

COMMUNITY NEWS

No. 869 Ph: 4374 1039 Mo: 0412 669 649 Email: enquiries@cnews1.com.au Web: cnews1.com.au 5th February 2021

Water Sharing plan Submission deadline extended

PUBLIC EXHIBITION OF THE DRAFT REPLACEMENT WATER SHARING PLAN FOR THE CENTRAL COAST UNREGULATED AND ALLUVIAL WATER SOURCES 2021

Please note due to effective lobbying from your local branch of NSW Farmers Central Coast Horticulture Branch the deadline for public submissions on the draft Water Sharing plan for this area has been extended until midnight

Sunday 14 February.

The draft has one important and unintended consequence for farmers in this area. This is that if, in your licence approval, a creek, weir or dam is not noted or approved, you will not be allowed to legally irrigate if you cannot see a visible flow at the weir or dam site and you will be unable to start pumping again for 24 hours after the flow has re-commenced.

The DPIE understands that this is potentially a significant problem for

farmers in this area. Your local branch of NSW Farmers has a continuing dialogue with the DPIE to attempt to rectify this situation.

It has been made clear to us that it is very important that submissions are lodged prior to the 14th February. The more submissions that are lodged the clearer the message will be.

If you have any questions please contact myself, Tim Kemp 0400224588 or Peter Comensoli 0407971340

*Tim Kemp, Chair
NSW Farmers
Central Coast Horticulture Branch*

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MANGROVE MOUNTAIN & DISTRICTS COMMUNITY GROUP

Notice of AGM

To be held at 8pm on
Thursday 4th March 2021, at
Mangrove Hall.

*Danny Willmott
Secretary*

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Phone the RID hotline:

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STOP !

Next issue Published
19th February 2021

**** DEADLINE ****

**** 12th February '21 ****

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email or post.

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enquiries

The Dharug And Lower Hawkesbury Historical Society's Garden Shed Epic Saga is Finally Over!

It's with great jubilation that our historical Society can proudly announce we finally have our brand new garden shed replacing the old outside toilet used for storing 50 chairs, 10 trestle tables, 2 old mowers, a gas BBQ and other miscellaneous items. And it's all thanks to the Mangrove Mountain Country Fair Committee

for providing the grant funding to our historical Society since 2016.

Our Chapel has State Heritage status and so the epic saga began in June 2016 when we started the ball rolling to obtain permission from the State Heritage Council, the Central Coast Council (CCC) and the Office

of Environment and Heritage (the latter becoming amalgamated with the Department of Planning) all having input as to where we could site the shed. We even sought advice from town planners and other heritage experts each providing their own individual recommendations and opinions. We struck gold when we were informed by the State Heritage Council who finally gave us an exemption to install the shed. All we had to do then was to go back to the CCC to keep them in the loop. The CCC insisted on one last inspection in September 2020 of the proposed site. The CCC wanted

a DA to remove a callistemon which had grown randomly near the old shed and even though this small tree was not part of the heritage conservation area the CCC wanted us to consider a new location for the shed. This dilemma was quickly resolved when we received permission from the State Heritage Council. We stated to the CCC that we would plant a replacement callistemon.

In the meantime the Dharug and Lower Hawkesbury Historical Society attended every annual Mangrove Mountain Country Fair (excluding 2020) with a stall selling second hand books and promoting the historical significance of Mangrove Mountain and the surrounding areas.

Unfortunately for our Society the epic saga of getting a new garden shed continued. The order for our new garden shed was placed mid-October 2020 and should only take 10-14 working days. What could possibly go wrong? Somehow the order was spilt and the main part ended up with another order in Newcastle and the other smaller component a 'Channel kit' went to a warehouse in Prestons. By mid-November the main order arrived from Newcastle to yet another warehouse in Erskine Park which meant the 'Channel kit' had to be transferred from Prestons

to this warehouse as well. When the 'Channel kit' arrived from Prestons it was completely unusable so a new kit had to be ordered to replace the damaged 'Channel kit'. The second 'Channel kit' was despatched late November from Albury and this kit disappeared off the face of the earth so a third 'Channel kit' had to be ordered. Unbelievable! Finally in mid-December the 'Channel kit' was delivered to the warehouse in Erskine Park and on 17th December the complete shed order finally arrived at the Chapel in Gunderman. The garden shed was installed with no additional dramas on the 8th January 2021. Hallelujah!

On behalf of the Dharug and Lower Hawkesbury Historical Society, I would like to thank the Mangrove Mountain Country Fair Committee for making it possible for us to receive funding every year at this amazing and significant annual Community event which brings Communities, people and organisations together. A garden shed may seem to others as trivial but to our Society this new garden shed provides a safer storage facility to enable us to continue organising events and activities at the Chapel.

Robyn Downham
President

Dharug and Lower Hawkesbury
Historical Society

PLAYGROUP



Mangrove Mountain Playgroup
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Exceptional Coasties honoured in Australia Day Awards

Twelve exceptional Coasties have received Australia Day honours, including long-serving Meals on Wheels volunteer Paula Hardwick who was named 'Citizen of the Year' at yesterday's 2021 Australia Day Awards on the Central Coast.

Council Director Connected Communities, Julie Vaughan said that the annual Australia Day Awards are an opportunity to recognise Central Coast locals who have contributed positively to many facets of community life.

"Each of our nine winners and three highly commended recipients have enriched our community through their unique achievements and contributions and I am thrilled to congratulate them on this honour," Ms Vaughan said.

"Our Citizen of the Year for 2021, Paula Hardwick epitomises what it means to be an Australian, having committed her time as a volunteer with Meals on Wheels Central Coast

for more than 20 years.

"When COVID-19 restrictions came into effect last year and Paula's role as a flight attendant ceased, she increased her commitment to Meals on Wheels and started volunteering several days a week to ensure her clients received nutritional meals and valuable social interaction during a difficult time.

"Paula is passionate about bringing happiness and smiles through every delivery, so much so that she made it her mission to arrive dressed in a different costume for each delivery!

"It's this commitment to going the extra mile to support some of the most vulnerable members of our community that makes Paula a worthy recipient of our 2021 Citizen of the Year Award."

Council Administrator, Dick Persson AM said Australia Day honours are a celebration of the diverse and remarkable contributions of extraordinary Australians.

"I would like to congratulate each of the winners across the eight categories, as well as all of the nominees," Mr Persson said.

"To be recognised for your outstanding contributions to community life is an exceptional honour of which you should all be very proud.

"Australia Day provides an opportunity to reflect on our history, to celebrate rich tapestry of cultures which make up our community and to look to the future.

"In doing so, I would like to pay special acknowledgement to the Coast's Indigenous community, the Darkinjung people, who play a vital role in shaping the future of our region."

A brief biography of each of the Australia Day 2021 award winners for the Central Coast is included below.

Recipients

Citizen of the Year (Winner) – Paula Hardwick

Youth of the Year (Winner) – Elyssia Gasparotto

Elyssia is a former Australian Sporting Representative and champion who has recently completed her academic studies, with a double degree in Aboriginal Professional Practice and Law.

Volunteer of the Year (Joint Winner) – Mervyn Lane

After retiring from the NSW Police Force following forty years of service, Mervyn became a member of the Terrigal Fifty Plus Leisure and Learning Centre in 2010. Soon after joining Mervyn became Vice President and was then appointed President, a position he still holds today.

Volunteer of the Year (Joint Winner) – Pamela Price

Pam is the founding member of the Doyalson Squadron of the NSW Australian Air League, which was established about thirty-three years

ago. The purpose of the Doyalson Squadron was to establish a female group on the Central Coast and provide equal opportunities and experiences for females through the Australian Air League. Her dedication to the Squadron has gone above and beyond, organising camps, excursions, flying experiences and fun and educational activities which have all been extremely valuable to cadets. Throughout 2020, Pam ensured the connection and education did not stop, organising meetings and sessions over zoom with all cadets.

Sportsperson of the Year (Winner) – Paul Lemmon

Paul is an outstanding sportsperson, continuing to perform as an outstanding masters athlete in the ocean and the pool. Paul is also a coach and mentor within the Terrigal Surf Life Saving Club. In the 2019/2020 season, Paul successfully achieved twenty-one gold medals across numerous masters and pool rescue championships.

Environmental Award (Winner) – Sue Booth

Sue initiates programs and processes to protect native wildlife and is the wildlife champion of the valleys west of Wyong. Sue's passion for animal welfare motivates her practical measures to protect, treat, rescue and rehabilitate native animals in the areas bordering the Watagan Mountains. Sue has been active in the Dooralong

and Yarramalong Valleys for the past five years working actively to, among other things, eliminate mange within the wombat population.

Community Service and Activity (Winner) – Lynn Axford

For the past thirty-three years, Lynn has been a member of the Chain Valley Bay Progress Association and 355 Hall Committee, often as both the Chairperson and Secretary of these committees. Lynn has organised numerous activities and services within local halls, such as playgroups and events that raise money for local volunteer bush fire brigade relief.

Community Service and Activity (Highly Commended) – Patonga Beach RFS Brigade

The Patonga Beach RFS Brigade is an integral part of the local community, providing peace of mind to surrounding isolated communities. The Brigade provides a high level of community-based fire and emergency services to protect the community and the environment, as well as minimise the impact of fire through the highest standards of training, community education, prevention and operational capability.

Community Service and Activity (Highly Commended) – Berkeley Vale RFS Brigade

Berkeley Vale RFS Brigade has been protecting and serving the community

for over 65 years in three main ways; emergency response, hazard reduction and community education and engagement. In 2020 alone, they responded to over 242 incidents, providing over 70,000 operational man hours.

Community Service and Activity (Highly Commended) – Spencer RFS Brigade

The Spencer RFS Brigade is an integral part of the Spencer community, providing peace of mind to isolated communities. The Brigade is made up of volunteers who have given so much of themselves to keep the community safe.

Business Connecting Communities (Winner) – Kaylene Conway

Kaylene's not for profit what's on website CC365 promotes local events and businesses across the Central Coast and has become the primary destination for events listings in the region.

Arts, Culture and Entertainment (Winner) – Sharon Aldrick

Sharon is a well-known local photographer and community arts worker. In 2020 Sharon was commissioned to take historically important photographs of the Central Coast during the COVID-19 pandemic.

Alison Orren
Communication Officer
Central Coast Council



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Wyong Community Groups Resolve to Commence Legal Proceedings against Wyong Race Club Limited, its Directors, Auditors and Legal Advisors.

After 24 months of unsuccessful representations to bring the representatives of the Wyong Race Club to the discussion table, a decision



has been made to commence formal legal proceedings against the Wyong Race Club Ltd, its Officers and Advisors.

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For over 100 years the Wyong Showgrounds were a joint community facility used by dozens and dozens of groups however upon the arrival of the Administrator in 2014, under the direction of NSW Racing, and the appointment of a new board, the Wyong Showgrounds have been quarantined for Horse Racing use only.

“This is theft from the community on any independent view of the matter” said spokesman Mark Hoddinott. “We respect the right of the Horseracing community to be there and are indeed pleased they are, however that spirit of shared community goodwill is not reciprocated by them.” “We believe that the Horseracing Community, in particular the Administrator and the Board, have behaved opportunistically and with intent by seizing assets for their exclusive use, contrary to a century of tradition and the purposes for which the land was first acquired by the then Wyong Agricultural Society”.

“The new board has even changed the Constitution in recent years to strike out any reference to that history and to prefer their horseracing interests over everyone else.” “It’s a disgrace and we will not sit back idly and do nothing” said Mr Hoddinott. “We have a reputable legal team on board including barristers to fight for what rightly is a community asset for ALL of the community”



he concluded. “We have in the last week sent letters of Demand to the Wyong Race Club and its lawyers and if a satisfactory response and resolution is not achieved, we have our Statement of Claim ready for filing by our Barristers in the NSW Supreme Court at the beginning of February. We are seeking reinstatement onto the Wyong Showground site of those volunteer community organisations that were evicted, or compensation for the impact of the evictions - the sums involved already amount to many millions of dollars.”

“Our primary claim, amidst a sea of issues, is that the Wyong Race Club unlawfully evicted the clubs involved contrary to representations of life tenure by officers of the previous Board. Additionally, we assert the Administrator under the bidding of Racing NSW failed to considered the totality of circumstances of the use of

the site and its history, and knowingly or negligently focussed solely on the interests of horse racing at the expense of all other parties that had an equitable interest in the Showground site. Our claim seeks to return the land that is the Wyong Showground to its pre 2014 status of a shared community facility”, concluded Mr Hoddinott

More Information: Mark Hoddinott
0438 256 927 for Albert Warner Pty Ltd.

Facebook: the Albert Warner Pty Ltd. group

Fundraising: Go Fund Me - Wyong Showground Fighting Fund

Or direct donation to the Albert Warner Pty Ltd (bank details on the Facebook site)

Information from the Albert Warner Group Media Release

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
4th & 18th February

Wollombi Saleyards

- Cancelled until further notice

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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

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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

PHONE & INTERNET PROBLEMS CONTINUE TO PLAGUE OUR DISTRICT

Observing the numerous hanging and fallen phone lines all over the area and the number of outages and disruptions local have been experiencing, it's hard to take comfort from the 2020 TIO annual report figures stating that the 127,151 complaints that were received was a reduction of 4% on the 2018-19 numbers.

Included in the statistics are the number of unresolved and escalated complaints:

- No or delayed action by provider 3,707
- No phone or internet service 2,592
- Intermittent service or drop-outs 2,280
- Poor mobile coverage 822

Complaints about the top ten providers accounted for 92.2% of all complaints received, which is a figure comparable to last year.

Of the top six providers, complaints about Telstra, TPG and iiNet increased while Optus, Vodafone and Dodo saw numbers fall.

NBN internet complaints increased by about 15%.

Do you have a phone or internet horror story? Go to the Community News website and tell us about it: <https://cnews1.com.au/contact/>

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Hot Autumn Nights – Tim Freedman

Tim Freedman will re-emerge in March with a brand new solo show "Hot Autumn Nights 2021".

After a sold out 35 date tour in November and December, this snappy

run through the country will preview three more songs from The Whitlams' forthcoming album "Gaffage and Clink", and also premiere reworkings of some of his favourite tracks from Joni Mitchell, Neil Young and Randy Newman.

Fri 12 Mar - 7:30 pm All Tickets \$53.95

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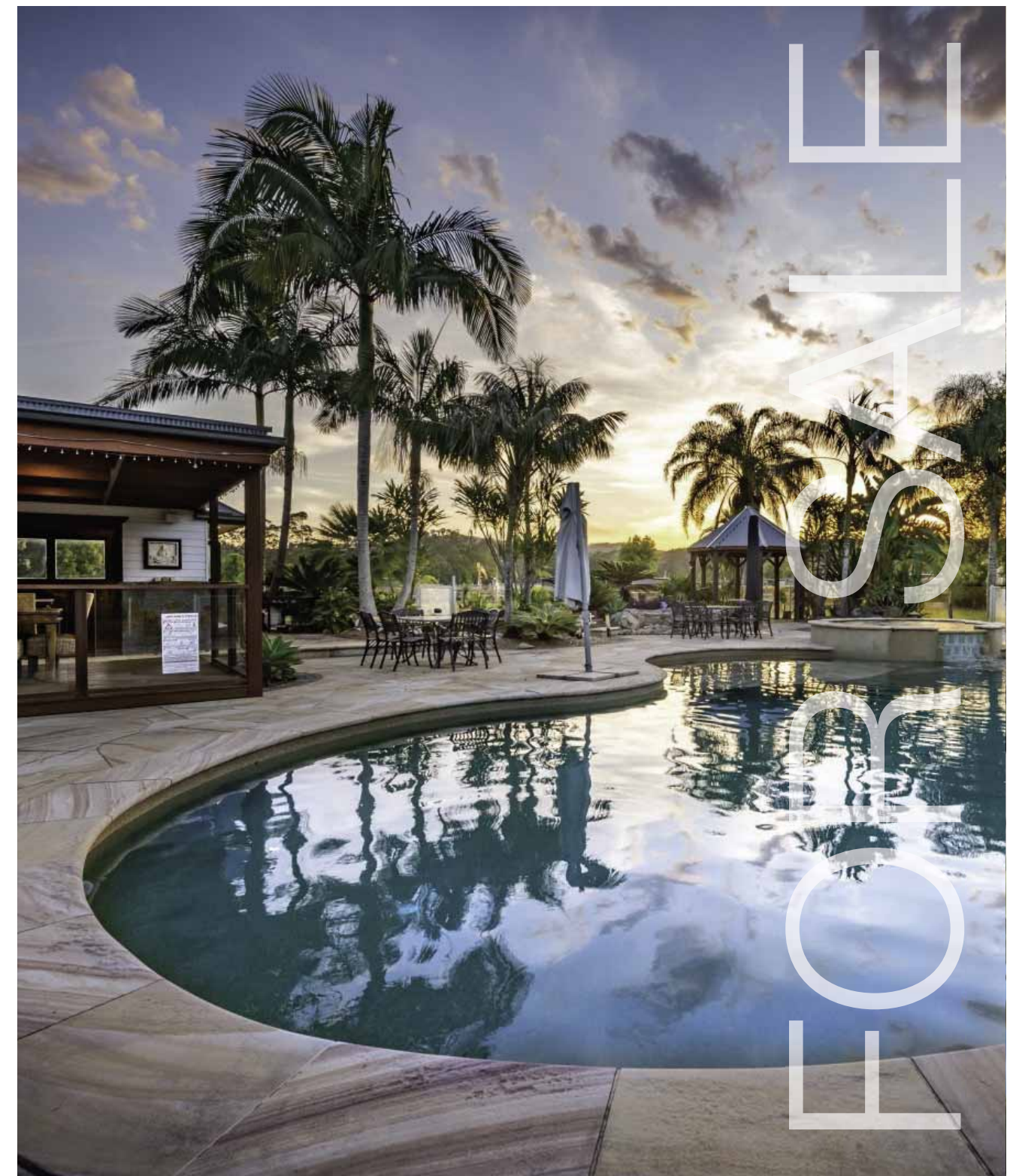
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BREAKING DOWN BARRIERS FOR YOUNG PEOPLE

The Government has committed an additional \$45.7 million to extend two programs dedicated to helping young people with mental illness join the workforce.

Member for Robertson Lucy Wicks said an Individual Placement and Support Program will now be run at the Gosford headspace thanks to the additional government investment.

"The program is a tailored approach that can help improve job outcomes for young people with mental illness," Ms Wicks said.

"This is fantastic news for the local community because we know career assistance hand-in-hand with clinical support can make a profound difference in the lives of young people and ensure they can reach their full potential."

The funding will be used to double the number of headspace sites running the evidence-based Individual Placement and Support Program to 50 and to support headspace National to continue the Digital Work and Study Service.

"This program has never been more important given we have seen young people disproportionately affected by COVID-19 in terms of jobs losses



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which we know can compound the mental health impact so many are feeling as a result of the pandemic."

Professor Patrick McGorry, executive director of Orygen which runs the program with headspace, welcomed the Government's commitment to making a real lasting difference in the lives of people who face barriers to work.

"The onset of mental illness often occurs in young people which, by the age of 25, can significantly affect their ability to transition from study to

work," Professor McGorry said.

The expansion of the Individual Placement and Support Program will allow more than 6000 youth under the age of 25 experiencing mental illness across Australia to receive specialist vocational and employment support in tandem with clinical treatment to find and keep a job over the next four years.

*Senator the Hon. Anne Ruston
Minister for Families and Social Services
Lucy Wicks MP
Member for Robertson*

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 **Acreage**

Central Coast to host world-class exhibitions

Locals and visitors to the Coast will have access to a series of breathtaking, inspirational and thought-provoking exhibitions hosted by Gosford Regional Gallery.

Exhibitions across 2021 span awe inspiring surf photography, work inspired by the 'elemental and sacred' continent of Antarctica, representations of the interconnectedness of human, plant and animal beings, and a must-see exploration of First Nations storytelling.

Central Coast Council Director Connected Communities, Julie Vaughan said the exhibitions on offer over the next six months showcase the works of leading Australian artists including Ryan Heywood, Spencer



Hornby, Reed Plummer, Luke Shadbolt, Ken Knight and Angela Valamanesh.

"Even if heading to the art gallery isn't usually your cup of tea, the diversity of the pieces that will be showcased this year means there really is something for everybody."

Coming Exhibition: Ken Knight - Antarctica

This breathtaking exhibition is the result of five days traversing the Antarctic circle – be transported by 75 paintings inspired by the 'elemental and sacred' continent of Antarctica. 6 Feb to 21 Mar 2021.

centralcoast.nsw.gov.au/galleries

Rebecca Ius

Senior Communication Officer
Central Coast Council

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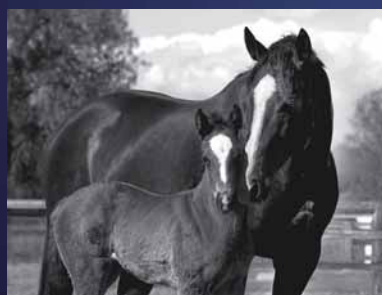
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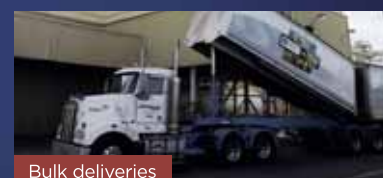
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KULNURA and DISTRICT GARDEN CLUB

It is proving quite difficult to formulate our programme for the year due to Covid.....so we will probably just have to advise you month by month. We did better than most clubs last year by having our meetings via Zoom and will be doing that again of course if we are unable to get together because of Covid restrictions. The Committee is looking at changing the format of our meetings to be more informal and more 'hands on' for gardeners with some interesting experts!

Our first meeting for 2021 will be

informal – a get together at Mt Penang Gardens on Monday 8th February, meeting at 10.00am at the café for a coffee and a chat and then a wander through the gardens for those who wish. It will be great to catch up with members live!

Our Club usually meets on the second Monday of each month and members/visitors are most welcome. If you would like any further information, please call our President, Louise 0408 401 217.

You don't need to be a keen gardener - we have several members who are always willing to share their knowledge. Our members are very welcoming and come from a wide area from Willoughby to Dural to Ravensdale!

Glynnis Golsby

NEW ROUND OF MOBILE BLACK SPOT PROGRAM NOW OPEN

Member for Robertson, Lucy Wicks has welcomed the Australian Government's continuing commitment to expanding mobile coverage in regional and remote Australia, with Round 5A of the \$380 million Mobile Black Spot Program now open for applications.

"This new round of the Mobile Black Spot Program will have a specific

focus on improving mobile coverage along major transport corridors and in disaster-prone regions," Ms Wicks said.

"Improving coverage in natural disaster-prone areas is critical for keeping people connected during times of emergency, whether it's to loved ones, or emergency services.

"Since 2013 the Mobile Black Spot Program has delivered increased mobile coverage in local suburbs such as: Peats Ridge, Mangrove Mountain, Calga and Wendoree Park."

Minister for Regional Health, Regional Communications and Local Government, the Hon Mark Coulton MP, said the continuing investment in mobile base stations is further proof of the Morrison and McCormack Government's commitment to connecting Australians in regional areas.

"The first five rounds of the program have funded over 1,200 new base stations in regional Australia, with more than 880 of these already switched on," Minister Coulton said.

"Round 5A will support new ways of delivering mobile services to locations that have traditionally been less economic for mobile network operators."

Minister for Communications, Cyber Safety and the Arts, the Hon Paul Fletcher MP, said that the Government is continuing to work with industry and state and local governments to

improve connectivity across Australia, particularly in disaster-prone areas.

"Round 5A will bring further improvements in mobile coverage – building on the progress made since this program began in 2013," Minister Fletcher said.

Lucy Wicks MP encouraged local communities and Central Coast Council to identify their priorities for improved coverage, and to work with the mobile network operators and infrastructure providers in support of applications for funding for those areas.

Applications for Round 5A will close on 10 February 2020. For more information about the Mobile Black Spot Program and the Round 5A process, visit: www.communications.gov.au/MBSP

To be eligible for funding under Round 5 of the Program, an applicant must be a Mobile Network Operator (MNO) or a Mobile Network Infrastructure Provider (MNIP), that has signed a non-disclosure agreement and (where relevant) has supplied the required network information in accordance with the Grant Guidelines

Total Amount Available in round 5A (AUD):\$34,500,000.00

Round 5A will prioritise solutions that will provide new and improved mobile coverage to natural disaster prone areas and designated major regional and remote transport corridors.

Round 5A may also support projects that trial/pilot new technologies and delivery models that provide proof of concept for new ways to extend and improve mobile coverage and competition in less populated and traditionally higher-cost regional and remote areas.

The Government sought feedback from industry and the community on options for the design of round 5A, which includes a focus on improving mobile connectivity along major transport corridors and in disaster-prone regions, such as bushfire-prone areas, as well as the testing of new technologies that support shared mobile coverage in regional areas.

Of the funding available, an indicative \$8 million will be available to fund trials/pilots solutions.

Media Release from the offices of
The Hon Paul Fletcher MP

Minister for Communications, Cyber
Security and the Arts

The Hon Mark Coulton MP
Minister for Regional Health, Regional
Communications and Local Government

Lucy Wicks MP
Federal Member for Robertson

Editor's Note: **So the imperative is to get the network operators to take up the offer under the current round 5A mobile black spot program and future programs that are already scheduled**



Photos from our lovely Christmas luncheon which was held at the Mangrove Mountain Golf Club, so good to see each other live after all those months of Zoom

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International Women's Day and 2021 Festival of Women

The Central Coast Festival of Women promotes and celebrates the work of Central Coast women's groups.

"The Festival is held each year, around International Women's Day on the 8th March. This year the Festival will be launched with the Tuggerah Lakes Art Society's "Women in Art" Exhibition at The Entrance Gallery in The Entrance Community Centre on Friday 5th March" said a member of the organising group, Margaret Heathcote.

"The fifth International Women's Day Expo will be held at The Entrance Community Centre on Saturday 6th March with the Women in Art Exhibition and an Artisans Market. The Artisans Market will be held again on Sunday 7th March 2021".

"Also during the Festival, Gosford Regional Community Services will announce the "Wonderful Women" Awards 2021. Nominations will be accepted in early February".



Other events to be held across the Coast from Woy Woy to Gosford, The Entrance and Wyong include:

- Community and Business Women's Network (CBWN) International Women's Day Breakfast on Friday 5th March from 7 am to 9 am at Mercure Kooinda Waters, Wyong.
- A luncheon celebrating IWD will also be hosted by CBWN on the same day at the Pullman Magenta Shores Resort.
- "All About Women" will again be live streamed to the Coast from the Sydney Opera House, this time to the Red Tree Theatre at Tuggerah

on Sunday the 7th March.

- She Story will be holding an International Women's Day Celebration Breakfast at 7am on 8th March at The Entertainment Grounds in Gosford.
- Also on the 8th March, Central Coast Community Women's Health Centre is hosting an event that recognises the diversity and strength of women and offers an opportunity for them to develop new skills while having lots of fun, at the Red Tree Theatre, Tuggerah from 10 am to 2 pm.
- Another fun event will be hosted by



the Country Women's Association of NSW, Umina Branch. "Snowball Afternoon Teas" will be held over two weeks (dates to follow).

- Elderslee and Central Coast Older Women's Collective Action on Homelessness is hosting a forum on March 10th, "Creating Collaborative Housing Solutions: Focus on Central Coast Older Women" at The Red Tree Theatre.
- Always fun and entertaining the Naughty Noodle Fun Haus will present Rayon Riot III on Saturday 13th March at Ettalong.

More information on the Festival Facebook page <https://www.facebook.com/ccfestivalwomen/>

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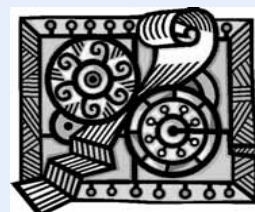
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REGULAR ACTIVITIES & MEETINGS		
RURAL FIRE SERVICES		
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Calga-Mt. White RFS	General meeting	3rd Monday of the month, 7.30pm at Pacific Hwy Fire Station Mt. White
Kulnura VBFB at Greta Rd Station	General 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)		
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		
Mangrove Mountain & Districts Community Group Meeting		
Mangrove Emergency Planning Committee		
Mangrove Mountain Country Fair Committee Meeting		
Mangrove Mountain RSL Women's Auxiliary		
Mangrove Mountain Singing Group		
Mountain District Football Club Meeting		
River Cares for the Lower Hawkesbury River District		
Rotary Club Meeting		
Spencer Community Progress Group Inc		
Spencer Community Ladies Social Club		
Newsletter		
The Mountain Tuesday Social Tennis Group		
Somersby Equestrian Club Club & Committee Meeting		
Wisemans Ferry Community Men's Shed		
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What causes teeth sensitivity, and what can you do about it?

Teeth Sensitivity (‘dentine hypersensitivity’) is a common problem for many people. It can occur when eating cold, hot, acidic or sweet foods, or when teeth are exposed to air.

What causes teeth sensitivity?

The outer layer of your tooth is called enamel. It is hard (the hardest substance in your body, even stronger than bone), has no sensation, and is designed to protect the inner teeth. Underneath the enamel is a layer of dentine, which is softer, porous and sensitive. The dentine links directly to the pulp (nerve) of the tooth through small tubules. In a normal situation the dentine is protected by the gum and enamel, but if it becomes exposed it can transmit stimuli through to the pulp (the nerve of your tooth) and cause pain.

How does the dentine become exposed?

A number of causes can wear away the enamel and expose dentine, including:

- Tooth decay
- Gum disease (which can be prevented, or reversed in its early stages)
- Enamel erosion (which can be caused by acidic or sugary food and drinks, or conditions such as gastro-oesophageal reflux disease).
- Gum recession (which can be caused by brushing too hard with a firm toothbrush).
- Teeth grinding (this can occur at night and you might not even be aware you are doing it).
- Incorrect tooth brushing technique, and selecting a toothbrush that is too hard.

What is the solution?

The solution will depend on the causation. We recommend you visit your dentist to make sure there isn't a



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more serious underlying condition, as if there is and it isn't treated, it could continue to become worse. Treatments can include improved oral hygiene (a dental clean followed up with consistent brushing and flossing), diet changes, a soft-bristled toothbrush, a night-guard mouthguard to protect teeth from grinding, or bonding or dental sealants.

For patients with sensitive teeth, we generally also recommend the use of a short-acting desensitising toothpaste. They provide immediate relief and work by blocking up the tubules in the dentine. Examples of this type of sensitive toothpaste are “Colgate Sensitive Pro-Relief” and “Sensodyne Rapid Relief”. You may wish to try one of these toothpastes for relief, until you can book an appointment to see your dentist.

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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		
Dharug & Lower Hawkesbury Historical Society Inc.		
First Fleeters Central Coast Chapter		
The Pearl Beach Aboriginal History Group		
Wyong District Museum & Historical Society		
ACTIVITY/HOBBY		
Central Coast GNU/Linux Users Group		
Coastal Communicators Toastmasters		
Craft/scrapbooking		
HALL BOOKINGS		
Kulnura Hall		
Mangrove Mountain Hall		
Somersby Hall and Mountain Districts Culture and Heritage Centre		
Yarramalong school of Arts / Hall		
Meets first Wednesday of the month www.cclug.org.au - all most welcome		
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		
Hall bookings contact Annette Stackman 43561196 Committee mtg 3rd Thurs 7:00pm at Hall- Open to all from community.		
Hall bookings Ryan Howard 0405416289		
Hall Bookings: 0413 359 655 or AH 4373 1488		
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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MAITLAND CATTLE SALE REPORT

Maitland Liveweight Report 18th January 2021

Total yarding of 345 head of cattle this week. Vealer & Restocker trends remained firm. Export trend firm to 10 c/kg dearer.

- Best vealers 470 to 528 c/kg;
 - Euro steers & heifers to feed 475 to 550 c/kg;
 - Restocker steers under 300kg 488 to 628 c/kg with over 300kg 465 to 550 c/kg;
 - Restocker heifers 460 to 540 c/kg; 2-4 tooth steers 350 to 465 c/kg;
 - Heavy kill trade steers 350 to 454 c/kg;
 - Export steers & bullocks 330 to 380 c/kg;
 - Export heifers 318 to 345 c/kg;
 - Cows 260 to 342 c/kg;
 - Bulls 290 to 330 c/kg.
- Michael Easey
0428 327 007

Maitland Store Cattle Sale Report 16th January 2021

Total yarding this month of 500 head of cattle with 100% clearance. Quality and condition was good overall with most cattle showing a bit of shine. Market was trending very strong. One of the best markets ever seen. Excellent buying attendance from local, Central Coast, Upper Hunter and Manning Regions.

An Angus cow and Speckle Park

calf was donated by Ace Mechanical of Rutherford to be auctioned for the Westpac Helicopter and sold for \$6500 to J & J Lidbury, “Rosehill” Nelson Plains. Mr John Lidbury then re-offered the cow and calf back up for auction with all proceeds going back to the Westpac Helicopter selling again for \$5500 to McCrae Pastoral, Maitland. Lagoon Speckle Parks donated 10 straws of semen also selling for \$400 to Mark Constable of Scone. The money was raised for a great flying service that do an amazing job saving lives.

- 10 Charolais x Angus heifers, 2yo PTIC, sold for \$2550 to Bundaroo P/L;
- 7 Black Baldy heifers, PTIC, sold for \$2600 to Chris Dooley, Vacy;
- B & K Hansen, Washpool, sold 12 Poll Hereford heifers, 12mths old, for \$2050 to Jones & Peters Lochinvar.

Steers

- Weaners: 110 head; 6-12mths; \$1,400 to \$1,750; Average \$1,550; Trend + \$200 ; Top \$1,750
- Yearlings: 60 head; 13-20mths; \$1,600 to \$1,750; Average \$1,700; Trend +\$100; Top \$1,750
- Grown: 20 head; 2-3yrs; \$1,700 to \$2,175; Average \$2,100; Trend + \$100; Top \$2,175

Heifers

- Weaners: 120 head; 5-17mths; \$1,000 to \$2,050; Average \$1,661; Trend + \$300; Top \$2,050

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CLEARANCE SALE - Fence droppers, large farm gates \$50, fencing equipment, irrigation equipment, nursery pots, elec fence insulation, generator, grease gun, post hole digger, weed matting, lots of other items. Ring Les 4373-1856

- PTIC: 30 head; 2-3 yrs; \$2,550 to \$2,650; Average \$2,600; Trend + \$400; Top \$2,650

Cows

- Cows & Calves: 100 head; 2yrs-10yrs; \$2,100 to \$3,050; Average \$2,800; Trend + \$400; Top \$6,500
- PTIC: 30 head; 4-10yrs; \$1,700 to \$2,300; Average \$2,200; Trend + \$250; Top \$2,300
- Joined: 30 head; 5-10yrs; \$1,300 to \$2,650; Average \$2,000; Trend + \$300; Top \$2,650

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P: 02 4932 7066

of adaptation to continue offering services that improve the lives and wellbeing of residents on the Coast and looking for opportunities to remain connected.

“A range of entertaining, informative, and engaging videos are being created from our ‘TV studio’ set up at Laycock St theatre and will be available for everyone to view at their own convenience.”

The channel is rolling out engaging health and wellness video presentations from Live Well Festival

participants spanning the themes of MOVE, THINK, EAT and EARTH .

Also included are the library’s popular ‘Storytime’ series, which will delight and entertain little ones as they listen to story favourites presented by Council library staff and join in on a sing-a-long.

Visit centralcoast.nsw.gov.au/youtube to watch the latest videos online.

Cherie Mildwater
Communication Officer
Central Coast Council

CLASSIFIED ADVERTISEMENTS

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

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.

REAL ESTATE / FOR RENT / LEASE

FACTORY BAY FOR LEASE, 12m x 12m with bathroom and kitchenette with 20ft shipping container and large hard stand area located in commercial area of Peats Ridge, opposite Peats Ridge Shops. Enquiries 0438 695 600.

SERVICES AVAILABLE

TOWN ‘N COUNTRY FLOOR SANDING & POLISHING
New & old floor boards, parquetry, verandahs, stairs, walls ceilings, re-coating, staining & painting etc. free quote ph Stuart 0400076261

AIRCONDITIONING, BUILDING, CARPENTRY - Local service, 14yrs experience in aircon, 22yrs experience in building & carpentry. Call Ken 0412 842 920

TUTORING - Do you want to build your child’s confidence and skills in maths? I’m an experienced and qualified teacher and would love to help your child reach his/her potential. I’m currently taking on tutoring maths students in years K-10. Phone Nila on 4374 1400 or 0404 057 203 Mangrove Mountain.

SERVICES AVAILABLE

HORSE RUG REPAIRS - reliable prompt service. Pick-up & drop-off available for large quantities. Ph 0405 620 394

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PEST CONTROL - Servicing the local area. A.T.S. Pest Control Services Phone Tony 4373 1157 Mob: 0427 731 157

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MISTY MOUNTAIN RURAL CONTRACTORS - Earthworks, Irrigation, all services available Ph 43530990 or 0418221495

GYPROCK FIXING new homes, extensions, renovations and patch work. Lic. No. 9092C. Phone Greg - Mob. 0417 445 796

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Also: FIREWOOD For Sale. David Starkey. 4374 1192 or Mobile 042 725 7948

COUNCIL LAUNCHES COAST CONNECT YOUTUBE CHANNEL

Central Coast Council is offering online delivery of a range of highly valued community programs with the launch of a new YouTube Channel – Coast Connect.

Council Director Connected Communities, Julie Vaughan said Council recognised the importance

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