, (big learning curve for some of us) although we still have some restrictions like social distancing ect. the girls are doing well and enjoying their activities.

So far we have enjoyed a disability night where the girls realize how hard it is to do things with only one hand or being blind etc., the younger girls learnt more about their Promise and Law though games, older Guides did foil cooking on fires outside with each bring their foil parcel from home, all different, all cooked great.

Music night was interesting with

Guides trying to writing their own song about Covid19, something that is always popular is sewing Junior Guides made No sewing knee rugs while the older Guides did machine sewing and made their own face masks so they are now prepared for this strange time we are all living in.

Very fitting as our motto is Be Prepared !!

Our fathers will be right with all Guides making them a small gift.

All looking forward to September activities with fingers crossed we are still at the hall.

Stay safe.

Sue Ward Guide Leader

Both our Guide Leaders provide a broad, values based program using the ideas the girls ask to be included. Sometimes challenging...

Lorraine Wilson

PROTECTION OF THE ENVIRONMENT TRUST 2020/21 GRANTS

Individuals or community groups interested in undertaking environmentally based projects are encouraged to apply for funding under the Protection of the Environment Trust (POET).

The POET, established in 2006, promotes the protection and enhancement of the natural environment, and provides funding for environmental projects in the former Gosford City Council Local Government Area.



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Central Coast Council Mayor Lisa Matthews said a key purpose of the Trust was the conservation of Indigenous flora and fauna.

"Our community values the natural environment of the Central Coast – it is what we are renowned for and a key priority for Council is ensuring the preservation of our environmental resources for future generations," Mayor Matthews said.

"Funding is now available through the Trust for individuals, community groups and organisations for the delivery of projects that enhance our natural environment.

"If your project has an environmental focus and can demonstrate outcomes that promote and enhance the natural environment or provide information, education or research about a significant aspect of the natural environment then I encourage you to apply."

Projects that have previously received funding include bush regeneration to support the work of environmental volunteers working in the Coastal Open Space System and Natural Reserves, and an education program to develop and install Local Species Interpretive Signs for the Rumbalara Environmental Education Centre.

Applications can be made until Friday, 31 May 2021 and will be assessed by the POET Committee when they meet during the next 12 months. To view POET guidelines and

HEALTH EDUCATION AND CLINICAL RESEARCH ON THE CENTRAL COAST

The Central Coast community will be able to take a sneak peek into the new \$72.5 million Central Coast Research Institute (CCRI) and University of Newcastle Central Coast Clinical School (UONCCCS) with new vision publicly available today.

Link for fly-through footage - <https://youtu.be/taEOcY4MEy0>.

Located at Gosford Hospital, the CCRI and UONCCCS will operate partnerships between the University of Newcastle and the Central Coast Local Health District and will open early 2021.

Member for Robertson, Mrs Lucy Wicks MP, said the building will be home to pioneering research through the CCRI.

"This first for the Central Coast will not only create a centre of excellence in healthcare, research and education right here on the Central Coast, but will also prove to be a huge economic

boon for the region. We know that Universities can transform local economies like the Central Coast and help drive future job growth and opportunities.

"I'm so happy that young people on the Central Coast will now have even more opportunity to gain a world-class education close to home. It's important that students across the Central Coast will now be able to see a University campus in Gosford and think, that's where I'm going when I finish high school."

Spread across four floors, the University of Newcastle's new clinical school will feature a 100-seat lectional space, seminar rooms, problem-based learning spaces and breakout areas for students, as well as a library.

The building will include three simulation labs, and laboratory settings that would expose students to real-life situations they could expect to experience as public health providers when they entered the workforce.

CCLHD Chief Executive Dr Andrew Montague said the facility will carry out world-class research into integrated care and population health, while training the next generation of doctors and nurses.

*Media release from the Office of
Lucy Wicks MP
Adam Crouch MP*

lodge an application, visit centralcoast.smartygrants.com.au/POET2021.

If you have further queries on POET or require assistance with lodging your application, email POET@centralcoast.nsw.gov.au.

*Cherie Mildwater
Communication and Engagement
Central Coast Council*

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REGULAR ACTIVITIES & MEETINGS

RURAL FIRE SERVICES

Bucketty RFS Weekend Training
Station Maintenance
General Meeting

Calga-Mt. White RFS General meeting

Kulnura VBFB General meeting
at Greta Rd Station Training

Mangrove Mountain RFS General Meeting
Bloodtree Rd Training / Maintenance

Spencer RFS General Meeting
Training
Junior Training

Somersby RFS General Meeting
Training/Maintenance

Yarramalong RFS Training: Nights:
Morning:
Maintenance/Training :
General Meeting (GM):
Contact:

COMMUNITY & SOCIAL

Country Women's Association
(Somersby)

Country Women's Association
(Peats Ridge & District)

Country Women's Association
(Mangrove Mountain Evening Branch)

Gosford North Inner Wheel club

Gosford World Vision Community Group

Permaculture Central Coast

Kulnura & District Garden Club

Kulnura Hall

Mangrove Mountain & Districts
Community Group Meeting

Mangrove Emergency Planning Committee

Mangrove Mountain Country Fair
Committee Meeting

Mangrove Hall

Mangrove Mountain RSL Women's Auxiliary

Mangrove Mountain Singing Group

Rotary Club Meeting

Somersby Hall and Mountain Districts
Culture and Heritage Centre

Spencer Community Progress Group Inc

Spencer Community Ladies Social Club

Newsletter

The Mountain Tuesday Social Tennis Group

Mountain District Football Club Meeting

Somersby Equestrian Club
Club & Committee Meeting

Wisemans Ferry Community Men's Shed

SPIRITUAL

Anglican Service - Mountain Districts

- Laguna

- Wollombi

Serbian Orthodox

3rd Sat, 9am-12 pm, breakfast 8.30am
Every Thurs as required, generally 10am-1pm
3rd Sat in even months, at 1pm, All welcome
buckettyrfs@gmail.com (02) 4998 8130

3rd Monday of the month,
7.30pm at Pacific Hwy Fire Station Mt. White

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

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

2nd Monday of the month Meeting 6.30pm

3rd Monday Maintenance 6:30 pm

4th Monday Training 6:30 pm

E: spencer.rfs@gmail.com Contact: Jock Ross
4566 4640. 4778 Wisemans Ferry Rd

First Wed of the month 7.30pm at the Station
Every Wed night 7.30 at the Station (except
before Wed general meeting)

First Wednesday of month 7pm start

Last Saturday of month 8.30am start

3rd Sunday of month 8.30am start

2nd Wed of even months 7.30pm start

Ph: 0409 915060 or 0418 280 764 Email:
yarramalongrfs@bigpond.com

Second Wed of each month, at Somersby Hall
Wiseman's Ferry Road, Somersby, contact
Leslye 0417411335

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

2nd Tues of the month at Mangrove Mountain
Hall 2-4 Waratah Rd Mangrove Mtn. Start
5pm, meeting 7pm. Ph Judy 43771728

2nd Wed each month 7pm at Phillip House in
Kariong. Contact: Glenis Ph: 0400 486 760

4th Tues 11am in Presbyterian Church, West
Gosford Contact: Glenis Ph: 0400 586 760.

Third Tuesday (except Jan.) at Tuggerah
Community Hall, ANZAC Rd, 6.30pm - 9pm

Second Monday of the month. 9.30 for 10.00
am start. Phone Cynthia Tomkins 43561586

Hall bookings contact Annette Stackman
43561196 Committee mtg 3rd Thurs 7:00pm
at Hall- Open to all from community.

First Thursday of the Month, 8pm, Mangrove
Mountain Hall. No meeting in January.

Third Wednesday bi-monthly, Mangrove Hall
2nd Thur of month except Jan, 7:30pm, Union
Church Hall. Pres- Shane 0417 436 529

Hall bookings contact Ryan 0405416289

Third Tuesday of the month, 2pm Mangrove
Mountain Memorial Club New Members
welcome. Secretary Keitha Coty 43771773

1st & 3rd Tue, 7-9pm, Mangrove Mtn Union
Church. All welcome. Contact 0425313433.

Friday 7.15am at Phillip House. 43404529

HALL BOOKINGS: 0418 257 534,

0413 359 655 or AH 4373 1488

President Brad Maisey, Community Meetings,
4377 1167, spencercpg2@gmail.com

Last Fri of month. 12.00 noon Spencer
Community Centre, Jennifer Dayes 4377 1364

Articles to: spencercpg2@gmail.com

Tue 9.30am-12.30pm, Kulnura Tennis Courts.
Ph Glenys Palmer on 4374 1441 for enquiries.

First Tuesday of the Month 7.30pm at the
Mangrove Memorial Club

Every 2nd month. Check website for further
details. www.somersbyequestrianclub.org.au

Tues & Sat, 9am-5pm. Contact: Alan Hunt

4566 4626 or Adrian Acheson 0448 833 781

Every Sun 8am at Peats Ridge Scout Hall,
Sunday School during school terms

1st, 3rd, 5th Sun 10am; Service of Prayer &
Praise at St Mark's Laguna. ph 0481269 653

2nd & 4th Sun 10am; Holy Eucharist at St
John the Evangelist, Wollombi. 0481269 653

2nd & 4th Sun. of the month. 10 am, followed
by luncheon, tea, coffee, cakes (cost \$15).

(cont'd next page)

MARKET IN REVIEW

by Jay Talbot Licenced Real
Estate, Stock & Station Agent and
Auctioneer



Hi Jay Talbot here from
TalbotPartners Real Estate - your local
lifestyle property specialists.

National property values have fallen
for the third successive month.

Australian home prices have fallen
for the third successive month, due to
the economic impact of the COVID-19
pandemic. According to CoreLogic's
home value index, housing prices
nationally dropped by 0.6 per cent
in July. This followed a 0.7 per cent
drop in June and a 0.4 per cent drop
in May.

Overall values have slipped 0.7 per
cent since the pandemic began to bite
in the middle of March. For that month
values were up 0.7 per cent, followed
by an increase of 0.3 per cent in March.
The figures indicate the resilience of
the market, according to CoreLogic's
head of research Tim Lawless.

"The impact from COVID-19 on
housing values has been orderly to-
date, with CoreLogic's national index
falling only 1.6 per cent since the recent
high in April and housing turnover
has recovered quickly after it's sharp
fall in late March and April," he said.
"Record low interest rates, government
support and loan repayment holidays
for distressed borrowers have helped
to insulate the housing market from
a more significant downturn," Mr
Lawless said.

"Advertised supply levels have
remained tight, with the total number of
properties for sale falling a further 4.3
per cent in the four weeks to July 27th,
sitting 15.2 per cent below where they
were this time last year. "Additionally,
increased demand driven by housing
specific incentives from both federal
and state governments, especially for

first home buyers, have become more substantial. "Prices in regional areas, such as Bathurst, NSW, are holding up well.

With welfare packages JobKeeper and JobSeeker to be scaled down from October and Victoria entering stage four lockdown yesterday, the medium term outlook is for a continued drift downward of the market. "Urgent sales are likely to become more common as we approach these milestones, which will test the market's resilience," Mr Lawless said.

"Similarly, the recent concerns of a second wave of the virus and the potential for renewed border closures and stricter social distancing policies are likely to further push consumer sentiment down. This is likely to weigh on both home buying and selling activity more broadly," first at the premium end of the market, Mr Lawless pointed out. "Higher value markets tend to be more reactive to changes in the economic environment, having led both the upswing and the downturn over previous cycles," he said. (*James McSmith News Corp Australia Network)

If you would like to have a chat about your property, with a no obligation appraisal, please feel free to call me anytime on 0414 079 220 or email jay@talbotpartners.co

I look forward to the opportunity of catching up with you soon!

See you next month,

Jay

HELP KEEP OUR AREA CLEAN

REPORT ILLEGAL DUMPING

Phone the RID hotline:

131555

Or lodge an online report to
<https://ridonline.epa.nsw.gov.au/#/home>

REGULAR ACTIVITIES & MEETINGS (cont'd)

Kariong Community Baptist Church	Sun @9.30am, Church & Kid's Program, Kariong Public School Hall, Jonathan Houston 0427 731277
Catholic Service -Spencer	Holy Trinity Church, 2nd Sat of the month 4pm, Contact 43771374 or 43771168 as times may change each month.
- Wollombi	2nd & 5th Sunday of the month, 4.30pm Mass at St Michael the Archangel, Wollombi.
- Somersby	Every Sat. evening vigil - 5.30pm St. Francis of Assisi Centre, 30 Lutana Rd, Somersby.
- Yarramalong	1st Sunday each month, 11.15am St. Barnabas Catholic Mass All welcome. Enq 4356 1321
Divine Retreat Centre (Ph 04 6848 6782) 160 Hensons Road, Somersby www.divineretreatcentre.org.au Uniting Service	1st Fri, 5:30pm-8:30pm Divine Mercy Friday 3rd Sat, 8:00pm to 12:00am, Night Vigil Last Sun, 9am to 4:30pm, One Day Retreat Union Church 9.00am second, fourth and fifth Sundays. Mangrove Mountain 3rd Sunday each month, 11.00am. (Easter & Christmas Carols dates to be advised)
St Barnabas Non-denominational Service Yarramalong YOUTH Junior Girl Guides 5-10	Kooree Guide Cabin, every Monday in school term, 5.00pm - 6.30pm Kooree Guide Cabin, every Monday in school term, 6.00pm-7.30pm
Girl Guides 10-15	Cubs meet 6.30pm - 8.30pm Wednesdays Scouts meet 7.00pm - 9.00pm Tuesdays Venturers meet 7.00pm - 9.00pm Mondays Contact 0438 476 562
Scouts, Cubs & Venturers Peats Ridge Scout Hall	Every Tues (except school holidays) 9am to 11.30am, Kooree Guide Cabin. Bec G, PH: 0421 996 029 Anne, PH: 0412 526 557 Email: becgilmour@gmail.com
Mangrove Mountain Playgroup	25-27 Henry Kendall St., West Gosford, Ph: 4325 2270. www.henrykendallcottage.org.au Last Sat of month. All welcome, contact Jan Kofron 94818478 jankofron@optusnet.com.au 2nd Sat of the month, 10.00am for 10.30, Point Clare Hall (except Jan & Dec). Contact John 43921926 or Jon 43116254.
HISTORICAL Brisbane Waters Historical Society	3rd Fri each month 7.30pm Pearl Beach. Peggy 0411754577 pbaboriginalhistory@gmail.com
Dharug & Lower Hawkesbury Historical Society Inc. First Fleeters Central Coast Chapter	Open Sun to Thurs, 10am-2pm, other times by appt. Contact 43521886 email info@alisonhomestead.com.au website: www.alisonhomestead.com.au
The Pearl Beach Aboriginal History Group	Meets first Wednesday of the month www.cclug.org.au - all most welcome
Wyong District Museum & Historical Society	1st & 3rd Thurs of month, 6:45pm to 8:45pm at Doyalson-Wyee RSL. Debbie 0421216952 Yarramalong Hall 4th Sat of the month 10am to 5.00pm cost \$12per person ph 43561196
ACTIVITY/HOBBY Central Coast GNU/Linux Users Group	
Coastal Communicators Toastmasters	
Craft/scrapbooking	

REMINDERS FOR YOUR DIARY

GENERAL NOTICE: Most events and gatherings have been cancelled or postponed due to COVID19 virus restrictions. Information will be updated when available.

Mangrove Mountain Country Fair

Cancelled for 2020 due to Covid19 limitations
Raffle fundraiser to be held instead, donate a prize - Email secretary-mmcf@hotmail.com, or call Shane 0417 436 529. pri

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POSITIONS VACANT

COOKING/COUNTER/CLEANING Jobs – Mangrove Mtn General Store will re-open soon. Only looking for enthusiastic bright, bubbly, smiley, happy, customer-focused, hard-working cooking and counter staff to give great customer service. Juniors and Adults. All positions will involve cleaning, lifting, unpacking good. Need to use computer. Have to be available early mornings & weekends & have great flexibility. Main requirement – great attitude, energetic and being pro-active! Call Shane for interview 0417 436 529

AGISTMENT

HORSE AGISTMENT AVAILABLE. Full care. Group and individual paddocks with shelters. Full size sand dressage arena, grass jumping arena. Onsite instructor, EA qualified and fully insured. Located walking distance to Peats Ridge Village and café. Call Alicia on 0423 828 596.

POSITIONS VACANT

Café/SHORT ORDER COOK Mangrove Mtn - FT or PT. Great salary package. Must have café/restaurant cook experience. References will be checked. Will help create outstanding delicious café/takeaway menu, organize kitchen, ordering, cleaning. Food Safety Supervisor ticket preferred. Early mornings and weekends required. Shift flexibility essential. Needs to also deal with customers. Happy, smiling, enthusiastic, hard-working, and GREAT ATTITUDE are imperative!. Exciting opportunity to right person to grow with the business and develop own food concept. We have big plans. Call Shane for interview – 0417 436 529

WANTED

AGISTMENT options for upto 5 goats Hobby Farmer looking for 2 year option for land. Open to discuss options Call Glenn on 0413291129 or email glennndc@ozemail.com.au

WANTED

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Cars / bikes / boats / tractors / lawnmowers / machinery / UTV / ATV / caravans, anything. Call us to remove. 0408028908

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WATER - Do you live in the Somersby, Peats Ridge, Mangrove Mtn or Kulnura area and have an excess or not using all of your Bore/Ground water allocation. We would like to buy 2 to 10 megs. Please call Sam 0408 432 999

WANTED TO BUY old motocross or trail bikes running or not, also old cars . Cash paid. Ring Mick Mcmillan 0427330230

SINGLE RETIRED man seeking to rent in the Mountain District. Contact Trevor, 02 98881007.

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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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