

COMMUNITY NEWS

No. 868 Ph: 4374 1039 Mo: 0412 669 649 Email: enquiries@cnews1.com.au Web: cnews1.com.au 22nd January 2021

BUSHFIRE OUTREACH ASSISTANCE PROGRAM

We will be resuming the drop in sessions at Mangrove Mountain Hall beginning Thursday February 4th 2021

Funding and assistance available to those affected by the Three Mile fire. Note that conditions apply.

Funded by NSW and Australian governments.

Call 4353 1750 for more information

Wyong Neighbourhood Centre Inc.

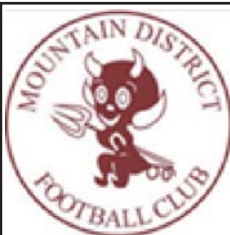
Central Coast Unregulated Rivers Water Sharing Plan

Department of Planning, Industry and Environment has placed the draft water sharing plan for the Central Coast Unregulated and Alluvial Water Sources on public display.

NSW Farmers Central Coast Horticulture Branch is presently engaged in discussions with the Department of Planning, Industry and Environment with regard to this plan as there are certain aspects of it that will, potentially, have negative impacts on the farming community in this area.

Discussions are on going and as soon as there is something concrete to inform the farming community, your local NSW Farmers Horticultural Branch will advertise it in the Community News and hold a General Meeting to inform the community of relevant outcomes.

In the meantime, I would encourage any water user who relies on their water supply, especially at critical growth times, to go to the Departments website: dpie.nsw.gov.au/central-coast-wsp and lodge a submission objecting to the proposed stop pump rules which will severely restrict irrigators access to water when it is needed the most. The submission close date is 31st January.



MOUNTAIN DISTRICTS FOOTBALL CLUB

2021 SEASON REGISTRATION INFORMATION

Online Registration opens on the 1st of February 2021 - more details to come

Registration and Family Fun Day (TBC) to be held at Bloodtree Oval 6th of February from 10am to 2pm

Cheapest registration on the coast

Early bird prices (Monday 1st Feb till Sunday 14th Feb)

Jnr Non-comp (U5-U11)	\$155
Jnr comp (U12-U16)	\$175
Snr comp (U18s, All Age, 35/45s)	\$295

Registration prices (after Sunday 14th Feb)

Jnr Non-comp (U5-U 11)	\$180
Jnr comp (U12-U16)	\$200
Snr comp (U18s, All Age, 35/45s)	\$320

Don't forget to use your active kids voucher

- Active kids vouchers can not be used for referee fees
- Active kids vouchers can not be refunded
- No refunds after the 1st of March
- Payment or payment plans must be approved by March the 7th or registration will not be approved
- Registration does not include apparel or referees fees

COUNCIL'S SCHOOL HOLIDAY PROGRAM

Families have plenty of options to keep the kids entertained over the summer break, with Central Coast Council offering an exciting range of online and face-to-face school holiday activities to keep young minds occupied and imaginations stimulated.

Parents, carers and guardians can visit the School Holidays event page on Council's website to find out everything that's taking place over the break, and can easily search for activities by date, location and age.

There is something for all ages and interests, from green living workshops,

If you have any questions please call either myself, Tim Kemp 0400224588 or Peter Comensoli 0407 971340

Tim Kemp
Chair NSW Farmers
Central Coast Horticulture Branch

robotics experiences and reading challenges to sports programs, craft workshops, laser tag challenges and much more.

All face-to-face programs will operate in a COVID-safe way, including limited numbers in each workshop with all participants carers required to register.

Visit centralcoast.nsw.gov.au/schoolholidays for the full list of events, details and bookings.

STOP !

Next issue Published
5th February 2021

**** DEADLINE ****

**** 29th January '21 ****

Send adverts & copy by
email or post.

Email or phone for
enquiries

Consultation underway on a rate rise to secure the Coast's future

Central Coast Council is encouraging the community to have their say on options for a rate rise to secure the long-term financial sustainability and service delivery for the Central Coast.

Council has notified the Independent Pricing and Regulatory Tribunal (IPART) of its intention to apply for a Special Variation (SV) of either a one-off ten percent remaining in the rate base for seven years or a one-off fifteen percent, remaining permanently in the rate base, inclusive of the 2021/22 rate peg of 2%.

Acting CEO Rik Hart said he understood community concern about paying more rates but this was needed for Council's long-term financial security and ongoing service delivery which would benefit everyone.

"We have been open with the community about our financial situation and are taking significant steps to help our bottom line – we are

selling assets, reducing staff numbers and materials and contracts, reducing the capital works program, looking at fees and charges and we have been able to secure further loans," Mr Hart said.

"The last thing we want to do is put more burden on our ratepayers. But if we do not have a substantial increase in our rate income as well, then even harder decisions will need to be made.

"For our community that would mean a significant reduction or even elimination of services that they need and rely on us to provide. Our first priority has to be the repayment of restricted funds, which were unlawfully used, so that does not become a burden for future generations.

"This is a conversation our community has to have, and we want to hear from as many residents and ratepayers as possible," he said.

"I urge all community members to keep an open mind, consider the information put before them, and to provide feedback over the coming weeks before Council determines in early February whether or not to formally apply to IPART for a Special Variation."

Information on the options being considered for an SV as well as a survey for ratepayers and residents can be found at yourvoiceourcoast.com

Council will consider a report about

EPA LETTING DOWN THE COAST AGAIN

Answers to Questions on Notice have revealed the NSW Environment Protection Authority (EPA) has cut inspections by 75 percent over the last two years in the Gosford electorate.

In the 2017-2018 period there were 87 inspections conducted by the EPA in the Gosford electorate, falling to just 22 inspections two years later.

EPA inspections assess compliance with environmental regulations and statutory conditions, with inspections checking the environmental impact of activities on a site, making recommendations to improve environmental performance, and prompting fines for breaches.

Member for Gosford Liesl Tesch, whose questions revealed the severe drop in inspections, said this was unacceptable.

"Our community has already fallen

the Special Variation options, inclusive of community feedback at the Council Meeting on 8 February 2021.

Rebecca Ius
Senior Communication Officer
Communication and Engagement
Central Coast Council

victim to the EPA's mismanagement and lack of oversight when it came to the reckless and illegal dumping at Mangrove Mountain," Ms Tesch said.

"You'd think the EPA would have learnt from previous mistakes that turning a blind eye to illegal environmental activity has a huge impact.

"Dropping inspection rates is a recipe for another environmental disaster here and it is unacceptable."

The EPA have conducted a total of 148 inspections over the last three years in Gosford electorate with 24 penalty notices issued. Of those just two were issued in 2018-2019 after 39 inspections and three were issued in 2019-2020 after a total of 22 inspections.

Ms Tesch says this is even more concerning given the major waste sites

proposed for the Central Coast.

"Over the past two years the Central Coast has seen an uptick in applications to open waste and recycling facilities in our backyard to cater to the needs of Sydney."

"We have a history of poor oversight by the EPA of our facilities and the potential to have more sites just adds insult to injury when the EPA are clearly not monitoring breaches on the Central Coast."

"The drop in inspection rates scares me as I hate to think there are breaches which haven't been identified because of the EPA's lack of interest in the Central Coast or because of Liberal Government budget cuts."

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

MAITLAND CATTLE SALE REPORT

Sale Held: 4/1/21

50 cattle yarded.

First sale back for the year, no export yarded, good buying attendance with not many cattle on offer, market very good

- Trade cattle trend - firm to 10c dearer
- Vealers - 300 to 480c/kg
Avg 432c/kg / \$1323

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All Allied Health Professionals are EPC accredited. Medicare rebates are available if you have a GP Management Plan with Team Care arrangements. Please enquire for more details.

Pregnancy and your oral health

Pregnancy can lead to dental problems in some women. Just like the rest of your body, your teeth, gums and mouth are affected by hormonal changes. Visiting a dentist and dental hygienist regularly is highly recommended both for your own wellbeing and for that of your unborn child. You should also be assured that oral health maintenance and dental care is both effective and safe throughout pregnancy.

Maintaining your oral health:

Hormonal changes will make your gums more susceptible to inflammation and infection, so regular check-ups and professional cleans are important, in conjunction with a good at-home routine which should include brushing at least twice per day and flossing once per day.

Changes in your oral health:

Your increased hormones can cause a dry mouth, oral 'pregnancy tumours' (pyogenic granulomas), and can affect your body's natural response to dental plaque (the layer of biofilm that builds up on your teeth daily) which can lead to, or exacerbate, gum disease. Whilst

many of these problems are temporary and should resolve after your baby is born, it's important not to ignore the symptoms. Your dental professional can also provide treatments to lessen the symptoms.

Morning sickness:

Whilst morning sickness is beyond your control, it can cause damage to your teeth known as enamel erosion. To reduce the risk of damage to your teeth, firstly refrain from brushing your teeth for at least one hour. The action of brushing too soon can actually cause further damage. What you can do instead of brushing your teeth straight away, to reduce the risk of enamel erosion, is:

- Immediately rinse your mouth out with either water, or an alcohol-free mouthwash.

- Chew sugar-free gum to stimulate saliva flow to help neutralise and wash away acid.

- Eat acid-neutralising foods such as milk, cheese or yoghurt.

- Smear a small amount of fluoridated toothpaste on your teeth to give you additional protection.

Cravings:

If you are craving sweet foods, it's important to be mindful that a regular desire for sugary foods may increase your risk of tooth decay. To help prevent tooth decay, you can drink water after consuming sugary foods (swishing it around your mouth) to help remove some of the sugary

MANGROVE CREEK DAM REPORT

AS AT: 31-12-2020

Relative level: 177.185 m

Depth at wall: 54.68 m

Capacity: 117,346 Megalitres or 61.76%

Water released: nil Megalitres

Water pumped in: 1094.93 ML

Rainfall: 217 mm

Lowest temp: 10.8°C on 9th

Highest temp: 37.2°C on 2nd

Brad, Craig, Danny
Water Resource Protection Officers
Mangrove Creek Dam

particles left on your teeth, and chew sugar-free gum to stimulate saliva flow to help remineralise your teeth. It is also better to have a larger portion of sweet foods in the one sitting, rather than snacking on smaller amounts of sweet food constantly throughout the day. This will limit your exposure to 'acid attacks' on your teeth.

Pre-pregnancy planning:

You are less likely to suffer from dental problems during pregnancy if your teeth and mouth are in good oral condition before falling pregnant. This includes your regular at-home routine

MAKING STRONG BONES

As a Chiropractor and Nutritionist, I am often asked about what can be done to improve bone health. Strong, healthy bones are not only vital for good health, but for the ability to stay active as we age.

Up until the age of about 25, our bodies lay down bone, causing an increase in density. From ages 25-30, until about 40-50 years of age, our bone density remains stable. Once older than this however, our bone density starts to decline. For women,

of brushing and flossing, and routine dental visits. If you are planning on falling pregnant, and you have not been for a check-up in the last 6 months, it's a good idea to visit your dentist and oral hygienist for a comprehensive clean and exam. This will start you off on the right track to keep a good oral hygiene routine throughout pregnancy and beyond.

Article by VC Dental.

1. *Frontiers in Immunology: Role of Maternal Periodontitis in Preterm Birth (2017)*

this is particularly true around the age of menopause.

To create strong bones with a healthy bone density, we should be encouraging our kids to eat healthy, get plenty of sunshine, and it is recommended that our children also get at least one hour of physical activity every day. Both the stress that physical activity puts on our skeleton and the vitamin D that is absorbed by being in the sun contribute to increased bone deposition.

We all know that dairy products are a good source of calcium, but dairy can be problematic for a number of people. Luckily, there are plenty of other sources of calcium that are readily available.

Seafood such as sardines, mussels, king prawns, and canned salmon are great sources. Dark green, leafy vegetables also contain plenty of calcium, however, some types are also high in oxalic acid that can block the absorption of calcium. Try choosing okra, broccoli, cabbage, or kale instead of spinach to minimise the oxalic acid effect. Other plant-based sources include tofu, edamame, dried figs, almonds, and chia and sesame seeds. Soy beans and chick peas also have good amounts of calcium.

Consuming sugary drinks leads to calcium being pulled out of our bones as our bodies attempt to balance the acidic effect from the huge rush of sugar going into our system. Therefore,

minimising sugary drinks is really important for our teens so they can build strong bones, and for adults so we can maintain our bone strength as we age.

Osteoporosis Australia recommends that we consume between 1,000-1,300mg of calcium per day.

It is much better to get your daily calcium intake from your diet than to rely on a supplement.

Whole-food, plant-based diets such as the Mediterranean Diet provide plenty of sources of calcium.

It is also important to look at our vitamin D status as we age. 15-20 minutes of sun exposure daily is often enough for our bodies to produce enough vitamin D. If you are concerned about your vitamin D levels, they can easily be checked through a blood test. This should ideally be done at the end of winter when your levels will be at their lowest. Levels at this time of year should be around 50nmol/L. To increase your vitamin D levels it is important to increase your sun exposure and dietary calcium, as well as your physical activity. If this fails to increase your levels, supplementation may be appropriate.

For further information about bone health, you can contact:

Better Health Practices, 4340 5154.

Better Health Practices are located in Kariong and are open 6 days a week for your convenience.

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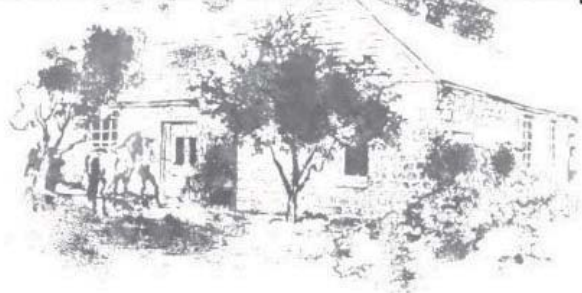
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On Display

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The Cottage Grounds (only) are open
to the Public 10am to 4pm daily. You
are welcome to enjoy the outdoor
exhibits in our beautiful grounds.

SPANISH FLU

My mother was a working girl in 1919 and she had to wear a mask when she caught the train or bus to work. They were asked or expected to stay home as much as possible, as well as other regulations. This is an excerpt from an article written by Dr Peter Hobbins (2020) a leading expert on the history of the "Spanish Flu" in Australia.

"There are some striking parallels between 2020 and 1919. ... During both pandemics, Australians were asked to abandon their normal lives to control the impact of the disease, he said. "Since there was no vaccine and no cure, we had to rely on quarantine supportive medical care and the goodwill of the community. Then, as now, those measures drastically affected people's jobs, family lives, worship and entertainment options." In 1919 up to 15,000 Australians died ... For a nation of five million people the impact was shocking.

Compare this with COVID-19 - there have been 27,987 cases and 908 people have died. Australia's present population is almost 28 million. You can do the maths. Needless to say, we're exceedingly thankful for modern medicine and the promise of the vaccines developed.

Article by Shirley Rider in the
"Cooranbean Courier", the newsletter of
the Brisbane Water Historical Society

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
21st January

Wollombi Saleyards

- Cancelled until further notice

Feedlots - Abattoirs - Paddock to Paddock Sales
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There is a recently constructed oversize double garage and workshop along with a very large and well-constructed and appointed industrial shed 30m x 15m with external awning and mezzanine floor. Within the barn there is also an air-conditioned office and a large conference/meeting room with its own caretaker accommodation.

The property enjoys the benefits of a freshwater spring. It has a 33 megalitre surface water license and a very well-constructed concrete weir and pumping facility providing irrigation across the entire property. Multiple fruit trees and igloos for vegetables.



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COUNCIL APPOINTS NEW MEMBERS TO THE HUNTER CENTRAL COAST REGIONAL PLANNING PANEL

Central Coast Council has appointed alternate members to the Hunter Central Coast Regional Planning Panel (HCCRPP), for the period of Council suspension.

This follows advice from the Office of Local Government that the four nominated Central Coast Councillors who currently sit on the HCCRPP cannot hold those positions during the period of Council suspension.

The alternate appointees have been selected from the existing members of the Central Coast Local Planning Panel. Those appointees are:

- Greg Flynn (Panel Nominee - from 'expert' Local Planning Panel list)
- Anthony Tuxworth (Panel Nominee from 'community' Local Planning Panel list)
- Stephen Leathley (Alternate

Nominee from 'expert' Local Planning Panel list)
• Lynette Hunt (Alternate Nominee from 'community' Local Planning Panel list)

The HCCRPP deals with development applications of regional significance and this appointment ensures Council's representation in the decision-making process remains.

*Rebecca Ius
Senior Communication Officer
Central Coast Council*

SERBIAN ORTHODOX CHURCH SERVICES

19th January - EPIPHANY - The Holy Theophany of our Lord Jesus Christ - 10 am

20th January - Synaxis of the Holy Prophet, Forerunner and Baptist John - 9 am

Ljiljana Travica



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The ultimate treechange opportunity has arrived with the listing of this charming acreage in the beautiful Yarramalong Valley.

With features like 9 foot ceilings, brush- box floor boards, a combustion fireplace, a fenced paddock for horse or sheep, spring-fed dam and citrus orchard, to be at the property feels like escaping to your own private sanctuary in the country. There is also the added bonus of an additional one bedroom cabin on the property, with the potential to be used for a home office.

Set on a generous 27 acres backing onto State Forest, the property is surrounded by wildlife, with regular visits from wombats, kookaburras, bush turkeys, wild ducks and too many bird species to mention.

Yet despite feeling like you are tucked away in your own little paradise, you are still close to everything being just ten minutes from the freeway, train station, Westfield Tuggerah and just a few minutes from the local primary school.

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- Large walk-in pantry off the kitchen
- Partially zoned rural 1A, approximately 5 cleared acres around the house
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- 100,000 ltr water tank
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WOLLOMBI VALLEY ARTS COUNCIL

What's on at The Wollombi Cultural Centre

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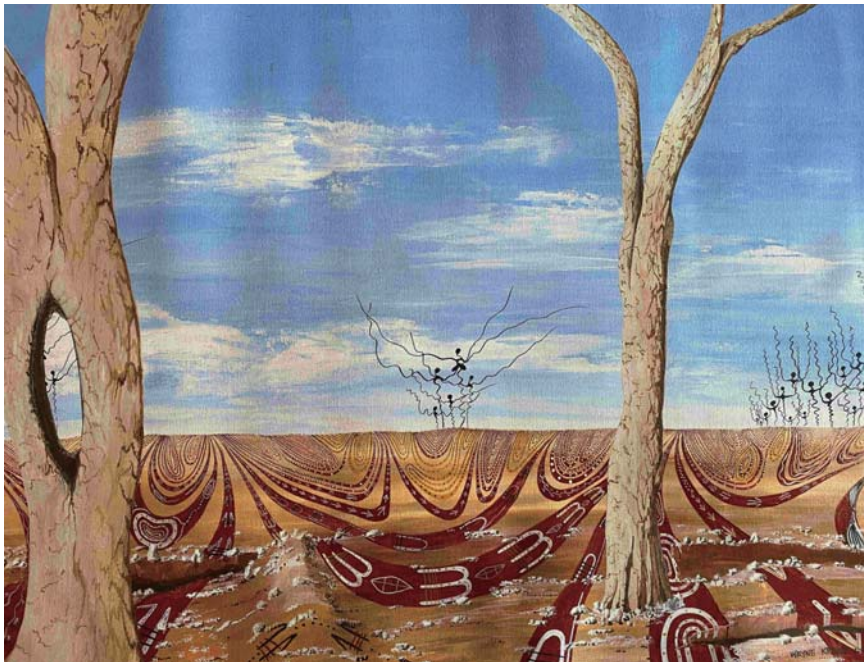
2021 Artist-In-Residence Wayne Krause (Nginti)

23 Jan - 7 Feb, Open daily 10am-4pm, at The Old Fireshed Gallery.

Wayne's traditional name is Nginti. His language group is Wiradjuri and his clans are the Parjong (Fish River People) and Kalara (Fresh Water People).

"Painting stories which have been shared with me helps to teach others about my culture and way of life. By painting in surrealist and traditional style I hope people may be able to learn

Right: WayneKrause- 'This is Home'



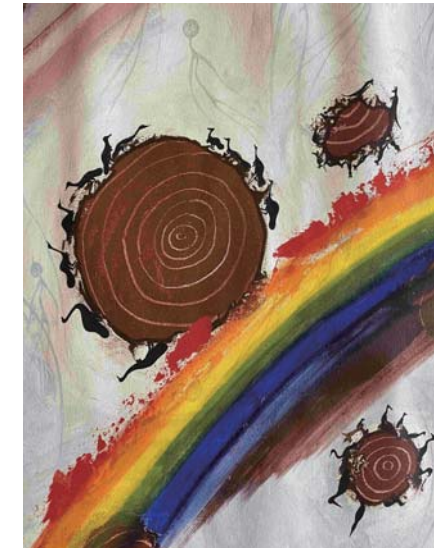
from the image and feel the story. The more I can influence people with my artwork, the more I can help them change for the better within themselves and care for our Mother Earth."

Paintings

"I describe my painting style as Aboriginal Surrealism, a mixture of traditional and modern designs and techniques. I like to show and tell the stories that have been passed down to me, as well as stories about country."

Biography

Wayne has been interested in drawing and painting since he was very young, sketching still life and drawing objects around his home. At primary school he painted the



Wayne Krause - 'Beauty in the Land'



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Christmas play back drops, and at high school spent two weeks in the cartoon section of the Daily Telegraph in Sydney, which gave him an insight into political drawing. Growing up, Wayne's grandmother told him stories of her life, and Aboriginal cultural stories, which he used to develop his own style of artwork. When he was 22, Wayne met Lightning Ridge artist John Murray, who inspired him to paint country, showing him how to apply colour to landscape. Wayne showed him his first professional

painting, which John then purchased. He was, and still is a big influence on Wayne's art.

"The biggest influence in my life is my Thumu (cultural Grandfather) Paul Gordon. With the knowledge he has passed onto me I paint, with permission, the traditional Lore stories in my style of art. I paint to educate about cultural Lore, morals and a way of life.

Wollombi Valley Arts Council Inc
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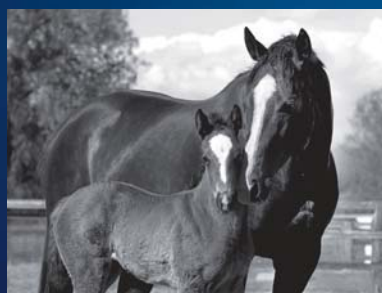
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Scout's Holiday Camp at Kariong

As I write this, we are all on Summer Camp at Kariong. Whilst keeping our Group numbers just below 100, the Scouts were able to camp in their individual tents for a 5-day camp.

It is really amazing how easy it is to fill a week with activities. On day one we started by setting up our camp, complete with tents, dining fly and camp kitchen. In the afternoon we had a few rounds of Laser Tag in the bush; so much more exciting than



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in an artificial setting inside. In the afternoon we found a great swimming hole and cooled off before dinner.

Day two took us to Umina beach via a ride in the really cool party bus, where we were treated to hamburgers cooked in the park, then off for a walk along the beach to Ettalong where we had two hours of SUP lessons and games.

Tomorrow we will be abseiling, climbing and swimming again and then we hike off to another spot to

build a bivouac, cook our meals in foil on a campfire and then test out bivouac structures and sleep under the stars.

Then on our second last day we will be hiking to Woy Woy from Kariong and then hopping into canoes for a paddle around an island before packing up our campsite on the last day and leaving the bush in better shape than when we arrived.

If this sounds like an awesome week, you should see what we do in a year!

Please contact me on 0438 476 562 or to James.lutwyche@nsw.scouts.com.au if you would like more information or would like to try Scouting. It is so much more than you think.

Meeting times for Cubs (8-10yrs boys and girls), Scouts (11-14yrs boys and girls) and Venturers (15-18yrs youths) can be located in the rear listings of the Community News.

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

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REGULAR ACTIVITIES & MEETINGS		
RURAL FIRE SERVICES		
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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 Bloodtree Rd	General Meeting Training / Maintenance	Last Wednesday of the month, 7 pm, All Wednesday's except last of month, 7 pm
Spencer RFS	General Meeting Training Junior Training	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
Somersby RFS	General Meeting Training/Maintenance	First Wed of the month 7.30pm at the Station Every Wed night 7.30 at the Station (except before Wed general meeting)
Yarramalong RFS	Training: Nights: Morning: Maintenance/Training : General Meeting (GM): Contact:	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
COMMUNITY & SOCIAL		
Country Women's Association (Somersby)		Second Wed of each month, at Somersby Hall Wiseman's Ferry Road, Somersby, contact Sue, 43721280 or 0407768000.
Country Women's Association (Peats Ridge & District)		First Monday of the month at Community Hall, Peats Ridge School. Any enquiries please contact Christine 0419 400163.
Country Women's Association (Mangrove Mountain Evening Branch)		2nd Tues of the month at Mangrove Mountain Hall 2-4 Waratah Rd Mangrove Mtn. Start 5pm, meeting 7pm. Ph Judy 43771728
Gosford North Inner Wheel club		2nd Wed each month 7pm at Phillip House in Kariong. Contact: Glenis Ph: 0400 486 760
Gosford World Vision Community Group		4th Tues 11am in Presbyterian Church, West Gosford Contact: Glenis Ph: 0400 586 760.
Permaculture Central Coast		Third Tuesday (except Jan.) at Tuggerah CommunityHall, ANZAC Rd, 6.30pm - 9pm
Kulnura & District Garden Club		Second Monday of the month. 9.30 for 10.00 am start. Phone Cynthia Tomkins 43561586
Mangrove Mountain & Districts Community Group Meeting		First Thursday of the Month, 8pm, Mangrove Mountain Hall. No meeting in January. Hon. Sec Danny Willmott 0407275653
Mangrove Emergency Planning Committee Mangrove Mountain Country Fair Committee Meeting		Third Wednesday bi-monthly, Mangrove Hall 2nd Thur of month except Jan, 7:30pm, Union Church Hall. Pres- Shane 0417 436 529
Mangrove Mountain RSL Women's Auxiliary		Third Tuesday of the month, 2pm Mangrove Mountain Memorial Club New Members welcome. Secretary Keitha Coty 43771773
Mangrove Mountain Singing Group		1st & 3rd Tue, 7-9pm, Mangrove Mtn Union Church. All welcome. Contact 0425313433.
Mountain District Football Club Meeting		Second Tuesday of the Month 6.30pm at the Mangrove Memorial Club
River Cares for the Lower Hawkesbury River District		President Robyn Downham 0414248224 Email rivercaresinc@gmail.com
Rotary Club Meeting		Friday 7.15am at Phillip House. 43404529
Spencer Community Progress Group Inc		President Brad Maisey, Community Meetings, 4377 1167, spencercpg2@gmail.com
Spencer Community Ladies Social Club		Last Fri of month. 12.00 noon Spencer Community Centre, Jennifer Dayes 4377 1364 Articles to: spencercpg2@gmail.com
Newsletter		
The Mountain Tuesday Social Tennis Group		Tue 9.30am-12.30pm, Kulnura Tennis Courts. Ph Glenys Palmer on 4374 1441 for enquiries.
Somersby Equestrian Club Club & Committee Meeting		Every 2nd month. Check website for further details.www.somersbyequestrianclub.org.au
Wisemans Ferry Community Men's Shed		Tues & Sat, 9am-5pm. Contact: Alan Hunt 4566 4626 or Adrian Acheson 0448 833 781
SPIRITUAL		
Anglican Service - Mountain Districts		Every Sun 8am at Peats Ridge Scout Hall, Sunday School during school terms
- Wollombi		2nd & 4th Sun 10am; Holy Eucharist at St John the Evangelist, Wollombi. 0481269 653
Serbian Orthodox		2nd & 4th Sun. of the month. 10 am, followed by luncheon, tea, coffee, cakes (cost \$15). George Downes Drive, Peats Ridge
Kariong Community Baptist Church		Sun @9.30am, Church & Kid's Program, Kariong Public School Hall, Jonathan Houston 0427 731277
Divine Retreat Centre (Ph 04 6848 6782) 160 Hensons Road, Somersby www.divineretreatcentre.org.au		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
(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. I would like to take this opportunity to wish one and all a very happy new year and prosperous 2021.

Many are asking what's the real estate market going to look like in 2021. In a recent article published on Domain.com.au AMP's chief economist Shane Oliver has made some interesting predictions.

"The whole market is being driven by low interest rates, buyer incentives.

Obviously, the reopening of the economy and the improvement in the jobs market which are tending to dominate the negatives, such as the hit to immigration, a weak rental market and higher than normal unemployment," he said.

But, he believes Melbourne and Sydney are "a lot more vulnerable to the hit to immigration, particularly in the inner city" than other capital cities, and will see large discrepancies across the city and regional areas when it comes to property price trends in 2021.

Melbourne and Sydney are more vulnerable to slowing population growth.

"Overall, I'd expect Sydney and Melbourne to have gains of about 2 per cent, on average across the whole city. But within that, units in inner-city areas will probably go down 0-5 per cent, whereas outer suburbs houses will probably go up 5 to 7 per cent," he said.

He said regional towns within a two-hour radius of Sydney and Melbourne could also expect steep house price growth of up to 10 per cent due to the "escape from the city phenomenon", which he believes will

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continue "beyond the duration of the pandemic."

"I think employees' and businesses' attitudes to working from home have changed fundamentally as a result of this pandemic, which will change people's attitudes towards commuting and lifestyle and ultimately where they choose to live," he said.

He compared this "monumental shift" to what happened in the post-war era "when the automobile became widespread and the quality of roads improved and Australians grew the suburbs".

"As a result, I'd expect regional areas within a two-hour zone of Melbourne and Sydney could be up towards 10 per cent next year," he said.

I must say based on what we have seen happening in our local market I think his sentiments are probably correct.

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

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REGULAR ACTIVITIES & MEETINGS (cont'd)	
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
Uniting Service	Union Church 9.00am second, fourth and fifth Sundays. Mangrove Mountain
St Barnabas Non-denominational Service Yarramalong	3rd Sunday each month, 11.00am. (Easter & (Christmas Carols dates to be advised)
YOUTH	
Junior Girl Guides 5-10	Kooree Guide Cabin, every Monday in school term, 5.00pm – 6.30pm
Girl Guides 10-15	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: becilmour@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 0405321478 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
HALL BOOKINGS	
Kulnura Hall	Hall bookings contact Annette Stackman 43561196 Committee mtg 3rd Thurs 7:00pm at Hall- Open to all from community.
Mangrove Mountain Hall	Hall bookings Ryan Howard 0405416289
Somersby Hall and Mountain Districts Culture and Heritage Centre	Hall Bookings: 0413 359 655 or AH 4373 1488
Yarramalong school of Arts / Hall	booking contact Fiona Mob 0422 865 041 ph 43561600
REMINDERS FOR YOUR DIARY	
Valley Folk Live Music	Saturday the 20th of March at Yarramalong Hall - Featuring the Shane Pacey Trio plus Julian James. Tickets via www.trybooking.com/BNNMI
Blues on the Mountain	Saturday 17th of April at Mangrove Mountain Hall - Featuring Ali Penny and the Money Makers plus Lecia Louise. Tickets via www.trybooking.com/BJAOZ

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CLASSIFIED ADVERTISEMENTS

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Telephone (02) 4376 1451

Facsimile (02) 4376 1452

Mobile 0429 44 33 10

Misty Mountain

**Rural Property
Development Services**



- agricultural consultants
- pasture improvement
- fertilizer spreading
- weed spraying
- all tractor work 4/2WD
- soil conditioning
- irrigation install/design
- fencing & stables
- crop planning & planting & all excavations
- concrete slabs Lic. R94321
- property evaluation & planning & management
- fork lift hire

Ex-Dept. Agriculture Officer with 45 years
experience in the local district.

Greg Koutoulas is the man to call on 0418 221 495



**Stop Water
Shop**

Authorised Dealer

**ONGA, DAVEY and
GRUNDFOS PUMPS**



K. W. & M. E. WEST Pty. Ltd.

1650 Wisemans Ferry Road,
Central Mangrove

Phone 4373 1164 Fax 4373 1049

**PUMP REPAIRS
AND
SERVICE**

Trading Hours

Mon - Fri

7.30 am - 5 pm

Sat 7.30 am - 12 noon

Closed Public Holidays