

COMMUNITY NEWS

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7th August 2026

Council Makes a Start on Trimming Trees Overhanging Roads

After persistent requests from members of the community Council has cut back the large trees and branches that were overhanging Peats Ridge Road just south of Somersby shop.

What an amazing difference and a great job.

Council is encouraged to maintain the effort and move on to the many other areas that need that same work done in order to keep road users safe.

*Above Right: Before the trimming
Left: After the trimming
Below: One of many other areas that still require attention*



2026 AGM NOTICE

Central Coast Plateau
Chamber of Commerce

7.00pm Tuesday,
September 1, 2026

Mangrove Mountain
Memorial Club

Mangrove Emergency Planning and Communications Committee

AGM & MEETING

The MEPCC will hold a General Meeting followed by an AGM.

Friday, September 4, 6.30pm
at the Union Church Hall, cnr
Wisemans Ferry Rd & Bloodtree
Rd MMtn.

Agenda includes a review of
the emergency CB radio network,
fire trailer deployment and the
developments in the community
Resilience and Emergency Plan.

Enquiries: mepccinc@gmail.
com

"It's frightful that people
who are so ignorant have
so much influence."

George Orwell

STOP !

Next issue Published
21st August 2026

**** DEADLINE ****
**** 14th August '26 ****

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LOCAL BAPTISM

We may have seen a piece of significant history recently in the Wyong River at Yarramalong.

The first public baptism in the Mountain districts for ages (or as far as I know).

Melanie and Robert Alderton who



attend Mangrove Mountain Union Church and St Barnabas Church at Yarramalong, had the great reward of baptising their son Joel on Sunday 5th July.

If any of the readers know of any other baptisms performed locally it would be appreciated if you can let me know so I can have a better understanding of the history in this area.

Robert Alderton
0412 928 207

Rural Seniors Voices

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unsafe or impossible for them to remain in their own home. This would involve not just permanent care beds, but convalescent and respite care.

Ideally it will be run by an entity already involved in care of elders, but with a difference, it would be overseen by local people, hopefully appointed by different organisations on the plateau.

It therefore would constitute a possible template to allow other rural/regional areas to keep their seniors in the community.

This would help prevent dementia, according to the many inquiries into aging.

Our next meeting will be a social event on Friday 21st August, 2pm, at 13 Nurses Rd Central Mangrove, in the hall next to Dr Anand's practice.

Please bring along your hobby [scrapbooking, knitting etc]. We have had a number of jigsaws donated, also cards if you wish to play with them, its over 60 years since I played canasta, you might be able to help brush up my skills.

WE REALLY DO NEED TO GET AN INDICATION ON WHETHER THE COMMUNITY IS BEHIND US, or whether the money raised would be better spent or donated elsewhere'.

Tea and coffee provided, if you wish bring some nibbles, they would be most welcome, but please come and stay as long or little as you wish.

Dianne, Alan and Clara



Peats Ridge & Districts CWA

COMMUNITY TALK

H5 BIRD FLU

What it means for Australia

 **DATE:**
17th August 2026

 **TIME:**
12.00PM – 1.00PM

 **VENUE:**
Kulnura Memorial Hall

 **RSVP:**
10th August 2026



Join us for a short informative talk on H5 bird flu, what it is, how it spreads and what it means for our communities and backyard poultry.

.....♥.....

All welcome – hope to see you there!

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CREATING THE MOUNTAIN DISTRICTS SPORTS PARK

The Mountain Districts Sports Park on Bloodtree Road, Mangrove Mountain, stands as a shining example of what a community can achieve when it comes together.

With permission to use council land, local residents rolled up their sleeves, brought their own equipment, and pitched in however they could. Farmers and businesses donated materials.

Dozens of people gave their time and energy, transforming a simple patch of ground into a fantastic park everyone could enjoy.

The land was carefully levelled, irrigation lines were laid out, grass was planted, and lights were installed—using timber poles crafted from trees grown on Bennett's farm.

Later, a block housing the canteen and toilets was built by local hands, another testament to what teamwork can accomplish.

The following is an article from issue 92, April 1985, of the Mangrove Mountain and Districts Community News:

BLOODTREE ROAD SPORTING COMPLEX

Two mammoth working bees have been held, on the 3rd and 10th of March, and the soccer fields and cricket oval have now been grassed and manured. Thank-you's must go to the following people for their donation of time, machinery, fowl manure, grass and trucks:

Machinery was supplied by Paul Fannelli, Phillip Williams, Eddie Grant, Paul Luci, Rodger Wilson, Ron Arnott, Bill Gresch, Reg Bennett, Hymix Quarries, Gosford City Council, Central Coast Soaring Club, Stan

Arnott and Ian Brittan.

The soil and grass was very kindly donated by John Madson and Malcom Rowson.

The fowl manure was donated by Paul Luci, George Sidiropoulos, Reg Bennett, Laurie Moncrieff, Bill Bennett and Allan Hoipo, and Mr P. McWilliams donated the use of his irrigation equipment for the watering. Other people who gave up time and came along were John Atkins, Kerry Connole, Forty Verduci, Laurie Douglass Snr., Anthony Bennett, Barry Whitehead.

A special thanks to Mrs Marg. Gray and Mrs Joan Grant for supplying the food that fed the workers. Thanking everybody for their time, I apologise to anyone who was missed.

Kaye Whitehead, Sec.

Later works included the extension of the irrigation system which was made possible with the support of Tony Doyle MP the Member for Peats (Peats was later replaced by Gosford after electorate redistribution in NSW.)

Issue 125, April 1988, of the Mangrove Mountain and Districts Community News:

Ken West of K.W. & M.E. West designed the irrigation system and supplied the equipment.

At the time the No. 1 soccer field was reportedly among the best lit grounds on the Central Coast. Many thanks to

..:KSR:..

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those who assisted in this project, our resident electrician Frank Noble and those who give up their time endlessly to community projects.

Along the Bloodtree Road side of the fields stands a row of tall trees, each holding a Memorial Plaque honouring the area's older settlers and residents—a fundraiser that supported the park's future.

When first constructed the facility had two soccer fields with a cricket pitch in between and the provision for a netball court.

It is amazing how many facilities in the district exist because locals jumped in, built them and continue to maintain them rather than wait for the council or other authorities to do so.

It's a wonderful reminder of how much can be accomplished when people come together and make things happen.

The photos show the grading and levelling work being done.

A Community Milestone:

This year is the 50th year of publication of the Mangrove Mountain and Districts Community News and in December, the 1000th issue will be published. In the forthcoming issues, articles from earlier issues will be reproduced to bring back memories of earlier times.





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Somersby Plateau Forest Study

Did you know there are over 1,800 different Plant Community Types in NSW? Do you know which one you live in? Each native forest has a unique character - a biodiversity fingerprint of place.

In our valleys, wet eucalypt forests bridge the winter food gap for species like Yellow-bellied Gliders. Paperbark wetlands ripple with frogs and

waterbirds, while the dry ridge tops support some of the most extraordinary wildflowers in the world.

Recently, some locals allowed me to set wildlife cameras on their properties to take a close look at one of our most striking and threatened forest types:

Somersby Plateau Forest.

There was such a bustle of unseen life: small birds and mammals feasting and foraging, including the utterly gorgeous Eastern Pygmy Possum, no bigger than a golf ball, stretching on tippy toes to feed on a banksia flower.



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To see the action, head to Keep it Wild Wollombi on Facebook (you can use the QR code, even if you're not on Facebook). If you live on the land, you have the opportunity to help preserve the integrity of these forest types and the biodiversity they support. Further resources are in the comments or drop me a question there.

Wendy Gleen

Below: Map showing the Somersby Plateau Forest



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Parcel Lockers could improve postal services in Yarramalong

Whilst residents in the Yarramalong Valley get regular mail deliveries to their letterboxes and can post letters at the "Red Box" in Yarramalong village, larger parcels need to be posted or picked up at Kulnura LPO or Wyong PO.

Australia Post offers a Parcel Locker service that would reduce travelling and provide an improves service for Yarramalong Valley residents.

Australia Post 24/7 Parcel Lockers allow you to securely collect your parcels anytime. When your package arrives at your chosen locker you will receive an SMS and email with a 6-digit PIN or a QR code. To collect your parcel, simply enter your unique 6-digit access code or scan the QR



code from the AusPost phone app.

Lockers are completely free to use. To start using them, sign up for a MyPost account to find and select a locker location near you as your delivery address.

The Yarramalong Pharmacy site has been considered a possible location for Parcel Lockers and Mena is supportive but will need agreement by Australia Post. Once Australia Post is contacted

they will assess the site.

Availability is subject to site suitability and approvals.

Australia Post covers site assessment, installation and ongoing maintenance. Electricity costs are excluded.

Alan Smedley has done some research on this so maybe a discussion on the Yarramalong FB page could gauge support for this and get Australia Post interested.

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At The Hawkesbury Duck, Spencer,
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Ventures

Highlights:

Bird viewing with local bird expert -
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Fun workshop with morning tea,
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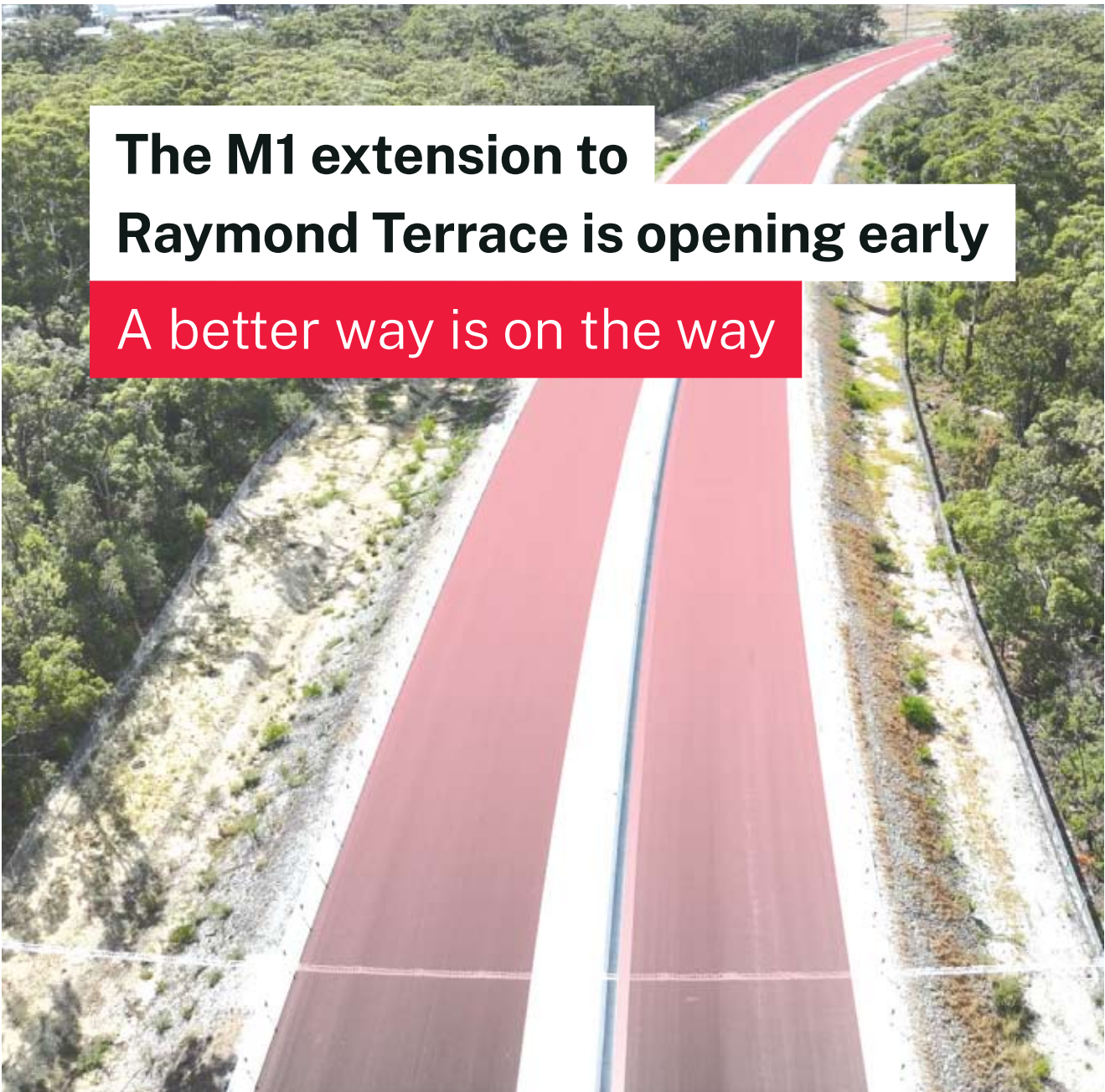
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Farm to Fork Faire Celebrates STEAM Learning and Community Partnerships

At the end of last term, our school proudly hosted the Farm to Fork Faire—a vibrant celebration that marked a semester-long STEAM (Science, Technology, Engineering, Arts and Mathematics) learning journey. This special event brought together students, families, and community members to showcase the incredible work and discoveries made by students throughout the term.

The Faire featured The Mountain Museum, where students showcased

their STEAM projects, and The Mountain Feast — a student-led restaurant experience for families and guests. Students managed every aspect of the Feast, from designing recipes to cooking and serving, allowing them to apply their learning in practical, real-world contexts while developing teamwork and hospitality skills.

A particularly inspiring aspect of our project was the connection with local farms, which enriched students' understanding of food production and

sustainability. These visits included Family Fresh Farms and Barden Farms, both at Peats Ridge, where students learned how Quke cucumbers, Asian vegetables, and herbs are grown and distributed nation-wide. We also welcomed Farmer Karen from Kantandra Farms to our school, where she explained the chicken farming process. Local Country Women's Association volunteers shared cooking tips and lessons, and generous donations of fresh produce from the farms and fresh juice from East Coast Beverages ensured that the dishes served were not only delicious but celebrated the best of our regional harvest.



The Mountain Museum display



CMPS students in the packing shed at Barden Farms, Peats Ridge

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CMPS students in the Family Fresh Farms greenhouse



Farmer Karen from Kantandra Farms with CMPS students

This collaborative project highlights the invaluable role that partnerships with local industry play in making STEAM education meaningful and relevant. By linking classroom learning with real-world experiences, we give students the opportunity to see the impact of their studies beyond the school gates, inspiring the next generation of innovators, farmers, chefs, and community leaders.

If you have connections to local industry of any kind and are interested in partnering with our school in the future, please get in touch. We'd love to learn with you and continue making education engaging and meaningful for our students.

*Amy Ball, Principal
Central Mangrove Public School, Ph: 4373 1156*

*Right: some of the waiters serving up the hand made cuisine
Below: The CMPS student culinary squad dressed for action*



Coastal Twist Festival Returns with “Radical Radiance” Theme for 2026

The Central Coast’s most colourful celebration is back, with Coastal Twist Festival officially announcing its 2026 dates and theme as excitement builds for eight unforgettable days of arts, culture, creativity and connection across the region from Sunday 27 September to Sunday 4 October 2026.

Now entering its sixth year, Coastal Twist has grown from a bold community vision into one of the Central Coast’s most loved cultural events. Bringing together artists, performers, community organisations, businesses, volunteers and audiences of all ages, the festival celebrates diversity, inclusion and belonging while showcasing the region’s vibrant creative spirit.

This year’s theme, Radical Radiance, is a call to shine brighter together and create the future we want to see, one grounded in compassion, courage and collective unity. The full festival program and performer lineup will be announced in the coming weeks.

Spanning eight days and nights across Woy Woy, Ettalong Beach, Umina Beach and Gosford, Coastal Twist will present a dynamic mix of free and ticketed events including theatre, cabaret, live music, dance, film, visual arts, youth programs, seniors events and community celebrations, culminating in the much-loved Coastie



Coastal Twist Festival - Fair Day
Photographer Lisa Haymes

Carnie Fair Day.

More than a festival, Coastal Twist has become a powerful platform for connection, visibility and community wellbeing. While proudly centred on LGBTIQ+ inclusion, it creates welcoming spaces where people from all walks of life can come together, celebrate diversity and strengthen community connections.

Festival Director Glitta Supernova said the festival’s message has never been more important. “In a time when fear and division can feel loud, we choose to radiate love, hope, kindness and connection instead. Radical Radiance is about being fully yourself while embracing others for doing the same. Together we create communities grounded in care, belonging and freedom, and a future built on compassion, courage and collective unity.”

The festival’s impact extends well beyond entertainment, generating opportunities for community participation, education, cultural expression, local business engagement and regional tourism. Coastal Twist attracts visitors from across Australia each year, delivering significant

benefits for accommodation providers, hospitality venues, retailers and tourism operators while showcasing the Central Coast on a national stage.

“Coastal Twist celebrates the diversity that makes the Central Coast such a vibrant, creative and welcoming place to live. The festival isn’t just for LGBTIQ+ communities. It’s about creating a region where people feel valued, connected and included. When that happens, everyone benefits.” said Supernova.

Community participation remains at the heart of the festival, with opportunities to volunteer, perform, exhibit artwork, host a Fair Day stall, enter the Puparazzi Pooch Parade, become a sponsor or support events as a business or venue partner. Whether you’re an artist, volunteer, business owner, supporter or first-time visitor, there’s a place for everyone at Coastal Twist.

For festival updates, participation opportunities and sponsorship information, visit www.coastaltwist.org.au.

*Glitta Supernova, Creative Director
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AUTISM COMMUNITY NETWORK WELCOMES NEW MEMBERS IN THE CENTRAL COAST

The Autism Community Network (ACN) is inviting members from the Central Coast community to join two welcoming monthly groups, designed to reduce isolation and foster genuine connection.

Held on the third Monday of each month in Gosford, the Peer-to-Peer Carers Support Group at Gosford RSL, from 10am to 12pm, offers a relaxed space for parents and carers of autistic children, teenagers and adults to come along and enjoy a break with others who understand you. Share the wins, the challenges, laugh, cry, gain advice and make some friends along the way, all enjoyed over a free cup of tea or coffee. Staff and volunteers from the ACN attend meetings and share their insights and up-to-date information on topics, such as the National Disability Insurance Scheme (NDIS).

Meeting at Archie's in the Voco Gosford, from 6pm every third Monday of each month, is the Autistic Adults Social Club an inclusive and welcoming space that gives autistic



Members of the peer-to-peer parent and carer support group

adults an opportunity to meet new people, celebrate milestones, and join in for activities such as Kahoot trivia and karaoke, all offered at very little cost.

ACN CEO Vanessa Gauci said, "The social group events are a relaxed way for autistic adults and their loved ones to have fun and connect with new people. It [Carers Support Groups] can be nerve-wracking joining a new group, yet ACN creates events where you can ask questions, vent, share experiences and just be yourself without fear of judgement."

The Autism Community Network is a not-for-profit organisation supporting

autistic individuals and their families through offering peer-to-peer support groups, social clubs, family-friendly activities, workshops, and access to resources. Participants can expect a friendly, understanding, and inclusive atmosphere across all our events.

For more information or to register for an upcoming group, visit www.acnaustralia.org.au. Details and event registration for the Carers Support Group and Autistic Adults Social Club can be found online at <https://www.eventbrite.com.au/o/autism-community-network-42435502633>.

Nicole Miller

Autism Community Network

UPCOMING CATTLE AUCTIONS

Maitland Regional Saleyards

- Weekly Monday Liveweight Cattle Sales 9am, followed by Calves, Pigs & Sheep from 12 noon.
- Monthly Store Cattle Sales - Saturday August 15th 11am

Gloucester Saleyards

- Fortnightly Thursday Store Cattle Sales - August 5th & 19th 11am
- Annual Bull & Female Sale August 18th, 12noon, viewing from 10am

Feedlots - Abattoirs - Paddock to Paddock Sales
Clearing Sales - Rural Property Sales
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REGULAR ACTIVITIES & MEETINGS

RURAL FIRE SERVICES

Bucketty RFS	Weekend Training General Meeting Contact	3rd Sat, 9am-12 pm 4 meetings per year bucketty@lowerhunterfrs.com.au 4998 8130
Calga-Mt. White RFS	General meeting Training Information & updates Contact	3rd Mon of the month, 7.30pm all welcome Every Monday 6.30 except public holidays Facebook.com/calga/mtwhiteruralfirebrigade/ Captain.calgamwhite@ccrfs.org.au - Zack Winslade.
Kulnura VBFB at Greta Rd Station	General meeting Training	1st Wednesday of the month, 7.30pm 3rd Wednesday of the month 7.00pm
Mangrove Mountain 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 Maintenance	2nd Monday of the month Meeting 6.30pm 3rd Monday 6.30pm 4th Mon 6.30pm. E: captain-spencer-vol@rfs.nsw.gov.au 0418211819. 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		Information: www.facebook.com/ YarramalongRuralFireBrigade/ Phone contact: 0494 344 030 Email: volunteer@yarramalongrfs.org.au

COMMUNITY & SOCIAL

Central Coast Plateau Chamber of Commerce Coastlink Friendship Group	First Tuesday each month 7.00PM MMMC Wed 9.30am-2pm at the Health Centre, Nurses Rd, Central Mangrove
Country Women's Association (Somersby)	Second Wed of each month, at Somersby Hall Wiseman's Ferry Road, Somersby, contact Sue, 43721280 or 0407768000.
Country Women's Association (Peats Ridge & District)	Third Monday of the month at the Kulnura Hall. Any enquiries please contact Christine 0419400163, Donna 0466974130, Email. cwaofnswpeatsridge@gmail.com
Country Women's Association (Mangrove Mountain Evening Branch)	2nd & 4th Tues of the month, 4-8pm at Mangrove Mtn Union Church, 2154 Wisemans Ferry Rd, MMtn. General meeting 6pm 2nd Tues. Ph Judy 0458 655850
Gosford North Inner Wheel club	2nd Wed each month 11am at Phillip House in Karingong. Contact: Glenis Ph: 0400 486 760
Kulnura & District Garden Club	Second Monday, 9.30 for 10am start. Jacqui Maxwell 0455364262 kulnuradgc@gmail.com
Kulnura Tuesday Tennis	Tue 9.30am-12.30pm, Kulnura Tennis Courts. Enquiries: Alison Palmer 0427731548.
Ladies of the Valley Afternoon Tea	1st Tues, 1pm to 2.30 at Angels Sussurri Cafe Yarramalong. Margaret Dale 0411104770
Mangrove Mountain & Districts Community Group	1st Thurs of the Month, excl Jan. 7.30pm, Mangrove Mtn Hall.
Mangrove Emergency Planning & Communications Committee	Contact: mepccinc@gmail.com, 0412669649
Mangrove Mountain Country Fair Committee Meeting	3rd Thu of mth except Jan, 7pm, at Union Church Hall. Pres - Steve 0455 155 075
Mountain Districts Association (MDA)	www.mountaindistrictsassociation.com.au secretary@mountaindistrictsassociation.com.au
Mountain District Football Club Meeting	Second Tuesday of the Month 6.30pm at the Mangrove Memorial Club
Probus - West Gosford	2nd Thu. Ph Elaine Burrows 0412988353
River Cares for the Lower Hawkesbury River District	President Marlee Maxwell Email rivercaresinc@gmail.com
Rotary Club Meeting	Friday 7.15am at Phillip House. 43404529
Rural Seniors Voices	3rd Thurs, 12pm, 13 Nurses Rd Central Mangrove, next to Dr Anand's practice.
Spencer Community Progress Group Inc	President Brad Maisey, Community Meetings, 0436482201, spencercpg2@gmail.com
Newsletter	Articles to: spencercpg2@gmail.com
Spencer Sheilas Community Social Club	Last Friday of the month. Eve Leeming - 4377 1116 and/or cedriceve@bigpond.com
Wisemans Ferry Community Men's Shed	Tues & Sat, 9am-5pm. Contact: Alan Hunt 4566 4626 or Adrian Acheson 0448 833 781

SPIRITUAL

Anglican Service - Mountain Districts	Every Sun 8am at Peats Ridge Scout Hall, Sunday School during school terms
Mangrove Mountain Union Church Trust	Committee Meeting 3rd Monday, 7.30pm at the Mangrove Mountain Union Church Hall
Mountain Districts Christian Church	Services 9.30am 2nd & 4th Sundays. Bible Study 4.30pm 1st & 3rd Mondays. Mangrove Mountain Union Church
Worship and Prayer St Barnabas Christian Service	1st Sat 4.30 to 5.30pm at MM Union Church 9.15am. on every 1st, 2nd & 3rd Sunday of the month. Yarramalong

(cont'd next page)

LIVESTOCK MARKET REPORT



Maitland Liveweight Cattle Sale

27th July 2026

740 cattle yarded this week at Maitland. 669 Trade/ 71 export.

- Restocker Heifers up to 250kg made 490 c/kg to 530 c/kg
- 250kg-300kg made 504 c/kg to 552 c/kg
- 300kg to 380kg made 511 c/kg to 546 c/kg
- Restocker steers up to 250kg made 547 c/kg to 638 c/kg
- 250kg-300kg made 551 c/kg to 606 c/kg
- 300kg-380kg made 556 c/kg to 600 c/kg
- Yearling Steers to Feed made 541 c/kg to 586 c/kg
- Yearling Heifers to Feed made 498 c/kg to 535 c/kg
- Cows made 363 c/kg to 406 c/kg
- Bulls 355 c/kg to 380 c/kg

Maitland Liveweight Cattle Sale

20th July 2026

500 cattle yarded this week at Maitland. 410 Trade/ 90 export.

- Restocker Heifers up to 250kg made 484 c/kg to 548 c/kg
- 250kg-300kg made 500 c/kg to 565 c/kg
- 300kg to 380kg made 499 c/kg to 560 c/kg
- Restocker steers up to 250kg made 552c/kg to 625 c/kg
- 250kg-300kg made 590 c/kg to 635 c/kg
- 300kg-380kg made 549 c/kg to 555 c/kg
- Yearling Steers to Feed made 505 c/kg to 555 c/kg
- Yearling Heifers to Feed made 514 c/kg to 556 c/kg
- Cows made 380 c/kg to 414 c/kg
- Bulls 337 c/kg to 350 c/kg

Maitland Liveweight Cattle Sale

13th July 2026

400 cattle yarded this week at Maitland. 320 Trade/ 80 export.

- Restocker Heifers up to 250kg made 482 c/kg to 530 c/kg
- 250kg-300kg made 472 c/kg to 545 c/kg
- 300kg to 380kg made 516 c/kg to 575 c/kg

Check before clearing native vegetation

Changes to the Australian Government's Environment Protection and Biodiversity Conservation Act 1999 (EPBC Act) commenced on 1 December 2025. The changes mean you should check if you need Australian Government approval before clearing vegetation in NSW.

You should check if approval is needed if:

- You are clearing native vegetation in NSW and it could have a significant impact on a 'protected matter' (also known as a Matter of National Environmental Significance).

- You are clearing vegetation that is 15 years or older (as the previous "continuation of use" exemption no longer applies unless continuing lawful land use from before 16 July 2000 as defined by the Australian Government)

More information at: <https://www.dcceew.gov.au/environment/epbc/advice/self-assessments>

- Restocker steers up to 250kg made 580c/kg to 655 c/kg
- 250kg-300kg made 527 c/kg to 645 c/kg
- 300kg-380kg made 567 c/kg to 645 c/kg
- Yearling Steers to Feed made 457 c/kg to 600 c/kg
- Yearling Heifers to Feed made 487 c/kg to 530 c/kg
- Cows made 386c/kg to 414c/kg
- Bulls 303 c/kg to 350 c/kg

A friendly reminder that we are often in the area seeing clients and looking at their livestock and if you would like us to call in be sure to give us a call.

Like and share our Facebook page!

Keep up to date with bowelidbury.com.au

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REGULAR ACTIVITIES & MEETINGS (cont'd)

Catholic Service - Central Mangrove

- Spencer
- Wollombi
- Yarramalong

Divine Retreat Centre

Serbian Orthodox

Kariong Community Baptist Church

Restitution Ministries
Independent SDA Church

YOUTH

Girl Guides - Kooree Guide Cabin
Mondays in school term

Scouts, Cubs & Venturers
Peats Ridge Scout Hall

HISTORICAL

Brisbane Waters Historical Society

Dharug & Lower Hawkesbury
Historical Society Inc.

First Fleeters Central Coast Chapter

The Pearl Beach Aboriginal History Group

Wyong District Museum &
Historical Society

ACTIVITY/HOBBY

Carnival Glass Club

Central Coast Junior Motorcycle Club Inc.

Coastal Communicators Toastmasters

Saturday Craft Group/Spining
and bobbin lace

Yarn group (knit, crochet etc)

HALL BOOKINGS

Kulnura Hall

Mangrove Mountain Hall

Mangrove Mountain Union Church & Hall

Somersby Hall and Mountain Districts
Culture and Heritage Centre

Wyong Creek Hall

Yarramalong school of Arts / Hall

Saturdays 5pm St. Dionysios Greek Orthodox
Church, 21 Nurses Rd, Central Mangrove,
Contact Nai Hereford 0405 558 669
Holy Trinity Church, 1st Sat 4pm, Phone 0412
201 851 as times may change.
2nd & 5th Sunday of the month, 4.30pm Mass
at St Michael the Archangel, Wollombi.
1st Sunday each month, 11.00am St. Barnabas
All welcome. Enq 0428 438577

Daily Holy Mass 8.00am to 8.30 am
Last Sun, 9am-4pm, One Day Retreat.
160 Hensons Road, Somersby Ph 0243721598

2nd & 4th Sun. of the month. 10 am, followed
by luncheon, tea, coffee, cakes (cost \$20).
1184 Peats Ridge Rd, Peats Ridge

Sundays @ 9.30am Church & Kid's
Program, Kariong Neighbourhood Centre,
10 Langford Drive, Kariong. Email: pastor@
kariongchurch.org; Web: kariongchurch.org
10am every Saturday, Mangrove Mountain
Union Church.

Junior Girl Guides 5-10, 5.00pm - 6.30pm,
Girl Guides 10-15, 6.00pm - 7.30pm
Contact 0417451764 for further information

Cubs meet 6.30pm - 8.30pm Wednesdays
Scouts meet 7.00pm - 9.00pm Tuesdays
Venturers meet 7.00pm - 9.00pm Mondays
Contact 0460 696 941

25-27 Henry Kendall St., West Gosford, Ph:
4325 2270. www.henrykendallcottage.org.au

Last Sat of month. All welcome, contact Jan
Kofron 0405321478 jankofron@optusnet.com.au

2nd Sat of the month, 10.00am for 10.30,
Point Clare Hall (except Jan & Dec). Contact
Margaret 0409467710 or Gavin 0406645842.

3rd Fri of month 7.30pm Pearl Beach. Peggy
0411754577 pbaboriginalhistory@gmail.com

Sun to Thurs, 10am-2pm, other times by appt.
43521886 or info@alisonhomestead.com.au.
website: www.alisonhomestead.com.au

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

Meeting dates: ccjuniormotorcycleclub.org.au,
FB: "Central Coast Junior Motorcycle Club
Official". David Smith 0412 506 503

1st & 3rd Thurs of month, 6:45pm to 8:45pm
at Doyalson-Wyee RSL. Debbie 0421216952

2nd Sat of the month Somersby Hall (10am to
2pm) cost \$5 per person Carmen 0434071305

Third Sun 2pm, Angels Sussurri Yarramalong.
Contact Kerry Watson 0404059167

Contact Central Coast Council.

Hall bookings Ryan Howard 0405416289

Church & Hall bookings 0412669649

mmucsecretary@outlook.com

Hall bookings: 0413 359 655
or AH 4373 1488

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Move After Eating

Did you know that you can decrease your blood glucose and insulin response to a meal just by activating the big muscles of your body?

When we eat, glucose enters our bloodstream. Glucose is what all our cells need for energy. If we don't need the energy insulin helps us store it for later use.

Insulin resistance and diabetes are chronic diseases that occur when this system is overloaded, or stops working completely. Blood glucose levels rise after a meal but if levels stay high it can cause damage to your blood vessels, and all your body organ systems that rely on blood flow (that's all of them!).

Moving your large muscles after a meal gives the glucose in your blood somewhere to go - they need that glucose to work. Aerobic exercise 10-20 minutes after a meal has been shown to decrease the size of a glucose spike (the rise in blood glucose after a meal) by up to 27%. And resistance exercise can be even more powerful - it can decrease your blood glucose spike by up to 30%, and amazingly also decreases the size of blood glucose spikes over the next day by up to 35%!

Takeaway: Go for a walk, or do some squats, calf raises, or lunges (weighted or just body weight) after a meal.

For more information you can talk to Merlene at Better Health Practices, Karing.

Merlene offers a health coaching service to work with you to implement healthier habits into your lifestyle.

FOR SALE

WATER LICENCE Kulnura Mangrove Mountain Ground water source 30 Megs, open to offers, call 0407761375

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Drawing on her own photography and a deep affection for the place, the talk weaves together geology, First Nations custodianship, flora, fauna and fire into a portrait of a landscape that is still, against considerable odds, speaking. The question, as always, is whether we are listening.

Saturday 8th August, 2.00pm start \$3.00 entry

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