MANGROVE MOUNTAIN AND DISTRICTS

COMMUNITY NEWS

In publication since 1976

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Union Church Sign Replaced

Locals may have noticed our lovely new Meeting Notice Sign on the roadside outside the Mangrove Mountain Union Church. We had a few compliments on it at the Country Fair.

Responding to an earlier article in the Community News about the hit and run demolition of our sign, a kindly lady, Karen Rochfort offered to foot the bill to replace it although having no affiliation with the Church. Karen's comment was as having been a member of the community for some time she wanted to give back. It certainly will help not having to claim on our insurance Thankyou Karen.

We also wish to thank another anonymous donor who slipped an envelope under the Church door which helped with the installation costs of the sign.

Ron Collins
President, MMUC Trust







MANGROVE MOUNTAIN UNION CHURCH 1914 TRUST INC.

AGM

16th Nov 2026
Committee Meeting at 7.00pm followed by the AGM at approx 7.45pm at the Church Hall

Committee Positions are open for nominations, email the Secretary on MMUCSecretary@outlook.com for nomination forms

The Trust looks after the property, managing the maintenance and improvements of the buildings and grounds and raises funds to support these activities.
The Trust manages the hire of the property to users.

Residents of the District are eligible to join the Trust and New Members are welcome

"We learn wisdom from failure much more than from success. We often discover what will do, by finding out what will not do"
Samuel Smiles

STOP !
Next issue Published
20th November 2026
**** DEADLINE ****
**** 13th November '26 ****
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Peats Ridge & Districts CWA

WOW, what an amazing Country Fair this year! It gets busier and busier every year, and this year didn't disappoint. We had a crew of 18 members and 3 husbands throughout the day, and we were definitely kept busy, right up until we sold the last scone. After several hundred cups of tea and coffee, around 570 scones dressed in jam and cream, and for the first time this year, pulled beef and gravy buns, of which 300 were also sold. A big thank you to Manildra Flour for their ongoing support of the CWA. Due to this support, we were able to donate all the scones sold on the day.

But before the fair began on Saturday, the hall was buzzing on Friday with all the exhibits, displays and entries from the vast array of categories, which are very well supported by the community. There is always room for more entries though, especially in the adult cooking. So come on and have a go at cooking something, and keep an eye out for next year's schedule, where you might notice a few tweaks.

The branch AGM was held on 19 October, with a great turnout of members. All positions were filled, with the addition of 2 new ones. We now have a dedicated Hospital Support Officer and a Social Issues Officer. We will be looking forward to updates from these positions on a regular basis. Our beautiful members Christine, Miranda and Margie have stepped down from holding position portfolios. They are now branch Vice Presidents, offering their many years of wisdom, knowledge and support to our new members as our new ladies discover the many levels of the organisation.

A special mention to Christine, who held the position of Treasurer for 22 years and Publicity Officer for 24 years. This has been an incredible feat and definitely needed to be mentioned. I don't know what the record is for the longest time in a position, but Chris must have come close. Chris, Miranda and Margie haven't retired; they are still working, and I'm sure they will have the whip out for us if needed.

Nine of our members attended the Group AGM on 22 October, which was held at the Central Coast Leagues Club. Three of our members are now supporting the Northumberland Group CWA in the positions of Cookery Officer, Handicraft Officer and Vice President.

Peats Ridge branch won the award for most increased membership. Two years in a row now! Next year's calendar is currently being put together, so please keep an eye out for it.

Our annual Christmas craft/cooking workshop is already booked out. Sorry to anyone who was interested in coming, but it will be back again next year. It has become a popular event on our annual calendar.

At our next meeting on 16 November, we will be hosting the junior cooking section of the CWA competition schedule. If your child enjoys cooking, please encourage them to enter. For the under 8 years, it is "melt and mix chocolate chip biscuits". For the under 12 years, it is Ginger Coconut Slice, and for the under 18 years, it is the Neapolitan Cake.

1st and 2nd place winners then cook again at Group level, which is the whole of the Central Coast. If you place 1st at Group level, you are then eligible to enter the State competition. It all begins at branch level. We would love to see your child's cookery entered at the next meeting.

Next meeting: 16 November, Kulnura Memorial Hall. Doors open from 9.30am. Bring your craft or just have a cuppa and make a new friend. There might even be a scone or two. You're welcome to stay for the meeting starting at 1pm.

President of branch
Donna Hobday
Email: cwaofnswpeatsridge@gmail.com
www.peatsridgecwa.org.au
Country Women's Association



The committee members of the Country Women's Association Peats Ridge Branch

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JUMP TRAINING

Did you know that you need to exert 4x your body weight through your bones to increase bone strength? Whilst all exercise has benefits for our bones, muscles, brain etc, if you are looking to maximise bone strength you need to jump!

- Walking = 1.5x body weight
- Running = 2.5x body weight
- Jumping (off 20cm rise) = 4x body weight.

If you can't jump due to joint pain or injury try this hack - stand on your tippy toes (hanging onto a wall or support for balance if needed) and drop your heels down as hard as you can. Repeat 10x. You only need to jump train a couple of times a week.

Who would have thought that playing hopscotch when we were kids was one of the best things we could do for our bodies?

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

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

43405154
Better Health Practices

Farm Invasions pose a Bird Flu Risk

Recent incursions on to farms by persons taking photos or attempting to remove poultry and livestock creates a biosecurity risk.

With the arrival of H5N1 bird flu there is an extreme danger to livestock and native birds and animals.

No matter how well intentioned, these incursions can have the reverse result, creating greater danger for livestock

Mangrove Mountain Men's Shed Fortnightly Social Catchup

The Mangrove Mountain Men's Shed meets fortnightly for a social catchup at the Peats Ridge Café.

Come along for a cuppa and a yarn with a few other blokes for however long you'd like. No RSVP necessary. See you there.

Coming dates:

►November 3rd & 17th
►December 1st & 15th
From 10.30am

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Recollections from Past Community News Issues

Some extracts from early issues of the Community News

Issue #32, October 1979

CHANGES TO BUSHFIRE BRIGADE AREAS

Following public meetings at Mooney Mooney and Peats Ridge, changes have been made to certain Mountain bushfire brigade areas which will result in improved coverage and better use of available equipment.

The old Calga/Mt. White area has been split up.

Mt. White now joins with Mooney Mooney, and Calga and Peats Ridge amalgamate to form a new brigade. These changes were made with the unanimous approval of the meetings.

Barry Leverton was elected captain of the new Calga/Peats Ridge brigade, with Stephen Barany, Ian Gibson, Peter Fitzsimons, John Hirsch, John Fripp and Frank Janvrin as deputy captains.

Peats Ridge will now have the benefit of a fully equipped bushfire tender. The inaugural meeting of the brigade will be held on the 11th October in the Peats Ridge hall, commencing 7.30 p.m. Training sessions will be arranged.

Until another vehicle can be provided for the protection of Mount White and Wendorie Park, Mount White firefighters will continue to have access to the Calga/Peats Ridge tender, which is stationed at Calga.

Sam Wakefield
Deputy Group Captain

SPORTS CARNIVAL

Several children participated in the finals of the Central Coast Athletics Carnival for Primary School pupils. This was the third and last district step towards competing at the Region Athletic Carnival at North Sydney.

Wendy Woods of Central Mangrove finished second in her 8 year old age race with Andrew Smith, also from Central Mangrove coming third in the 800 metres. (junior).

Natalie Medlicott from Somersby Public School ran second in the senior 800 meters and Adrian Fripp from Peats Ridge was third in his age race. Congratulations to all and well run.

Issue #8, May 1977

A BACKWARD GLANCE

by Max Houston

This year the Mangrove Mountain Hall is 50 years old.

Fifty years - for some a lifetime or at least a generation or two. If you can remember the happenings of 50 years you have a good memory and you are of the age to command respect, or in this insane society of ours in 1977 is it derision that is the reward of the elderly? Wisdom we are told comes with age - but then most politicians are over 50 so where does that leave us?

1927 - Roaring Twenties, gay times, lively parties, small wages, small profits, small costs, hard work, few labour saving devices – happy people?

The Great War come and gone, the Revolution over but ongoing, the Great Depression in the future.

Increasing scientific development, fast cars, fast ships across the Atlantic, daring exploits of the new breed of aviators. Kingsford Smith flew round Australia in ten days, Lindburgh flew single handed across the Atlantic. The hey-day of Henry's T Ford and of Henry Royce's "New Phantom".

Phil Garlick and his supercharged Alvis won almost every race at Sydney's new Maroubra Speedway before he died in a spectacular crash and the speedway closed soon after.

The Pacific Highway was nearing completion on the northern side of the Hawkesbury, as massive a feat of civil engineering for the day as is the present fifteen miles of Tollway that replaces it and to which we don't give a moments thought as we pass over it

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in as many minutes.
That old road with its multitude of bends has a lesser gradient than the present road and was made without the advantages of the giant bulldozer, scraper and dump truck. It was all done with explosives, picks and shovels horses and drays, wheel barrows and hard work - lots of hard physical labour.
My father worked on that road and as kids we knew one particular section as "Dad's, cutting", it's still there but the side has been cut out of it now.
He used to climb down the mountain side in the dark, row a boat across the river to visit his lady love in Sydney.
I've got the wedding photo somewhere, bridal gown short to the knee with a long flowing train and a huge bouquet. Tight fitting skull cap type headress held a long veil. Times have changed, so have fashions, I suppose people have too.
Even Mangrove Mountain Hall has changed. First it was extended at the front, then later the supper room and kitchen were added. The toilets haven't changed. If we don't get new ones this year they probably won't last another.
The plans have been drawn and the job costed, the project now awaits council approval - another 50 years?
The population has moved with the years. The people who lived along Mangrove Creek are gone and so are their homes, the road has been re-routed, the creek has changed its course.
We now have a man-made lagoon with a weir and a pumping station. The roads are overgrown, the film characters and the cameras have come and gone with their clap-boards, grease paint and make believe. The old ruined house is all that remains of fifty or a hundred ears of history.
Very little has been recorded of the history of this area, one of the older settled areas of Australia dating back the 1830's or so. Timber shingles, lime, crops, livestock were the livelihood of the early settlers, boats up and down the creek, no roads, Aboriginals, bushrangers, convict stockade at Mooney Creek, drunken police, illicit rum peddlers, horse drawn vehicles and farm implements were all part and parcel of life in this area in the early days.
Interest in our past is already being generated by the Hall's Jubilee celebrations. Over fifty letters have been sent to people who lived here in the past asking for their co-operation and participation in the recollection of memories, anecdotes, photos or anything of interest from the past.
We will invite them to meet together to reminisce, meet old friends and tell us of the past life on the mountain. Items of interest from the past are requested for loan and display, tools photos, utensils, implements etc. from the years prior to the Second World War.
Will the Mangrove Mountain and district's historians please step forward – pen in hand?

Issue #80, March 1984

BUCKETTY NEWS
A dreadful storm hit the "Bucketty 1" area on Tuesday night, the 7th February. There was a great deal of damage, especially for the Noble family who lost their house. Luckily no one was hurt in the storm, although the devastation of the bush and farms was unbelievable.
The community rallied to help those who were worst affected, and made the cleaning up a little less daunting.

ICE SKATING
The next trip is Friday, 6th April, leaving Kulnura School at 5.15 and Central Mangrove at 5.30 p.m.
Inclusive cost is $8.00 for skaters under 16 and $9.00 for 16 and over. Funds raised go to the Koree Girl Guide Cabin Building Fund.
It is a great night for young people. Parents are welcome for just the bus ride cost. Phone 76 1218 for bookings.

More from past issues of the Community News in the next issue.

Countdown:
2 more issues to #1000.

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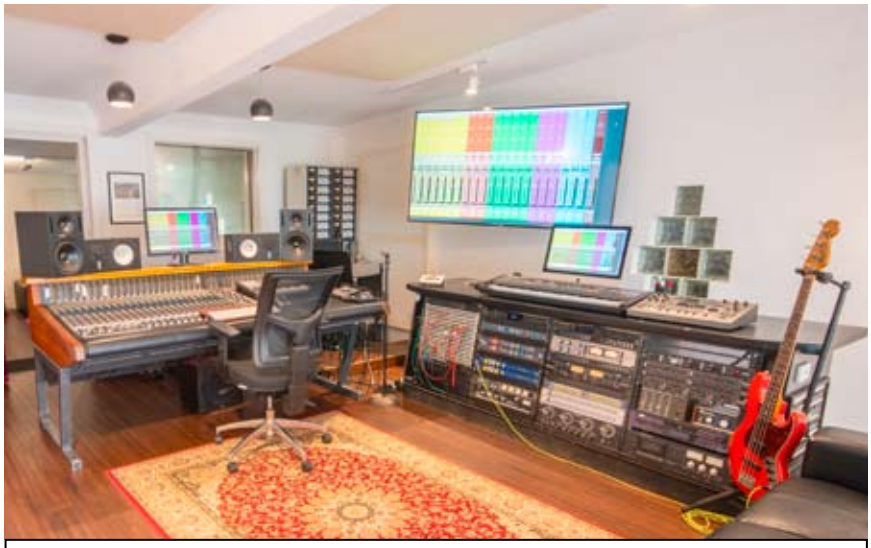
Open Day November 14

The Grove Studios Academy through its partnership with the University of Canberra (UC) will deliver a new Bachelor of Creative Industries (Contemporary Music Practice), giving students a direct pathway from the studio floor to a university degree.

The three-year degree will be delivered at The Grove Studio's Central Coast campus – Australia's industry-leading recording facility – and combines hands-on training in music production, music technology, songwriting, live sound and performance with the full breadth of a UC qualification.

The Grove Studios is recognised as one of Australia's most iconic recording studios, with a client list that includes some of the country's biggest music acts including Silverchair, Vera Blue, Birds of Tokyo, Ocean Alley, DMAs and Julia Jacklin.

The partnership between The Grove Studios Academy and UC marks an important step in UC's approach to working with specialist education and industry partners, drawing on the unique expertise and facilities that The Grove Studio Academy offers, and creating new opportunities in music education. It reflects a shared commitment from both organisations to ensure a bright future for Australia's creative industries, at a time when access to industry-level training and formal qualifications can prove complex to combine.



One of the studios at The Grove

Scott Horscroft, CEO of The Grove Studios Academy, A&R, Producer & Studio Engineer for artists including Silverchair, DMA'S, The Presets, Empire of the Sun and Birds of Tokyo, said the partnership marks a significant step forward for music education in the region.

"We are very excited about the future of our partnership between The Grove Studios Academy and the University of Canberra," Horscroft said. "It's about building a genuine pathway for students in our region to move from the classroom into the industry — developing real creative and entrepreneurial skills while learning in the same studio facility, The Grove Studios, where professional, groundbreaking records have been made for over 25 years. Together, we're building something that hasn't existed here before, and I think it's going to change what's possible for musicians and producers coming up across the Central Coast, Hunter, Sydney and

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Greater NSW region."

Professor Julian Knowles, Executive Dean of UC's Faculty of Arts and Design, said the agreement represented an exciting new model for collaboration and gives students greater career flexibility.

"Combining studio experience with higher education will equip students to take on roles across the wider creative arts industries backed by the skills to be artists and producers, and UC's research and scholarship," he said.

Professor the Honourable Bill Shorten, Vice-Chancellor and President of UC said that the partnership aligns with the University's wider strategy of partnering with industry to strengthen its course offerings and meeting the needs of students.

"This partnership will deliver a new and unique pathway into the music industry for aspiring artists and directly reflects the University's ambition to ensure that our students are ready to enter the workforce and make their mark in the places they aspire to work in," he said.

The Bachelor of Creative Industries (Contemporary Music Practice) at The Grove Studios Academy will be offered from Semester One 2027, with more information available here and an Open Day to be held on November 14.

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November session will be our last session for 2026.
Sessions will resume on February 25, 2027.

SESSIONS HELD 4TH THURSDAY OF THE MONTH AT
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UPCOMING CATTLE AUCTIONS

Maitland Regional Saleyards
- Weekly Monday Liveweight Cattle Sales 9am, followed by Calves, Pigs & Sheep from 12 noon. (No sale on public holiday)
- Monthly Store Cattle Sales - Saturday November 21st 11am

Gloucester Saleyards
- Fortnightly Thursday Store Cattle Sales - November 5th, 19th- 11am

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LOCAL LAND SERVICES DEMONSTRATION FARM OPEN DAY

- When: 20 November 2026, 9:00am - 3:30pm
- Where: 23 Bensons Lane, Richmond Lowlands 2753
- Cost: Free

Come along to explore the Greater Sydney Demonstration Farm. Meet our staff, chat with experts and explore the projects making a difference on the ground.

Join Greater Sydney Local Land Services for a unique opportunity to explore our Demonstration Farm,

Whether you're a producer, landholder, industry professional, student, or simply interested in agriculture and the environment, this event offers a behind-the-scenes look at the work being done to support productive farms, healthy landscapes and resilient communities.

Enjoy a range of demonstrations, displays, presentations and guided tours covering:

- agricultural technology and innovation
- horticulture and sustainable production
- invasive species management
- emergency preparedness and resilience
- natural resource management
- First Nations land management practices
- erosion and sediment control demonstrations at our dedicated erosion control facility.

You'll also have the chance to meet a range of organisations and industry partners, including:

- Turf NSW
- Applied Horticulture Research (AHR)
- Soil Wealth project
- International Erosion Control Association
- NSW Department of Primary Industries and Regional Development
- Researchers and agricultural specialists
- Service providers, equipment suppliers and resellers.

Learn about the latest technology, hear about current research and pick up practical ideas you can apply on your own property.

The day will feature interactive displays and hands-on activities, with plenty of opportunities to ask questions, share experiences and network with others involved in agriculture and land management.

See the full program at: ***https://www.nsw.gov.au/departments-and-agencies/local-land-services/events/local-land-services-demonstration-farm-open-day***

Additional details:

Suitable for people aged 12 years and over.

Please wear enclosed footwear suitable for outdoor activities and uneven ground.

Bring a hat, sunscreen and weather-appropriate clothing.

Registration is essential for all attendees.

A sausage style brunch/lunch will be available for purchase.

The open day will be held at the Greater Sydney Demonstration Farm. Due to limited parking at the farm, please park at Owen Earle Oval, 23 Bensons Lane, Richmond Lowlands.

A free shuttle will run continuously between the oval and the farm. Staff will be on hand to direct you when you arrive.

Contact:

Maree Whelan - maree.whelan@lls.nsw.gov.au

Gareth Hough - gareth.hough@lls.nsw.gov.au



The Push-Up Challenge's 2027 Student Ambassador program

Australia's largest mental health and fitness event, The Push-Up Challenge, is calling on students passionate about leadership and mental health to apply for its 2027 Student Ambassador program.

Student Ambassadors will lead their school friends, teachers and school community in The Push-Up Challenge by cheering them on to get active, have fun and learn about mental health.

Students completing Year 10, 11 and Year 12 in 2027 anywhere in Australia

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can apply to be a Student Ambassador and make a difference to the mental health of their school community.

Mental Health Promotion Manager at The Push for Better Foundation, Amberlee Nicholas, says the Student Ambassador Program empowers young people to create positive change in their school communities: "Some of our most passionate and inspiring participants are students. Through the Student Ambassador Program, young people can build leadership skills, bring their peers together, spark conversations about mental health, and help create a positive and supportive culture at school."

Ambassadors benefit by developing skills to have conversations about mental health with confidence, learning more about mental wellbeing, and bringing their school community together to push for a good cause.

The free program, funded by The Push for Better Foundation, offers successful applicants Mental Health Awareness training developed by a clinical psychologist, practical strategies to boost their own mental fitness, exclusive merchandise, workshops and event resources to support mental health education at their school.

"Student Ambassadors who bring The Push-Up Challenge to their school help put mental health on the agenda, encouraging their peers to be proactive in caring for their wellbeing, reducing stigma and supporting those who may be experiencing difficulties to seek help," added Nicholas.

"Last year we had over 600 Student Ambassadors from 300 schools lead thousands of students around the country in completing millions of push-ups. By instilling positive mental health attitudes and behaviours early in life, we can make a lasting difference to the mental health of young Australians," she concluded.

This year, 230,000 Australians took part in The Push-Up Challenge, collectively completing a staggering 334 million push-ups in 23 days and raising over $13.3 million for mental health charities Lifeline, headspace and The Push For Better Foundation. In 2027 The Push-Up Challenge will take place in June and see participants complete a set number of push-ups across three weeks to raise awareness and funds for mental health charities.

To learn more about The Push-Up Challenge's 2027 Student Ambassador program and apply to take part, visit thepushupchallenge.com.au.

"*Romina Favero, PR Director*
The Push-Up Challenge



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HAPPY HOUR 4-6pm

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THURSDAY
POKER 630pm Steak night
MEMBERS BADGE DRAW 730pm

FRIDAY
HAPPY HOUR 4-6pm,
COCKTAIL HOUR 6-7pm
MEAT RAFFLE drawn at 730pm
Chef's specials from 5.30pm

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POOL COMP from 630pm.
Entry fee $5

SUNDAY
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What a day! The 2026 Mangrove Mountain & Districts Country Fair

What a terrific day! The Mangrove Mountain & Districts Country Fair Committee is proud to describe the 2026 Fair as a "tremendous success that has set new records". We hope you had a chance to come along and enjoyed your day.

Before we get to the highlights of this years Fair the Committee want, first and foremost, to recognise that the success of the day would not be possible without this year's sponsors and all the volunteers.

This year we were very fortunate and thankful to have had the significant financial and in-kind support of:

- **Central Coast Freemasons**
- **Andreasens Green**
- **Bendigo Bank**
- **Boral Peats Ridge Quarry**
- **East Coast Beverages**
- **Heidelberg Materials**
- **Michael Kidd Property**
- **Workforce Road Services**

Many of these businesses and groups have supported the running of the Fair through many years, and it is without any word of exaggeration to say that without our sponsors the running of our Fair would not be possible, especially in light of the annually increasing fixed costs.

Thank you! In the year ahead when you shop and bank please keep in mind all of our incredible sponsors.

The Committee are also very grateful to Local Land Services, and Central Coast Council. The feedback from so many fair-goers regarding the opportunity to discuss issues local issues and community needs has been very positive. The Committee is pleased to report that we can expect the return presence of these two groups next year.

Our volunteers; so much goes on behind the scenes to make the Fair a success. All throughout the year and especially the days and weeks before the day, during the Fair itself, and the days that follow many, many members of our community step up and just quietly get on with what needs doing. Baking and making, hammering (and then removing) something like a zillion star-posts and stringing a light-year of barrier tape, erecting gazebos, building the main stage and animal pens, sharing their cool cars and bikes and vintage equipment, painting faces, curating and judging the entries in The Hall, and carting and carrying and cutting and cooking and keeping a smile while they do so. Our volunteers don't ask for recognition, and don't stop when the last family leaves at the end of the day of the Fair. The Committee want to especially recognise the staff and parents from Wyong Creek Public School who, for the first time this year,



View from above of part of the Fair with the new series fire truck on display

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Bob Pankhurst and his performing pony, Araluen

came along to volunteer their time to make the day happen. We get to live in the community we help to build, and all our volunteers help to build this annual event that is such an important and unique part of what makes our community special. Thank you!

The Country Fair perhaps wouldn't be a country fair without the animals that provide such joy and interest, especially to the children. This year we are again very grateful to all the animal owners who made the effort to bring along their precious wards. Hopefully next year we will again also be able to enjoy cheering on our chosen turbo-chook in the Chicken Race. Until then; masks up.

The 2026 Country Fair saw between 5,500 and 6,000 attendees on the day which is an increase on last year's record breaking attendance figure.

Despite the increased numbers traffic control and parking ran even smoother thanks to improved traffic control signage and the staff from (our sponsor) Workforce Road Services. There will always be slight traffic snarls given the volume of vehicles in and out, but all went without any major delays; thank you for your patience.

As might be expected, with the increased numbers enjoying all that the Country Fair offers the takings on the day were up around 10% year-over-year. All the funds raised comes back to our community by way of grants administered by the Fair Committee. As Lorraine Wilson in opening the Fair stated so very aptly; "there is not much across our community that hasn't in some way benefitted from financial support from this Fair during its over 60 years of running". We look forward to being able to provide more details of all the ways that these grants have this year helped our community, once available.

The Fair Committee puts a huge focus on learning each year and continuing to improve the running of the day and everything offered to visitors. This year we made a big effort to improve the layout to make things easier for all attendees, and were able to widen the range of foods offered while keeping a sharp eye on keeping everything affordable.

The Country Fair is really about showcasing our region and all the ways we are unique. Anyone with ideas on how to make future Country Fairs even better are invited to attend future Committee meetings; we'd love to hear from you.

On the Main Stage kicking things off we were very privileged to have Central Coast Council Mayor John McNamara officially opening the day.

Mayor McNamara re-arranged his schedule to make time not only to kick off the fun, but also to hear from locals regarding facilities and amenities needed by the community. Lastly and certainly not least; thank you very much to all our performers who sang and danced and kept everyone entertained throughout the day. Thank you Mayor and all you talented performers!

So that for now is a wrap while we take a breath and enjoy a little slice of well earned rest, before all our volunteers and the Committee start planning for the 2027 Mangrove Mountain & Districts Country Fair.

Sometimes it seems that things will never end, and as far as our own Country Fair is concerned, we hope it never does.

Thank you.

Simon Perry
On behalf of the Mangrove Mountain & Districts Country Fair Committee

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ARTS NEWS

The Wollombi Valley Arts Council encourages and fosters all kinds of artistic and cultural expression within the Wollombi Valley in order to support and promote artists and our community.

Please visit our website www.wollombi.org

What's on at the Old Fireshed Gallery

Jodie Usher - 'A Celebration of Australian Birdlife'

30 October - 8 November

Open Thursday - Sunday 10am - 4pm

Jodie would like to warmly welcome you to her 3rd solo exhibition in the Old Fireshed Gallery.

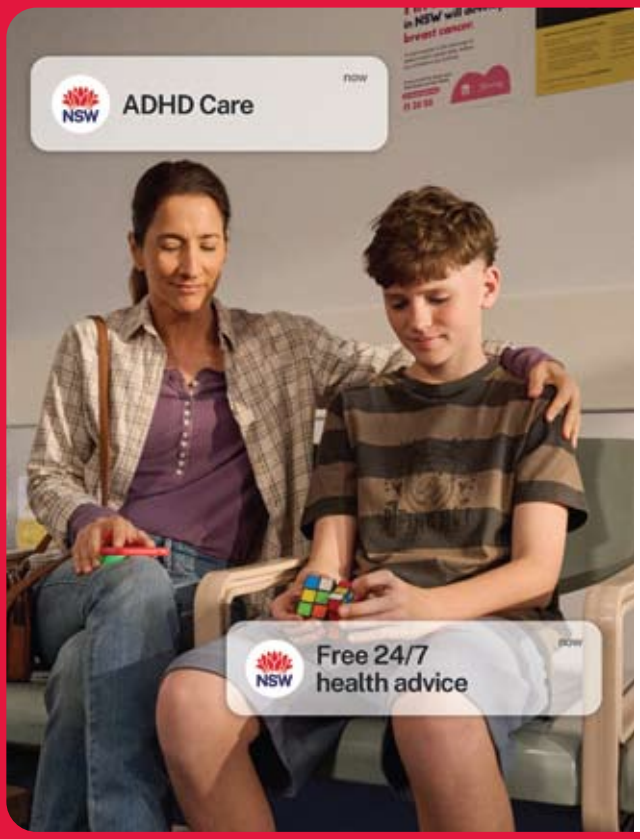
She has been continuing her exploration of oil on linen to represent our beautiful local native birds and has many new pieces both on linen and canvas to share with you, as well as selected drawings, calendars and limited edition prints.

Wollombi Valley Arts Council Inc
c/o General Store, Wollombi 2325
Email: artscouncil@wollombi.org
Web: www.wollombi.org
F/B: https://www.facebook.com/artscouncilwollombi





Jodie Usher, oil on linen and canvas:
Above - Eastern Rosellas
Right - Superb Wren



We know things are tough right now, but the NSW Government is helping with everyday health expenses.

Health

- NSW GPs with additional training can now prescribe and manage ADHD medication for people aged 6 years and over.
- Free 24/7 health advice from a registered nurse.
- For urgent but not life-threatening illnesses or injuries, you may be able to access urgent care. Some services offer extended hours, no out-of-pocket costs for eligible patients, or booking options.

There's help with everyday expenses, **visit nsw.gov.au**

NSW GOVERNMENT

Kulnura - 12 Greta Road, Kulnura

Set in the breathtaking Central Coast highlands, this 50-acre property offers the perfect blend of lifestyle, privacy and opportunity. With approximately 15 acres cleared and the remainder backing onto untouched bushland and state forest, it provides a serene escape surrounded by nature's beauty. Sweeping valley views stretch across the horizon, creating a truly picturesque backdrop for everyday living.

The property features a well-appointed two-bedroom home, ideal as a comfortable family residence or managers' quarters. Inside, the country-style kitchen is equipped with a gas cooktop, electric oven, and dishwasher, while the adjoining dining area and separate lounge with a cozy fireplace offer inviting spaces to unwind. Both bedrooms include built-in wardrobes and ceiling fans, ensuring comfort all year round.

2 1 5 50 ac



Lemon Tree - 1780 Dooralong Road

Tucked away at the very end of the Dooralong Valley at Lemon Tree within an exclusive and private estate, this elevated dual-occupancy holding spans approximately 36 acres and delivers a rare combination of architectural elegance, rural charm and exceptional lifestyle versatility. Backing directly onto state forest and surrounded by nature, the sense of privacy and seclusion here is truly unmatched, all while being approximately one hour from Hornsby, offering a rare balance of seclusion and city accessibility.

Set proudly on this premium parcel are two completely separate newly built residences, thoughtfully positioned to ensure privacy while offering flexibility for extended family living, guests or additional income potential.

7 3 10 1 1 36 ac



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FUTURES PAST: Turning the Rubbish of Today into the Artefacts of Tomorrow

Street art, pop culture and recycled materials collide in a bold new solo exhibition by Central Coast artist ColdGhost at FunHaus Factory's Basement Gallery.

This November, the underground walls of FunHaus Factory's Basement Gallery in Gosford will come alive with robots, retro-futurism, consumer critique and creative rebellion as Central Coast artist Brendan Walsh (ColdGhost) unveils his new solo exhibition, Futures Past.

Launching on Wednesday 4 November from 5:30pm, the exhibition features more than 70 new paintings and sculptures spread across two gallery spaces, with every work created entirely from salvaged materials collected from Central Coast streets, landfill piles, discarded technology, plastic toys and other overlooked objects destined for waste.

Part pop art, part environmental statement, Futures Past transforms society's discarded excess into vibrant contemporary artworks. "Reinterpreting the world through



waste isn't just recycling, it's an act of defiance against the planned obsolescence encouraged by modern consumer culture," says Walsh. "The

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Wayne Hunter - 0431 761 338
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works explore technology and the future, yet they're built from the discarded remnants of yesterday. I love that contradiction. It's irreverent, playful and hopefully makes people look at both art and waste differently."

A full-time artist working from his studio in Long Jetty, Walsh has built a reputation for his distinctive blend of urban pop expressionism, graffiti aesthetics and mixed-media assemblage. His colourful works layer spray paint, collage, found materials, stencils and sculptural elements to create richly textured pieces inspired by street culture, technology, nostalgia and consumerism.

The exhibition's title, Futures Past, reflects the tension between innovation and obsolescence. Retro-futuristic robots stand alongside pop culture references and reclaimed household objects, inviting viewers to consider what society values, consumes and throws away.

FunHaus Factory Creative Director Glitta Supernova says the Basement Gallery was created to showcase artists and ideas that sit outside traditional gallery expectations. "We created the space for work that is often overlooked, unconventional or challenging. Futures Past is exactly the kind of exhibition that excites us. It's thoughtful, socially conscious and asks audiences to rethink value, culture and what we consider art."

As the boundaries between "high art" and "low art" continue to blur, Futures Past offers collectors, street art enthusiasts and curious audiences the chance to experience a body of work that is both socially conscious and visually engaging.

Registered visitors attending the launch will receive a complimentary glass of bubbles on arrival, meet the artist and be among the first to experience the exhibition before settling in for dinner and drinks at FunHaus Factory.

Glitta Supernova
FunHaus Factory

HALF OF COAST WOMEN OVERDUE FOR BREAST SCREEN

More than half of women on the Central Coast are overdue for a life-saving screen for breast cancer.

Health Department figures reveal 51.4 per cent of eligible women aged 50 to 74 years on the Central Coast are now overdue for a breast screen.

October was designated as Breast Cancer Awareness Month and Member for Gosford Liesl Tesch is urging women who are due for their breast screen to make a booking.

"My beautiful mum passed from breast cancer so this issue is very dear to my heart," Ms Tesch said. "I urge all eligible women to please take advantage of this free service and get tested.

"I can't stress how important early detection is; it may save your life and make a huge difference for your loved ones too."

For women aged 50-74, a breast screen every two years is the best way to detect breast cancer early, before it can be seen or felt."

A recent survey of more than 25,000 BreastScreen NSW clients found the overwhelming majority of women had a positive experience with the care and comfort received, rating their overall experience, from initial contact to receiving their results, as either good or very good.

The BreastScreen NSW "Be A Friend, Tell A Friend" campaign is also encouraging the community to have more conversations about the importance of regular screening, so more women across NSW book this potentially lifesaving appointment.

Breast cancer accounts for 28 per cent of all new cancer diagnosis in women in NSW and 15 per cent of the deaths of women from cancer. Breast cancer is the most common cancer in women and causes the second most deaths in women across NSW. Age and being female are the biggest risk factors, not a family history of breast cancer.

Office of Liesel Tesch MP
Member for Gosford

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‘Shape up for summer’

Pilates on the Mountain is now 2 1/2 years old.

I have loved teaching Pilates mat to a group of lovely committed locals. We work hard but we also have quite a few laughs too!

Everyone has experienced benefits in their bodies in the way of increased strength, flexibility and mobility. One of the students reported that without doing Pilates regularly they would be ‘ all crunched up and hurting’.

What ever your situation or body type Pilates can greatly benefit you.

Summer and Christmas is fast approaching now is a good time to make a start and get some ‘planks in the bank’ before all the excess starts!

We have a NEW timetable with a slower paced beginners class on Tuesday at 11am along with our intermediate class on Thursday 11am. Everyone is welcome to attend both or either class.

I also have a new fully equipped pilates studio including a reformer for one on one sessions. Please call for more info and to enquire about private sessions or just rock up to a class.

WHERE: Mangrove Mountain Union Church Hall, 2154 Wisemans Ferry Rd, Mangrove Mountain

WHEN: Tuesday and Thursday 11am

HOW MUCH: $20

CONTACT: Melanie 0405 453 374

WHAT TO BRING: Yourself





Rural Seniors Voices

Meets 3rd Thursday of the month, 12pm

13 Nurses Rd Central Mangrove, in the hall next to Dr Anand’s practice. Bring light lunch for yourself or to share. Tea/Coffee provided

Aim: To help seniors remain in Community safely for all of life



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INTRODUCING ROSA

For all you Community News readers out there I would like to introduce you to ROSA .

Who is Rosa ? You may have seen her on the road on an occasion in the local region,

Rosa is a 15 seater bus, she resides in Bucketty, and she is offering a service, for a reasonable fee, to groups of friends, families or community organisations that require transportation for any occasion, function or event.

If a group need to get together, get somewhere for some reason, they can now be picked up, dropped off and don't have to worry about who's going to do the driving.

To date, Rosa has taken various groups to:

- AC/DC concert, Footy Games,
- Brewery Tours, Hunter Valley Wine tours, School Children to the S.L.S.A.,
- Hens nights, Markets and Air Port drop offs.

Rosa is a registered commuter bus that can accommodate up to 15 passengers.

She is fitted with a wheelchair loading device which means 4 wheelchairs can be included in the 15 positions.

Rosa's driver Roger, AKA, Old Man Bucketty, is the driver & runs OMB Brewery Tours.

Tours include, the Northern Beaches Brewery group (6 locations), the Inner West Breweries, the Hunter Valley Vineyards and Central Coast Breweries.



You choose your destinations and Rosa & Roger will take you there and return.

Rosa is essentially a Bus & Driver For Hire.

Here is an offer you may like to book:

On Sunday, 1st November:

Depart Letter A 9am, Mangrove Mt Memorial Club 10am, Peats Ridge 10:45 am, and head down south to Brookvale for the OMB brewery tour experience, arriving at Bucketty's Brewery for a bite to eat and a "Free Beer", then go and visit the other breweries, 5 to choose from, all within easy walking distances of each other, then at 4 pm, heading to "Chalky's " in their "Valentine's Room " for a live music "Open mic" Musicians Blues Jam experience, WOW !!! then at 7:30 pm back on the bus for the return trip home.

Normally single day trip down & return $120 per person, but for this first time tour trip only $95 per person. ……..You need to book !!!!

Only 15 seats available, call Roger 0417 449355 for details.



So if you are making plans for something that may require transport then please contact Roger on 0417 449355 or email artofballoons@bigpond.com for a quote and let OMB solve your transportation concerns.

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Supporting the next generation of environmental professionals

Central Coast Council is encouraging recent and soon-to-be environmental science university graduates to take the next step in their careers through its Water and Sewer 2027 Environmental Science Graduate Program.

The program provides hands-on experience across Council's Water and Sewer environmental functions, including ecology fieldwork, environmental assessment, laboratory analysis, incident management, systems, licencing regulation and project delivery.

Central Coast Mayor, John McNamara said supporting emerging professionals to begin their careers locally had benefits for the wider Central Coast community.

"The Environmental Science Graduate Program is an opportunity for graduates to start meaningful careers here on the Central Coast, while developing the next generation of professionals who can contribute to our community and its future," Mayor McNamara said.

Council Acting Director Water and Sewer Stephen Legge said he was pleased to see the successful program returning for another year.

"This program has a strong track record of delivering benefits for both the graduates involved and Council operations," Mr Legge said.

"We've seen graduates develop their knowledge and confidence through practical, hands-on experience, while making valuable contributions across our Water and Sewer environmental functions."



Applications for the 2027 Water and Sewer Environmental Science Graduate Program will be accepted until 9 November 2026.

To learn more and apply, search 'graduate opportunities' at CentralCoast.nsw.gov.au

Central Coast Council Media Release

MAREMMA GUARDIAN DOGS

According to the Australian Bureau of Agricultural and Resource Economics and Sciences (ABARES), pest animals such as wild dogs, feral pigs and foxes cost farmers almost $1 billion a year in livestock deaths and infrastructure damage.



Maremmano-Abruzzese sheepdogs, better known as Maremmas and named after the Italian regions they hail from, are guardian dogs bred to protect livestock. They are being considered by many Australian farmers in the fight against feral animals, with some reporting a high success rate of Maremmas protecting livestock.

While alpacas and donkeys are also used as guardian animals, recent research suggests more people could introduce Maremmas as a solution for predators.

Please contact a Local Land Services biosecurity officer on 1300 795 299 for further advice on pest animal management.

Greater Sydney LLS

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POTOROOS PERSISTING ON THE CENTRAL COAST

A year-long camera survey has confirmed that long-nosed potoroos are continuing to persist across the Mangrove Creek Dam catchment, with 24 camera locations recording potoroos during the survey. What great news for one of Central Coast's threatened native species!

The survey captured more than 108,000 images across 55 vertebrate species, including several other threatened species such as the eastern pygmy possum and gang-gang cockatoo. Two spotted-tailed quolls were also detected.

Local Land Services Team Leader Invasive Species and Plant Health, Gareth Cleal, said the results reinforced the value of long-term, coordinated pest control across the catchment. Local Land Services and Central



Coast Council have worked together for many years, delivering autumn and spring baiting programs across the catchment.

"We've also had a landholder in the nearby Ourimbah Valley, where a fox baiting program has been running for many years, capture footage of a spotted-tailed quoll on his property recently – the first sighting there in a very long time. It's a great reminder of what sustained baiting programs can achieve for our native wildlife."

These findings show how sustained pest management can help protect vulnerable native wildlife and support healthy ecosystems across the Central Coast.

If you would like pest animal advice, please don't hesitate to reach out to your Local Land Services biosecurity officer on 1300 795 299.

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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@lowerhunterrfs.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.calgamtwhite@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	First Tuesday each month 7.00PM MMMC
Coastlink Friendship Group	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 Kariong. 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. 7.00pm, 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 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, hall 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	1st Sat 4.30 to 5.30pm at MM Union Church
St Barnabas Christian Service	9.15am. on every 1st, 2nd & 3rd Sunday of the month. Yarramalong

(cont'd next page)

LIVESTOCK MARKET REPORT



Maitland Liveweight Cattle Sale 26th October 2026

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

- Restocker Heifers up to 250kg made 518 c/kg to 570 c/kg
- 250kg-300kg made 515 c/kg to 565 c/kg
- 300kg to 380kg made 510 c/kg to 535 c/kg
-
- Restocker steers up to 250kg made 590 c/kg to 675 c/kg
- 250kg-300kg made 623 c/kg to 672 c/kg
- 300kg-380kg made 540 c/kg to 648 c/kg
- Yearling Steers to Feed made 487 c/kg to 550 c/kg
- Yearling Heifers to Feed made 475 c/kg to 520 c/kg
- Cows made 396 c/kg to 420 c/kg
- Bulls 362 c/kg to 400 c/kg

Maitland Liveweight Cattle Sale 19th October 2026

350 cattle yarded this week at Maitland. 280 Trade/ 70 export.

- Restocker Heifers up to 250kg made 465 c/kg to 545 c/kg
- 250kg-300kg made 471 c/kg to 525 c/kg
- 300kg to 380kg made 473 c/kg to 515 c/kg
- Restocker steers up to 250kg made 603 c/kg to 650 c/kg
- 250kg-300kg made 582 c/kg to 635 c/kg
- 300kg-380kg made 493 c/kg to 625 c/kg
- Yearling Steers to Feed made 475 c/kg to 520 c/kg
- Yearling Heifers to Feed made 443 c/kg to 460 c/kg
- Cows made 379 c/kg to 402 c/kg
- Bulls 322 c/kg to 344 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.

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REGULAR ACTIVITIES & MEETINGS (cont'd)

Catholic Service - Central Mangrove	Saturdays 5pm St. Dionysios Greek Orthodox Church, 21 Nurses Rd, Central Mangrove, Contact Nai Hereford 0405 558 669
- Spencer	Holy Trinty Church, 1st Sat 4pm, Phone 0412 201 851 as times may change.
- Wollombi	2nd & 5th Sunday of the month, 4.30pm Mass at St Michael the Archangel, Wollombi.
- Yarramalong	1st Sunday each month, 11.00am St. Barnabas All welcome. Enq 0428 438577
Divine Retreat Centre	Daily Holy Mass 8.00am to 8.30 am Last Sun, 9am-4pm, One Day Retreat. 160 Hensons Road, Somersby Ph 0243721598
Serbian Orthodox	2nd & 4th Sun. of the month. 10 am, followed by luncheon, tea, coffee, cakes (cost $20). 1184 Peats Ridge Rd, Peats Ridge
Kariong Community Baptist Church	Sundays @ 9.30am Church & Kid's Program, Kariong Neighbourhood Centre, 10 Langford Drive, Kariong. Email: pastor@kariongchurch.org; Web: kariongchurch.org
Restitution Ministries Independent SDA Church	10am every Saturday, Mangrove Mountain Union Church.
YOUTH	
Girl Guides - Kooree Guide Cabin Mondays in school term	Junior Girl Guides 5-10, 5.00pm - 6.30pm, Girl Guides 10-15, 6.00pm -7.30pm Contact 0417451764 for further information
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 0460 696 941
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 Margaret 0409467710 or Gavin 0406645842.
The Pearl Beach Aboriginal History Group	3rd Fri of month 7.30pm Pearl Beach. Peggy 0411754577 pbaboriginalhistory@gmail.com
Wyong District Museum & Historical Society	Sun to Thurs, 10am-2pm, other times by appt. 43521886 or info@alisonhomestead.com.au. website: www.alisonhomestead.com.au
ACTIVITY/HOBBY	
Carnival Glass Club	Meetings held every three months. Central Coast, Newcastle, Sydney. Ring 0447723956 or 0448390077 for details.
Central Coast Junior Motorcycle Club Inc.	Meeting dates: ccjuniormotorcycleclub.org.au, FB: "Central Coast Junior Motorcycle Club Official". David Smith 0412 506 503
Coastal Communicators Toastmasters	1st & 3rd Thurs of month, 6:45pm to 8:45pm at Doyalson-Wyee RSL. Debbie 0421216952
Saturday Craft Group/Spining and bobbin lace	2nd Sat of the month Somersby Hall (10am to 2pm) cost $5 per person Carmen 0434071305
Yarn group (knit, crochet etc)	Third Sun 2pm, Angels Sussurri Yarramalong. Contact Kerry Watson 0404059167
HALL BOOKINGS	
Kulnura Hall	Contact Central Coast Council.
Mangrove Mountain Hall	Hall bookings Ryan Howard 0405416289
Mangrove Mountain Union Church & Hall	Church & Hall bookings 0412669649 mmucsecretary@outlook.com
Somersby Hall and Mountain Districts Culture and Heritage Centre	Hall bookings: 0413 359 655 or AH 4373 1488
Wyong Creek Hall	791 Yarramalong Road, Wyong Creek wyongcreekhall@gmail.com Ph 0448812002.
Yarramalong school of Arts / Hall	yarramalonghall.bookings@gmail.com

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