

COMMUNITY NEWS

No. 863 Ph: 4374 1039 Mo: 0412 669 649 Email: cnews@k3s.com.au Web: www.k3s.com.au/cnews.htm 16th October 2020

The Hub's Grand Opening!!

The new Hub of Mangrove Mountain will have our Grand Opening on the weekend of Saturday 24th and Sun 25th October – from 8am to 5pm.

We had decided to have a quiet, “soft” opening on the October long-weekend, so that we could slowly get used to the new computer system, and finish putting groceries, bread, dairy and drinks away. But you can't keep a secret for long around here, and we had a wonderful steady stream of locals, and some passers-by, stop in for a delicious Mountain Bacon and Egg Burger, or a yummy Pulled Pork Roll with Apple 'slaw Roll, followed by a delicious hot cappuccino or gelato from our gelato bar.

Our cheesecakes ran out on the first day, and we have been madly trying to bake them and put them out on display. The Lemon Swirl was a huge hit, as was the Strawberry.

Of course, opening hiccups were bound to happen. The deep-fryers refused to stay alight – so no chips or hamburgers. The open produce refrigerator decided to become a freezer, and the EFTPOS had a few

Yarramalong school of arts AGM

November 10th 7:30pm

Due to COVID 19 restrictions and guidelines only paid members of the association may attend.

Due to restricted numbers persons wishing to attend will need to book with A. Stackman 43561196 by Sunday 8th November.

moments where it decided to freeze. But we're ironing out all the bugs, our staff are terrific and really enthused about our success – so we'd love to see you here.

Word is already going around that we're OPEN, and we were interviewed by NBN TV and ABC Radio about how great it is to have a local store again – a grocery, takeaway, café and soon to happen, post office and lotteries agency.

So please put Sat 24th-and Sun 25th

FOOD FOR THOUGHT

Joan Patrick supplied this little poem written in 1869 and reprinted during the 1919 Spanish Flu pandemic. Seems quite relevant now doesn't it?

And people stayed home
and read books and listened
and rested and exercised
and made art and played
and learned new ways of being
and stopped
and listened deeper
someone meditated
someone prayed
someone danced
someone met their shadow
and people began to think differently
and people healed
and in the absence of people who
lived in ignorant ways,
dangerous, meaningless and
heartless,
even the earth began to heal
and when the danger ended
and people found each other
grieved for the dead people
and they made new choices
and dreamed of new visions
and created new ways of life
and healed the earth completely
just as they were healed themselves.

*Extract from “The Cooranbean Courier”
the newsletter of the Brisbane Water
Historical Society*

Original poem was “And People Stayed Home” by Kathleen O'Meara (pen name Grace Ramsey) (1839 - 1888)

October - Grand Opening Weekend - in your calendar. Come along and support us. We'll have some great giveaways and lots of fun, some live music and much more!! See you at The Hub!!

Shane Eastman



STOP !

Next issue Published
6th November 2020
** DEADLINE **
** 30th October '20 **
Send adverts & copy by
email or post.
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enquiries

Strengthened partnership to benefit farming communities ahead of fire season

Further action is being taken to strengthen the partnership between the NSW Rural Fire Service (RFS) and farmers across the State from the devastating impacts of bush fires.

Ahead of the official start of the fire season, which is expected to see an increase of threat from grass fires due to wetter and warmer than average conditions, the NSW RFS and NSW Farmers are working together to better protect farming communities. Grass fires can spread quickly across large distances – three times faster than a bush fire, wiping out entire farms in an instance.

Latest data shows above average levels of soil moisture at the end of winter, particularly in central and northern cropping regions in New South Wales. This together with favourable spring rainfall will likely result in significantly above average winter crop yields. 2020-21 alone is expected to more than double that of the 2019-20 harvest.

Minister for Police and Emergency Services David Elliott said the

partnership is already delivering results with a new working group focused on integrating Farm Fire Units into fire fighting operations.

“Improving communications between farmers and firefighters on firegrounds is an immediate focus of the group ahead of this fire season,” he said. “This is critical to ensuring that firefighters and farmers are working effectively and safely to protect life and property.”

“NSW is more prepared than ever for this coming fire season after a more than \$45 million investment to fast-track hazard reduction but it continues to be crucial that our communities engage with their local RFS Brigades.”

Under the strengthened partnership, other key initiatives include:

- Local decision making: farmers and local communities are key members of local Bush Fire Management Committees
- Farm Fire Plans: tailored support for farming enterprises to

prepare for fire and protect their assets

- Getting Ready: ahead of the fire season, getting to know your local Brigade and using tools like the Grain Harvesting Guide

- Rural Liaison Officers: during major fires these officers will work with incident controllers and local farmers to understand what's important for locals

- Locally-led engagement programs for recovery: together programs like Hotspots and Get Ready Weekend supporting communities to get involved, take the lead and become better prepared together

NSW RFS Commissioner Rob Rogers AFMS said: “As part of every rural community across the State, the NSW Rural Fire Service already works closely with farmers to help make our communities safer.

“This year given the increased threat of grass fires, we’re redoubling our efforts with this strengthened partnership with farmers and the NSW Farmers to make sure we work better together before, during and after fires. With the potential for millions of dollars’ worth of loss and damage, farmers can’t afford not to have a farm fire plan and we’re here to work with them to protect their livelihoods.”

NSW Farmers President James

Dr. S. ANANDASIVAM
(ANAND)
MBBS, FRACGP, AMCC

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Mountain District Football Club Annual General Meeting



When - 7.00pm Tuesday 10th November 2020
Where - Mangrove Mountain Memorial & Golf Club

Mountain District Football Club would like to inform you that the 2020 Annual General Meeting will be held at 7.00pm on Tuesday 10th November. We would also like to take this time to thank all the volunteers from season 2020!!

All positions will be declared vacant. We would like to encourage all club members to attend the meeting to help shape the future of our club and volunteer their time to be a part of the committee for the upcoming 2021 season.

Jackson said: "Being able to best utilise all available resources to manage fire outbreaks is critical and the new fact sheet that aims to better engage NSW RFS volunteers and individual Farm Fire Units is a positive and welcome step.

"Farmers are often the first responders to grass fires and know well the risks of operating machinery in hot dry conditions. The Grain

Harvesting Guide continues to be a valuable resource and reference for producers once the harvest commences. NSW Farmers looks forward to further strengthening local partnerships, knowledge sharing, and communication with the NSW RFS over the coming months to ensure our grain crops, orchards and livestock are safe from the ravages of uncontrolled fires."

A range of guides and tools are available to farmers on the NSW RFS website at www.rfs.nsw.gov.au/plan-and-prepare/farm-fire-safety.

NSW RFS Media Release



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YOUR MICROBIOME - WHAT IS IT?

There has been a lot of talk in the nutrition world, the media and science circles about how important our microbiome is. But what is it? And why is it so important?

The human Gut Microbiome is simply the group of different bacteria which live in our gastrointestinal tract. In times past we paid little attention to these micro-organisms, but nutritional science is now uncovering much more about the microbiome's diverse and important roles in our health. It is now recognised that the gut microbiome is important to practically every aspect of human health. It protects against germs and regulates our immune system, digests food into nutrients, removes toxins from our bloodstream, makes vitamins (mainly the K and B-group vitamins), produces hormones; it even communicates with our brain!

Scientists are rapidly discovering the pivotal role that our microbiome plays in the development of chronic disease. And given that 50% of adult Australians suffer from a chronic disease (and 25% suffer from more than one), we can see how important looking after our gut microbiome is.

Most chronic diseases start with a low-grade build up of inflammation. By addressing the imbalance within our microbiome, we can address this inflammation. Even once we have developed a chronic disease, improving our microbiome can assist in treatment, and has even been shown to reverse some disease processes.

Our microbiome relies heavily on our diet. Research is showing that the gut microbiome can take as little as 3-4 days to respond to a change in diet. So, what diet is good for our microbiome?

The bacteria in our microbiome need fibre to feed on. Therefore, a diet high in fibre-rich foods keeps them happy. With plenty of fibre to feed on, the bacteria in our gut produce a chemical called butyrate. Butyrate is a powerful anti-inflammatory that protects us against bowel cancer, and helps maintain a healthy gut lining. A healthy gut lining is essential for stopping partially digested food and other toxins from escaping into the blood stream (leaky gut syndrome).

And what should we avoid? Added sugars, refined carbohydrates, and refined cooking oils.

Animal fats and animal protein consumptions should be minimised, plus the use of antibiotics (both personally and in agricultural practices) should also be kept to a minimum.

So, if you want to look after your microbiome, eat a diverse range of

Help lead the 'Live Well' revolution on the Coast

Live Well Festival will return in 2021 and Central Coast Council is looking for partners to make the event bigger, brighter and better than ever.

The challenges of 2020 have emphasised the importance of the 'Live Well' message – embrace the abundant healthy living and wellbeing opportunities on the Coast and experience the benefits.

Council Unit Manager Community Partnerships, Glenn Cannard said next year's event will include a week

vegetables and fruits (75% of your plate at mealtimes), include beans in your diet daily, drink water in preference to sugary drinks, and include some fermented foods (such as Kimchi, Kombucha, and sauerkraut).

For further information on how to eat healthy, you can contact Merlene at Better Health Practices.

Merlene is a Clinical Nutritionist, Chiropractor, and Lifestyle Medicine Practitioner. She offers Lifestyle Counselling and Health Coaching.

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of activities at local health focused businesses in the lead up to the major event day.

"We're planning to come back with a 'Live Well' bang in 2021 and are looking to partner with local businesses and groups to deliver a host of fun, and informative and health focused experiences," Mr Cannard said.

"It is the diversity of 'Live Well' that makes it such a great festival and in 2021 there will be a week of offerings at local business as we build towards the main festival event.

"For Live Well Week we're looking for workshops and sessions held at local business – anything from yoga to cooking classes, from fitness sessions to workshops on how to improve your wellbeing.

"The main Live Well Festival

event will be built around four key HUBS – Eat, Move, Think and Love Your Earth. We're looking for guest speakers to fill the event stages, as well as low to moderate physical activity offerings for the Move Zone and Kids Move Zone.

"If you are a health or wellbeing practitioner or have a health focused business on the Coast, we'd love to hear how you could contribute to Live Well 2021."

Mayor Lisa Matthews said living well and the Central Coast go hand-in-hand.

"Our beautiful environment here on the Coast lends itself to healthy living – particularly getting active outdoors," Mayor Matthews said.

"I'd encourage local business, groups and organisations to get involved with this fantastic event,

which is more important than ever after the challenges of 2020."

This year 'Live Well' was offered in a digital format, with local businesses given the opportunity to showcase their health knowledge and services in a series of short videos featured on Council's Coast Connect YouTube channel.

In 2021 the main Live Well Festival event will be held on Sunday 28 March and will be preceded by Live Well Week from Sunday 21 March to Saturday 27 March.

To get involved, submit an Expression of Interest (EOI) before Friday 30 October 2020, 2pm by going to the 'Live Well Festival' entry on the EOI section of Council's website – centralcoast.nsw.gov.au/EOI

Central Coast Council
Media Release



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Disaster Recovery Counselling and Support

Have you been affected by a disaster such as Bushfires, Flood, COVID-19 and have concerns around your mental health and wellbeing?

The Mental Health Disaster and Adversity Response Team are available to provide you with support

The 2019-20 Bushfire season has significantly affected our communities on the Central Coast. Our communities have endured bushfires, drought, flood, storms and now a pandemic. The impact on community, property and relationships has been immense and so has the impact on mental health and wellbeing.

Are you experiencing?

- Low or depressed mood
- Feeling overwhelmed or anxious
- Difficulty sleeping
- Intrusive memories or nightmares
- Feeling more irritable, agitated or angry than normal
- Increased alcohol or substance use
- Having difficulties concentrating, planning or making decisions
- Finding it difficult to enjoy life or relax
- Lack of energy



These feelings, behaviours and thoughts can be unwanted and affect our ability to function and communicate in a way we would want to. But you don't need to go it alone. Help and support is available to you, your family and those you care about.

How can we help?

- Counselling and psychological support
- Helping make sense of past events and feelings
- Linking you to support services and preparing for the future

Get in contact:

Anyone is welcome to contact us via phone or email to discuss how we might be able to provide support.

Please call us on 4320 2952 Monday – Friday 08:30am-5:00pm

Or via email: CCLHD-MHDisasterandAdversityResponse@health.nsw.gov.au

For 24/7 Mental Health support contact the Mental Health Telephone Access Line on 1800 011 511. In an emergency or crisis call 000 or attend the nearest hospital Emergency Department.

Mangrove Mountain Sports Association AGM

The upcoming Mangrove Mountain Sports Association Annual General Meeting is scheduled to be held at Mangrove Mountain Memorial Club on Tuesday 10th November, 2020, at 6.30pm.

MANGROVE CREEK DAM REPORT

AS AT: 30-9-2020

Relative level: 176.415 m

Depth at wall: 53.9 m

Capacity: 111,758 Megalitres
or 59.35%

Water released: nil Megalitres

Water pumped in: 1520.32 Ml

Rainfall: 52.4 mm

Lowest temp: 5.4°C on 28th

Highest temp: 31.1°C on 18th

Brad, Craig, Danny

Water Resource Protection Officers

Mangrove Creek Dam

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Now Open - Try-outs for Scouts

Peats Ridge Scouts are back meeting after the school holiday break. We are extending an open invitation for all local youth to come and check out what Scouts is about. In our final term of 2020 we have some great outdoor activities planned, including hiking, abseiling, bike riding and fishing.

Not everything we do is outdoors. Some of our indoor activities include Indoor Bouldering, an "Off-the-floor" night (which can be quite

"suspendsful"!), and a board games evening. We also incorporate training in useful outdoor skills like First Aid, Navigation and Pioneering (constructions with ropes and spars).

Our weekly youth-led program aims to put young people at the centre of these activities – not just doing them, but also planning, organising and reviewing our events. We use adventurous, fun, challenging and inclusive ways to support the personal development of our youth members.

We follow COVID-19 safe workplace guidelines to minimise infection the risks. Our Adult Leaders and Adult Helpers all have current "Working

With Children Checks".

If you think your child would like to learn more about the fun activities of our local Scout Group please contact James Lutwyche by email to jameslutwyche@gmail.com or by phone on 0438 476 562 for more information. Weekly meeting times for Cubs (8-10 year old 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,

Sharyn Unitt
Publicity Officer
Peats Ridge Scout Group

R

REPORT

L

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D

UMPING

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“Come All Who are Weary and Burdened”

New Christian owner makes a new start on the former ashram site

As new owners of what was once known as the yoga ashram, Olivet Assembly Incorporated has taken over the property and is committed to offer care and support for anyone in the Central Coast community who are in a difficult season in their life.

For the Evangelical Christian church group, the property will be dual purposed: as an administrative national church headquarters and also a facility to provide services and assistance to those around us.

SERVICES & FACILITIES:

Veggie Garden

The community vegetable garden that many nearby residents were involved in before will be reopened, with its produce supplied at low cost or as donation to those who are suffering financial hardship. Workshops will also be opened to raise awareness of distress relief and how to support vulnerable groups.



Workshops

There will also be workshops for single mothers, playground for single parented or disadvantaged families.

Shelters

Existing accommodation and catering facilities will also be opened up as temporary shelters for people who have lost their homes in natural disasters or are in financial hardships.

More are coming...

Plans are underway to construct additional facilities for the property according to this purpose, including a track for dog walking, bush walking, a flower garden and a complimentary cafeteria.

To those who've had fond memories of the community life at 300 Mangrove Creek Road before but were also surprised and saddened by the unveiling of its tragic past, OA is now writing a new history both in its purpose and in renovating the existing facilities. We welcome you to make an appointment to pop by for a chat, or just to say hi. We can be reached at management@olivetassembly.org.au or 0413652993 (Pastor Faith Yang).



NURSERY OPEN DAYS

Coachwood Nursery at Somersby will be holding Open Days on the 30th & 31st of October, 27th & 28th November, 18th & 19th December.

Free Entry. Gates open 9am to 4pm.
www.coachwoodnursery.com

We are also holding a Succulent Workshop featuring beautiful Epiphyllums which are in full flower then, with Ruth Donnelly Co-Director of Coachwood Nursery, Somersby.



Epiphyllum "Cerise"

Dates: 3pm, 31st October, 28th November, 19th December, 2020.

Cost: \$49 per person & includes demonstrations and plants to take home.

Bookings 0491 147448

*Peter and Ruth Donnelly
Coachwood Nursery
Somersby*

Vale Eric Michael Evans

Born 23rd January 1938

Passed away 29th September 2020

At the age of 82 leaving behind his wife Brenda, 2 sons, 1 daughter, 7 grandchildren and 4 great grandchildren.

Eric was part of the Mangrove Mountain community for over 30 years and worked at the Pirovic Family



Farm.

I had the honour to work alongside Eric in the same way as my father Petar Pirovic. He was a hard worker and honest, he always had your back, cheeky at times and most of all his knowledge and mentorship meant the world to me.

Eric was known to us as "Uncle Eric" and he was part of our Pirovic family, he will be sadly missed by all of the Evans & Pirovic Family's.

For my Friend.

by Petar Pirovic Jnr

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Raffle tickets are on sale online now:
<https://go.rallyup.com/mmdcf2020>

Every entry gives you a chance to win any of the prizes, with winners being randomly selected from 6pm on October 17th. While paperless online tickets are preferred to help keep our fundraiser COVID-safe, you can enter the draw with cash – see Shane Eastman at The Hub of Mangrove

Mountain (formerly Mangrove Mountain General Store).

While COVID-19 has put a hold on the Mangrove Mountain Country Fair this year, our mission to showcase and support our community continues, with the launch of our online fundraising raffle, as previously announced.

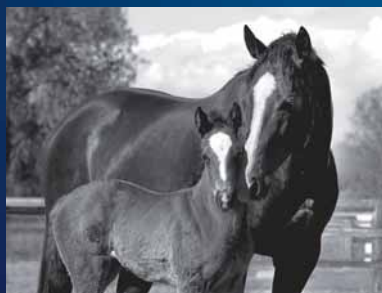
*Crystal Russom, on behalf of
 Mangrove Mountain & Districts
 Country Fair Committee*

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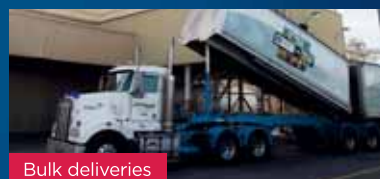


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ARTS NEWS

Wollombi Valley Sculpture Festival 17 October - 1 November

WVAC is proudly hosting Small Sculptures in the Old Fireshed Gallery during the Wollombi Sculpture Festival. We are also sponsoring the Local 2325 Sculpture Prize, for local sculptors (\$1,000) in the festival.

If you are interested in volunteering to man one of the galleries during the festival please go to www.sculptureinthevineyards.com.au and open the 'volunteers' page.

Little Yengo Gallery

Please visit <https://www.wollombi.org/little-yengo-gallery> for online gallery

Artist Of The Month - Maree Bisby

Maree is a contemporary Aboriginal artist of Wiradjuri descent. She is also an author and child advocate. Maree believes that "expression comes through connection with spirit and by embracing creativity she is able to produce art work which is unique and individual."

The Aboriginal paintings and artefacts in this gallery embody the meaning of Wollombi, 'meeting place.'



Maree Bisby 'Searching Within' 50x60cm
\$580 Mixed media on canvas

Little Yengo Gallery is a meeting place for all. Aboriginal artists Australia-wide share tradition and continuing connections with country. Many of our Aboriginal artists and members live in remote areas of Australia. This not-for-profit gallery is run and maintained by community volunteers. New artists and volunteers welcome.

Sculpture IN THE VINEYARDS

Wollombi Valley Sculpture Festival
17th October - 1st November 2020

<https://sculptureinthevineyards.com.au/>

17th October – 1st November 2020
Exhibition Open Daily 10am – 4pm

Sculpture in the Vineyards, The Wollombi Valley Sculpture Festival is in its 18th year.

Held over 16 days, including 3 weekends in the middle of spring, this not-for-profit Sculpture Exhibition is one of the oldest and largest sculpture festivals in Regional NSW.

This year, 166 works from 103 sculptors have been selected for the exhibition from the 300 national and international submissions received. This year's selection includes seven



previous Sculpture by the Sea major prize winners; Peter Lundberg, Paul Selwood, Jorg Plickat, Michael le Grand, Stephen King, Libby Bloxham and Harrie Fasher. Other highly respected artists include Stephen Coburn, Ron Robertson-Swann, Ayako Saito, Peter Tilley, Louis Pratt, Fiona Kemp, Hui Selwood, James McCallum and Robert Barnstone who won the major prize in 2019. Emerging artists, Amanda Lockton and Daniel Schwartz have also been selected again this year.

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Determining Work Intensity of Jumpers

By Kentucky Equine Research Staff

The bulk of any jumper's education involves work on the flat, polishing skills that help negotiate a course, such as manipulating stride length, bending comfortably in both directions, and fine-tuning responsiveness to aids. Appropriate training protocols that ensure jumpers are suitably fit for competition are largely experimental, leaving many horses prone to injury or performing below their potential.

"The appropriate amount of flat training required to prepare horses for jumping competition remains unknown," explained Catherine Whitehouse, M.S., of Kentucky Equine Research.

One research team recently compared the physiological demands of 21 Warmblood jumpers using a standardized 600-m fitness test at three velocities (5 m/s, 8 m/s, 11 m/s or approximately 11 mph, 18 mph, 24 mph) and a standardized course over fences.*

"Standardized tests are commonly used in physiology studies to measure fitness and changes in exercise-related



Local showjumping identity Will Mathew from Jiliby

parameters. In these tests, the speed, duration, and distance are kept the same for each horse, and measures of fitness must be obtained at the same time for each test," Whitehouse described.

In this study, the measures of fitness evaluated after each test included heart rate, blood lactate levels, blood pH, and acid/base balance status.

The key finding was that horses cantering around a flat track at 8 m/s have a similar work intensity as jumping a 1.10-m course at an average speed of about 6.4 m/s.

"The results of this study provide guidance for the development and implementation of training programs on the flat that have a similar work

intensity as standard jumping courses. These programs aim to maximize fitness and performance while decreasing the risk of injury," summarized Whitehouse.

Kentucky Equine Research developed KER ClockIt Sport, a modern tool for tracking horse fitness and developing conditioning programs for sporthorses. KER ClockIt Sport can be used to simply record distance traveled and time spent at different gaits during a training session or as an advanced tool to collect heart rate data and share training sessions with trainers and coaches.

Regardless of discipline and training regime, performance horses benefit from joint supplements. Care of joints

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SOMERSBY CWA

We are enjoying our meetings even though there are a few changes due to Covid19 our September meeting was also our cooking judging and we had a nice lot of entries well done to all the ladies who had a go and congratulations to the ladies who won prizes, good luck for the next level.

Many thanks to the ladies from Manning Park CWA who came and took on the hard job of judging. Now

we wait for November when we will try our skills again with fruit cakes and puddings (we will then be ready for Christmas).

Our meetings are the second Wednesdays, Craft on 4th Wednesday, on all the other Wednesdays CWA is working with our hall committee and offering Coffee and chat mornings, these mornings have been very nice with many community people popping.

So you will find us there every Wednesday although I must say there is a lot of talk, not much craft.

Stay safe.

Sue Ward
Publicity officer

should begin well before problems arise, so begin supplementation as work intensity increases beyond low-level exercise.

*Léguillette, R., S.L. Bond, K. Lawlor, T. de Haan, and L.M. Weber. 2020. Comparison of physiological demands in Warmblood show jumping horses over a standardized 1.10-m jumping course versus a standardized exercise test on a track. BMC Veterinary Research 16(1):182.



Mangrove Mountain Playgroup

Age 0 – 6 years
Tuesday mornings
9.30am - 11.30am
During school terms.

Playgroup is a wonderful opportunity to meet other people and build a supportive local network. It is a great place to share ideas, parenting experiences and a laugh over a cuppa.

The children have a great time; there is an outside play area with a sandpit and lots of toys. Playgroup helps children develop social skills as they learn to interact with others, take turns, share and make friends.

Come along and meet some lovely people, you will be made to feel most welcome.

Held at: Kooree Guide Cabin
372 Wisemans Ferry Road
Central Mangrove

OR alternate location. Please get in touch to confirm location as it can occasionally change.

Phone Anne on 0412 526 557 or Bec G on 0421 996 029. We can also provide any more information that you need.

Like us on facebook 'Mangrove Mountain Playgroup'



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**THE AUSTRALIAN & NSW
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TO SUPPORT THE COMMUNITY**

A team of Emergency Relief Workers and Financial Counsellors will be visiting the communities of Mangrove Mountain, Spencer & Kulnura (and surrounding areas) to talk to those those who have been disadvantaged by the fires & offer financial/material support where needed.

We will continue at Mangrove Mountain fortnightly on Thursdays from 1st of October and will be at Spencer on alternate Thursdays, fortnightly from 22nd October, from 10am-2pm

Call 4353 1750 for more information

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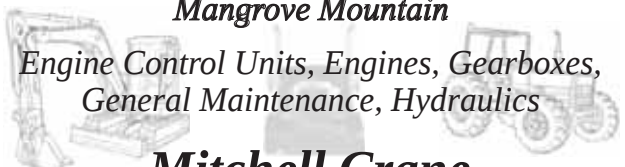
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Drought Resilience Grants Encouraging Innovation

The Morrison Government is investing in organisations, farmer groups and individuals with innovative ideas to build drought resilience through improved Natural Resource Management (NRM) with grants of up to \$200,000.

Federal Member for Robertson, Lucy Wicks announced applications are now open for the \$10 million grants component of the Natural Resource Management Drought Resilience Program.

“Grants of between \$20,000 and \$200,000 are available for delivery of a range of on-ground activities that build drought resilience.”

“Through the adoption of new technology and innovative practices, this program will deliver a range of on-ground outcomes achieving benefits that meet farmers’ priorities and contribute to landscape-scale drought resilience in agriculture dependent communities.

“For example, innovative projects that regenerate and maintain groundcover can deliver drought resilience by improving the soil’s water infiltration and storage capacity, reducing run-off and associated water and wind erosion.

“The Natural Resource Management Drought Resilience Program forms part of the first round of investments the Australian Government is making

through the \$5 billion Future Drought Fund to help farmers better prepare for dry times.

“These projects will continue to deliver lasting benefits, even during the good years, by helping to lift the productivity and profitability of the agriculture sector and enhance the health and sustainability of our farming landscapes.”

Interested organisations, farmer groups and individuals can now apply via the Community Grants Hub.

Applications close Friday 30 October 2020.

Further details on each program available at:

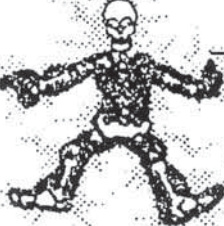
<http://www.agriculture.gov.au/ag-farm-food/drought/future-drought-fund>

*Media Release from
the office of Lucy Wicks
Member for Robertson*

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REGULAR ACTIVITIES & MEETINGS

RURAL FIRE SERVICES

Bucketty RFS	Weekend Training Station Maintenance General Meeting	3rd Sat, 9am-12 pm, breakfast 8.30am Every Thurs as required, generally 10am-1pm 3rd Sat in even months, at 1pm, All welcome buckettyrfs@gmail.com (02) 4998 8130
Calga-Mt. White RFS	General meeting	3rd Monday of the month, 7.30pm at Pacific Hwy Fire Station Mt. White
Kulnura VBFB at Greta Rd Station	General meeting Training	1st Wednesday of the month, 7.30pm 3rd Wednesday of the month 7.00pm
Mangrove Mountain RFS	General Meeting	Last Wednesday of the month, 7 pm, All Wednesday's except last of month, 7 pm
Bloodtree Rd	Training / Maintenance	2nd Monday of the month Meeting 6.30pm 3rd Monday Maintenance 6:30pm 4th Monday Training 6:30pm E: captain.spencer@ccrfs.org.au Alison Wade 0415 668953. 4778 Wisemans Ferry Rd
Spencer RFS	General Meeting Training Junior Training	First Wed of the month 7.30pm at the Station Every Wed night 7.30 at the Station (except before Wed general meeting)
Somersby RFS	General Meeting Training/Maintenance	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
Yarramalong RFS	Training: Nights: Morning: Maintenance/Training : General Meeting (GM): Contact:	Second Wed of each month, at Somersby Hall Wiseman's Ferry Road, Somersby, contact Leslye 0417411335

COMMUNITY & SOCIAL

Country Women's Association (Somersby)	First Monday of the month at Community Hall, Peats Ridge School. Any enquiries please contact Christine 0419 400163.
Country Women's Association (Peats Ridge & District)	2nd Tues of the month at Mangrove Mountain Hall 2-4 Waratah Rd Mangrove Mtn. Start 5pm, meeting 7pm. Ph Judy 43771728
Country Women's Association (Mangrove Mountain Evening Branch)	2nd Wed each month 7pm at Phillip House in Kariong. Contact: Glenis Ph: 0400 486 760
Gosford North Inner Wheel club	4th Tues 11am in Presbyterian Church, West Gosford Contact: Glenis Ph: 0400 586 760.
Gosford World Vision Community Group	Third Tuesday (except Jan.) at Tuggerah Community Hall, ANZAC Rd, 6.30pm - 9pm
Permaculture Central Coast	Second Monday of the month. 9.30 for 10.00 am start. Phone Cynthia Tomkins 43561586
Kulnura & District Garden Club	Hall bookings contact Annette Stackman 43561196 Committee mtg 3rd Thurs 7:00pm at Hall- Open to all from community.
Kulnura Hall	First Thursday of the Month, 8pm, Mangrove Mountain Hall. No meeting in January. Hon. Sec Danny Willmott 0407275653
Mangrove Mountain & Districts Community Group Meeting	Hall bookings Ryan Howard 0405416289
Mangrove Mountain Hall	Third Wednesday bi-monthly, Mangrove Hall
Mangrove Emergency Planning Committee	2nd Thur of month except Jan, 7:30pm, Union Church Hall. Pres- Shane 0417 436 529
Mangrove Mountain Country Fair Committee Meeting	Third Tuesday of the month, 2pm Mangrove Mountain Memorial Club New Members welcome. Secretary Keitha Coty 43771773
Mangrove Mountain RSL Women's Auxiliary	1st & 3rd Tue, 7-9pm, Mangrove Mtn Union Church. All welcome. Contact 0425313433.
Mangrove Mountain Singing Group	Friday 7.15am at Phillip House. 43404529
Rotary Club Meeting	Hall Bookings: 0413 359 655 or AH 4373 1488
Somersby Hall and Mountain Districts Culture and Heritage Centre	President Brad Maisey, Community Meetings, 4377 1167, spencercpg2@gmail.com
Spencer Community Progress Group Inc	Last Fri of month. 12.00 noon Spencer Community Centre, Jennifer Dayes 4377 1364
Spencer Community Ladies Social Club	Articles to: spencercpg2@gmail.com
Newsletter	Tue 9.30am-12.30pm, Kulnura Tennis Courts. Ph Glenys Palmer on 4374 1441 for enquiries.
The Mountain Tuesday Social Tennis Group	First Tuesday of the Month 7.30pm at the Mangrove Memorial Club
Mountain District Football Club Meeting	Every 2nd month. Check website for further details. www.somersbyequestrianclub.org.au
Somersby Equestrian Club Club & Committee Meeting	Tues & Sat, 9am-5pm. Contact: Alan Hunt 4566 4626 or Adrian Acheson 0448 833 781
Wisemans Ferry Community Men's Shed	

SPIRITUAL

Anglican Service - Mountain Districts	Every Sun 8am at Peats Ridge Scout Hall, Sunday School during school terms
- Laguna	1st, 3rd, 5th Sun 10am; Service of Prayer & Praise at St Mark's Laguna. ph 0481269 653
- Wollombi	2nd & 4th Sun 10am; Holy Eucharist at St John the Evangelist, Wollombi. 0481269 653
SerbianOrthodox	2nd & 4th Sun. of the month. 10 am, followed by luncheon, tea, coffee, cakes (cost \$15). (cont'd next page)

COUNCIL PROMOTES EMERGENCY PREPAREDNESS IN THE LEAD UP TO BUSHFIRE AND STORM SEASON

In the lead up to the coming bushfire and storm season, Central Coast Council is urging all residents to take proactive steps to better prepare themselves, their families and their homes for emergencies.

Council are promoting Red Cross Emergency Preparedness Week, and the 'Get Prepared' app, as part of their ongoing emergency preparation and community resilience building 'Get Ready Central Coast' program.

Council's Acting Director of Connected Communities, Phil Cantillon said that the 'Get Prepared' app is an important tool that can help build community resilience to emergencies.

"The Red Cross Get Prepared app has the ability to help build community capacity to prepare for disasters through the development of individual emergency plans," Mr Cantillon said.

"It will help residents understand what resilience means to them by providing small step by step actions

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to enable each household to develop a plan tailored to their needs, leading to a stronger community better able to respond to and adapt more readily to shocks and stresses.”

Mayor Lisa Matthews said that Council encourages residents to download the ‘Get Prepared’ app and engage in their own emergency plan preparation.

“With Covid-19 restrictions, it is going to be more important than ever that individual households understand their vulnerability to emergencies and are best prepared for them,” Mayor Matthews said.

“The Red Cross Get Prepared app is not specific to any hazard, whether your property is vulnerable to fire, flood or storm, this app helps to guide in emergency planning and preparing, leading to faster responses to an emergency and quicker recovery.”

Download the Red Cross Get Prepared app at getprepared.app.link/central-coast

Cherie Mildwater
Communication Officer
Communication and Engagement
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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 Girl Guides 10-15	Kooree Guide Cabin, every Monday in school term, 5.00pm – 6.30pm Kooree Guide Cabin, every Monday in school term, 6.00pm-7.30pm
Scouts, Cubs & Venturers Peats Ridge Scout Hall	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
Mangrove Mountain Playgroup	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
HISTORICAL	
Brisbane Waters Historical Society	25-27 Henry Kendall St., West Gosford, Ph: 4325 2270. www.henrykendallcottage.org.au
Dharug & Lower Hawkesbury Historical Society Inc.	Last Sat of month. All welcome, contact Jan Kofron 94818478 jankofron@optusnet.com.au
First Fleeters Central Coast Chapter	2nd Sat of the month, 10.00am for 10.30, Point Clare Hall (except Jan & Dec). Contact John 43921926 or Jon 43116254.
The Pearl Beach Aboriginal History Group	3rd Fri each month 7.30pm Pearl Beach. Peggy 0411754577 pbaboriginalhistory@gmail.com
Wyong District Museum & Historical Society	Open Sun to Thurs, 10am-2pm, other times by appt. Contact 43521886 email info@alisonhomestead.com.au website: www.alisonhomestead.com.au
ACTIVITY/HOBBY	
Central Coast GNU/Linux Users Group	Meets first Wednesday of the month www.cclug.org.au - all most welcome
Coastal Communicators Toastmasters	1st & 3rd Thurs of month, 6:45pm to 8:45pm at Doyalson-Wyee RSL. Debbie 0421216952
Craft/scrapbooking	Yarramalong Hall 4th Sat of the month 10am to 5.00pm cost \$12per person ph 43561196
REMINDERS FOR YOUR DIARY	
Mangrove Mountain Country Fair	Cancelled for 2020 due to Covid19. Raffle fundraiser to be held Visit https://go.rallyup.com/mmdcf2020 to purchase tickets
Yarramalong School Community Centre Inc. AGM	10am on Sunday, 18th October at Yarramalong School Community Centre
Mountain Districts Football Club (MDFC) Annual General Meeting (AGM).	Tuesday 10 Nov, 7pm. Please refer to the main notice for the full details.
Mangrove Mountain Sports Association Annual General Meeting (AGM)	Tuesday 10 Nov, 6.30pm at Mangrove Mountain Memorial Club.



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Free Library services help to relieve HSC stress

With the HSC just around the corner, Council is reminding local students and their families to take advantage of the many free online study resources available via its Library Service, including the online homework tool Studiosity.

Available to students in Years 3-12 through to tertiary level, Studiosity connects students to vetted subject specialists, who can provide real-time feedback and support via a live chat function at any hour of the day.

Council Section Manager Library Strategy and Connection, Benjamin Hartley said that the platform is an excellent resource for students looking for additional help and guidance as they prep for exams and complete assignments or homework.

"With thousands of students across the Coast preparing for the HSC right now, it's the perfect time for us to remind our local students of the free online support available to them through our Library Service," said Mr Hartley.

"Platforms like Studiosity can give students a much-needed leg up when preparing for exam season, particularly when looking for additional support and advice outside of the classroom.

"Knowing that there is a subject expert available to review draft essays, provide guidance and share feedback 24/7 will help to reduce the stress and worry that students often feel when studying alone.

"As added support, students can also access a range of reliable sites on topics including Modern History, Ancient History, Literature, Science, Geography and Culture and Religion via Council's free eResources section."

Mayor Lisa Matthews said that providing the community with free access to these online resources helps to level the playing field for all students.

"The way students access information and support is constantly evolving and we are thrilled to offer a range of resources and platforms to benefit students of all ages and their families," said Mayor Matthews.

"One of Council's key priorities is to cultivate a love of learning and knowledge in our community and we are proud to be contributing to this with these important initiatives."

Community members can access Studiosity using their library membership number at centralcoast.nsw.gov.au/Studiosity and check out a range of free study eResources at centralcoast.nsw.gov.au/eresources.

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Not a library member? It's free to join at centralcoast.nsw.gov.au/membership.

Central Coast Council
Media Release



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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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