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E ditorial

Spring will have officially "sprung" when you receive this issue and although the sky is blue the wind is b... cold. I am sure it is snowing on the

Good weather for doing loads of winter washing as it dries in no time!!

Hopefully this will have reached the shops before Father's Day, but if not, I hope all of the dads enjoyed a fabulous day and that your kids

did you all proud with at least letting you rest while they did the BBQ. I am still trying to shake the dreaded "bug" I caught when I went to Sydney to help celebrate my aunt's 100th birthday. I hope I am as good and healthy and "with it" if, and when, I reach 100. She still lives alone, drives, volunteers at the local op' shop and would leave me for dead as she does her daily exercises (what are those I hear you say??) and calls the local Bingo twice a week. My mum's side was of the old breed, all lived well into their 90's, even my nan made it to a week before her 101st. Mum actually gave me the "poops" as she broke the mould and only got to 88.

I have been left with a continual tickle in the throat, gut wrenching cough and a still stuffed up head, so I really hope we get some rain soon to wash the bugs away and everyone can get back to being healthy.

More new ads. Think I will have to start setting them all out like the phone book so they are easy to look up when you need someone.

Mick Hansen, Superior Electrical, has returned to "paradise" after a 4 year absence over the ditch in NZ. Figured out where the good life really is!

You have a choice of going dancing at Krambach, or looking at Spring Fashions in Nabiac this month, or attending the Show's belated AGM on Tuesday 12th at 7.30pm. There is also a massive auction at Taree and DON'T FORGET TO VOTE FOR COUNCIL ON 9th.

Tilly Cat has been feeling the cold and has discovered the fire and the radiator. Didn't know what they were when she first encountered them and, unfortunately, got her nose a bit "hot" when she stuck it next to the radiator grill. Took me a while to realise she had never seen them as her "mom" had air conditioning and her house was just warm all the time. Likes to sprawl out in front on them until her tummy is sufficiently hot, then move until she is cool and then returns to toast up. If they are not on, she sits in front of them anyway and LOOKS at me as if to say, "Well, I am here, turn on the heat!"

As usual, I missed lighting the piles again over the winter and they have brought the fire season forward again because of the winds, so it is going to be continually phoning for a permit to get what I can burnt before it gets too hot. One of these years I'll be organised and get them all done in winter.

Enjoy the days 'til next month Lyn & my new mate, Tilley Cat

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WHAT'S HAPPENING SEPTEMBER, 2017

Bulahdelah	(1st Sat)	2^{nd}	8am to 1pm
Blackhead Bazaar	(1st Sun)		8am to 12 noon?
John's River	(Sat)	th	9am to 1.30pm
Wingham Community	(every Sat)		
Myall Quays	(3rd Sat)	16 th	9am to 1pm
The Hub Taree Showgnd	(3rd Sat)	16^{th}	8am to 12 noon
Krambach	(3rd Sun)	17 th	8am to 2pm
NABIAC	(Last Sat)		8am to 12 noon
Old Bar	(Last Sun)	24^{th}	7am to 1pm
Pacific Palms	(Last Sun)	24^{th}	9am to 1pm
Forster Town	(2nd Sun)	10^{th}	8am to 2pm
Halliday's Point	(1st Sun)	$3^{\rm rd}$	8am to 11am
Town Head	(every Mo	n)	8am to 2pm
Mt. George	(Sat)	th	8am to 2pm
Forster Farmers Marke	et (3rd Sat)	16^{th}	8am to 12 noon
Bobbin Community		th	9am to 2pm
Tuncurry Markets	(4th Sat)	$23^{\rm rd}$	8am to 1pm
Burrell Creek	(2nd Sun)	10^{th}	9am to 12.30pm

These dates are from the council web site so could be subject to change

Phone Lyn on 02 6559 1811 Email: paulreid@iprimus.com.au Production: Lyn Reid

Contributions To: The Editor, Across The Fence, 1 Barry's Road, Firefly. WHEN you have left articles there to be collected

Contributions should be submitted - in writing - by the 25th of the month for inclusion in the following month's edition.

ALL ART WORK IN JPG ONLY

Disclaimer: The editor has no affiliations to any advertisers and the opinions expressed by submitters are their own.

ADVERTISING COSTS

<u> 1 Mth</u>	6Mths (per month)
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6 months cost based on payment in advance. Extra costs if artwork is required or extra ink used RE DESIGN

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A huge Thankyou for all the Donations to #Sharethedignity program: wow, overwhelmed by the generosity of our small

community! In particular a big thankyou to the kind gentleman who donated \$50 cash to help these women.

Product of the month is Nourish, Detangle & Shine Leave in treatment Spray: weightless long hair fix: great for hair extensions: no more tears when detangling children's knotty hair.

Some interesting facts to read...

- 1. Each HAIR on your head has a continuous cyclic pattern of growth and rest called a "hair growth cycle."
- Human hair generally grows at a rate of about 1.27cm each month.
- Aging causes permanent hair thinning or hair loss in both men and women as the body gradually becomes unable to replace shed hairs.

WHAT IS HAIR LOSS?

- 4. Hair has a lifespan of between two and six years. Whenever you shed a hair, a new one starts growing to replace it.
- Hair growth is usually less visible on curly hair.
- In people with alopecia androgenetica (male or female pattern baldness), the hair growth cycle starts to weaken. As hair follicles shrink, shorter, finer hair strands are produced. Once the growth cycle eventually stops, no new hair grows in its place.

Alopecia androgenetica is a complex inherited condition that can go back six generations or even skip them, only to affect an individual that is the only one in his/her family to inherit this type of hair loss

- A guy walks in to the Barbershop.
 Barber says, "What will it be today?"
 Guy says, "Well, I want it going with my waves on top,
- faded on one side, plug the other, and just make it all out
- of shape and messed up."
- " Barber says, "Now why in the world do you want your hair cut like that.'

Guy says, "That's how you cut it last time"

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nd so it is. By the time this is read, everyone should be aware that we are now into permit time. Because of predicted weather conditions, the danger period has been brought forward to September 1st and will continue until March 31st 2018 unless otherwise revoked. THIS MEANS, **NO fire** without a permit. The edit we received from F/com says "Permits for a maximum of 14 days. SMALL PILES ONLY (3mX3m) and for the destruction of deceased stock". Serious stuff and don't pretend you have a dead cow and want to burn off the back paddock. Exemptions apply for outside cooking fires.

YOU MUST. Notify your neighbours. Notify the F/Control in your area 24 hrs BEFORE lighting up and YOU SHOULD notify your local Brigade. We need to know what's going down and how best to allocate resources. AND, be aware of the weather. DON'T light up if the forecast is for strong winds, AND which way will it be blowing, straight onto the neighbours washing?? Or haystack. Think a bit.

This is obviously a rant but a legitimate one. We all have other things to do, and don't need to be attending an incident because of some thoughtless yobo with a fire.

Been a busy month. Since we last met at this publication, Nabiac has attended some 18 incidents, some not so important, some very important, a couple of call-offs and one very sad. One worth reporting concerned a property owner who let a fire drift through his fence and into a Telstra pit. This produced clouds of toxic smoke and destroyed all the cables, resulting in no phone service for many in the area.

Every year there are dire predictions as to the fire danger. These do not always materialise, but considering the number of callouts we have already had, the dry weather and westerly winds, it does not look real flash. We can all do our bit and be aware of conditions, report any suspicious activities & don't park your vehicle with a hot exhaust in long grass. Don't light up if you don't have too. Personally I did a lot of slashing instead of my preferred fire to clean up; I was too concerned about the consequences. All common sense really. Hope we don't meet under adverse circumstances.

Nabiac Brigade. 0427 537 761 & 0428 935 537

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WANTED KITCHEN CO-ORDINATOR

Krambach Hall Committee is looking for someone to run the kitchen on their Market Days - 3rd Sunday of every month.

Hopefully to start in time for September markets on 17th, or at the latest for October's on 15th.

Contact Fay Deer on 6559 1562 or Helen Legg on 6559 1211 if you

Krambach Hall Supper Dance

Saturday 30th September, 2017 8pm to midnight

Barnie's Band



Raffle - Door Prize



Admission: \$10 pp - Pay at the door

Contact: Rossie Bird on 6559 1755 or Judy Bonniefield Wright on 6559 1375 for more details



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KRAMBACH HALL HAPPENINGS

HALL MEETINGS: Monday following the Krambach Markets each month at 3.00pm. Next meeting on Monday 18thSeptember, 2017. Volunteers and Committee members welcome to join.

HALL MARKETS: 3rd Sunday of the month. 8:30am to 1pm Come and choose from a wide selection of craft, woodwork, hand made cards, fresh produce & plants, bric-a-brac, 2nd hand books & kids toys. Enjoy a hot breakfast or Devonshire tea or coffee. "Lucky Tree" Hall Raffle. New stall holders welcome.

Krambach Hall (School of Arts Inc.) has spaces available and is looking for more Stall Holders. One table costs \$11.00, two tables are \$16.00 and 3 tables are \$22.00.

Phone: Helen Legg on 6559 1211 to book a stall

FLYING FOX PRESHCOOL: Thursdays 9.30am to 3.00pm

Phone: 6553 4884 **HALL BOOKINGS**:

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Nabiac Landcare

he group continue to work at Lilly Pilly bend removing larger plants such as lantana and privet. Removal of small emerging weeds is proving difficult with the ground very hard due to the lack of rain. Plants are also drying out under the canopy increasing the danger of fire in the coming months. We lost some of the shrubbery planted at Bullock Wharf due to lack of water, so are looking for rain like everyone else!

Nabiac Landcare work hard to keep the Village looking pristine. The Village Green has been mowed and maintained by Landcare (*thank you Harold*) for the last ten (10) years. Water testing, to keep check on the health of Wooster's Creek, is also carried out by Landcare.

Wonderful to see the trees planted around the cricket field coming on in that burst of warm weather. These trees were specially selected for their shade and ability to grow under the challenging conditions around the field.

Nabiac Landcare work each Wednesday (weather permitting) 8-9am to 11am, followed by a delicious morning tea (**thank you Leonie**) at 3 Clarkson Street. New Members are always very welcome.

Lexi Breese 6554 1691



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CTC @ Nabiac

The Nabiac CTC centre at 37 Nabiac St Nabiac, is open to the public on Monday to Saturday, from 9.30am to 12.00pm Phone (02) 6554 1876

The centre is a non-profit organisation run mainly by volunteers. The centre offers many services including internet use, printing, scanning, photocopying and faxes and IT training.

Courses are offered to beginners and advanced users, so come along with your questions. Courses cost \$5.00 a lesson, plus a \$5.00 Annual Membership Fee.

Some of the services and courses on offer at the moment are:

Monday Morning: Photocopying and Faxing

<u>Tuesday Mornings:</u> Tim's here for all the advanced computer uses.

Sheila & Jillian will be here to help with the basics: File Management, creating Documents in Word, Publisher & Excel, Email, Internet Searches, Powerpoint and saving and adjusting Digital Photographs. So if you have any questions come along.

Wednesday Mornings: Hanna is available for general help.

Friday Mornings: Suzie will help with the basics, emails and internet

<u>Saturday Mornings:</u> Marie can help advanced computer users, setting up an android or Apple Ipad tablet, Iphone and other Smartphones. Suzie will help with the basics, emails and internet searches.

Jillian Wood



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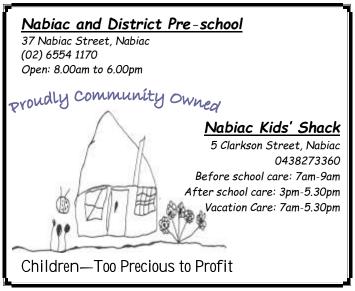
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News from Nabiac Kids' Shack.

Kids' Shack will be open for vacation care during the September/ October holidays beginning on Monday $25^{\rm th}$ September for 2 weeks.

If you would like a copy of the program please send us an email and we can forward an enrolment form and program. Special activities these holidays will be an Interactive Science Program which is suitable for all children aged 5-12 years as well as an excursion to the Manning Entertainment Center for show. Book early as we have limited numbers for these days.

Highlights of our learning program this term have been Science Week activities and celebrating children's Book Week. The children have made their own books, illustrating and writing stories of their choice. There was much excitement on Thursday as the children came dressed as a book character for their parade at school.

Kids' Shack currently has very limited vacancies for after school care this term. If you require before or after school care or vacation care for your child (5 - 12 years) please feel free to contact Joy for enrolment information on

0438 273 360 or email nabiackidsshack@bigpond.com

PUBLIC NOTICE

g of the

The Annual General Meeting of the

WALLAMBA DISTRICT AGRICULTURAL & HORTICULTURAL Assoc Inc

Will take place in the Foyer of the Show Hall on

Tuesday 12th September, 2017 @ 7:30pm

Followed by the General Meeting
Any persons wishing to attend are welcome
You have to be a paid up me member to vote
Membership is \$10 payable on the night

Membership is \$10 payable on the night

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He's back - after a 4 year break away from Aussie shores, Mick has returned to "paradise" and is back in business to help with your electrical needs.

Show News from Lyn

Another month has slipped by and we missed having the AGM as I arrived back from Sydney with the flu and spent the next week in bed and another member was just as bad so we cancelled the meeting altogether and it is now going to be on **Tuesday 12th September at 7.30pm** in the foyer of the Hall at Nabiac Showgrounds, followed by our normal meeting

Anyone interested in joining is quite welcome. Just attend.

Memberships must be paid before the meeting to allow you to vote for the new incoming Committee. Membership at the moment is still \$10 for the year which gets you into the show and Camp Draft.

One item of importance is that due to the unavailability of cattle our October Camp Draft has been cancelled this year. Apologies to all the riders chasing points.

I am desperately looking for someone to take over the secretary's job. I have too many other commitments to continue with the position that I took on "temporarily" after the Centenary Show and 6 years down the track I am still doing it. If I drop dead tomorrow you won't have anyone to show you the ropes and probably won't have a show for next year while you sort it all out.

I will be behind whoever takes it on for the first year and still do some of the work for you, as I was helped with my first year, until you are comfortable with the things that need doing. An office background would be a definite advantage and shorthand a huge asset (I don't do shorthand and my longhand is rough and slow).

Organisation skills and people skills would also be a definite plus..

You meet some lovely people in the course of the year associated with the show/s by way of stall holders, entertainers and guests. Most of the work for the 2018 show has already been done, so it shouldn't be hard to start with.

Please contact me on 6559 1811 if you have any interest in taking the position on.





WALLAMBA CWA REPORT

Here we are already more than halfway through the year and CWA has only the September meeting to go before we have our 53rd Annual General Meeting in October.

The August meeting was attended by 10 members and 1 visitor whom we hope will soon become one of us and we received 3 apologies. President *Iris Cummings* welcomed the ladies and declared the meeting open with the singing of the National Anthem, CWA Motto and CWA Prayer followed then by members pausing to remember departed family members and friends who included Iris's friend , *Molly Willoughby*, Sec *Pam's* sister-in-law, Mrs *Barbara Muxlow*, and friends *Gordon Mills*, *Ian Martin and Bob Langdown* along with *Penny's* last surviving Aunt, and recently joined member *Kristine Irwin* (a member for just a fortnight) and 'Golden Girl' Australian Olympian & 4 time gold medallist *Betty Cuthbert* – those who can remember the 1956 Melbourne Olympics will always remember her victories.

Member Ruth Dawson gave us this month's thought as follows

"An optimistic attitude is the key factor for success. Right from the beginning, if you hold a pessimistic attitude, even small things may not be achieved." Merle will bring September's thought along to the meeting.

Members were pleased to hear that local lady and former member, *Judy Moncrieff*, is home again after her spell in hospital and we all hope she is keeping well now and receiving lots of TLC from her family.

Members dealt with the correspondence and it included a letter from Ms *Joanne Cutler*, who is Assistant Principal Hearing working out of Cundletown Public School, who was seeking support for this year's Deaf Camp being held at Tiona's Camp Elim, Forster 12th-15th September for 3 nights which costs each participant \$480 – the branch has been a supporter of the Camp for a number of years and will again do so this year. Member *Margaret Weller*, who is also a member of Forster Quota, said her club had raised over \$1,200 from their raffle recently and this is being donated to the Camp needs – well done to the Quota ladies.

The Branch will also continue to keep their ACWW membership and members can join as individual members.

An invitation has been received for the MNC CWA Group



Conference to be hosted by Kendall CWA Branch at Kendall Services Club on October $30^{\rm th}$.

Members *Merle*, *Penny* and *Jill* travelled to Gloucester's International Day on Nepal on Monday August 14th and we shall hear all about this at the September meeting.

Our Ag & Environment Officer, Jill, spoke about Finger Limes which has been our Primary Product for this year and said not much was known about them until it was selected – now they have become very popular and everyone is now using them.

Congratulations to member *Merle Barber* who nominated to go onto the State Handicraft Committee and was accepted and she spoke about some of the rules which have been updated in the various competitions. The ladies who attend the craft mornings at Merle's home, are getting on with the Australian Christmas Decorations which are the 2018 project. Merle, along with Penny, is off to Armidale in mid September to do a felting seminar, so another new field for the ladies to enjoy.

A couple of interesting facts were given by Officer Penny to the members on Nepal, our country of study, including the project of planting trees in Nepal some 40 years ago by CSIRO and they are now being harvested and used to rebuild homes destroyed in the recent earthquakes and the cleared area being used to re farm the land. Margaret Weller, brought along a "Nepalese Royal Telephone", a wooden spinning prayer top styled item, which her brother in law, *Stuart Weller*, had brought home from his travels there.

Our cookery officer, Margaret, spoke about the November cookery competition and recipes which include Boiled Fruit Cake, Sultana Cake, Butter Cake/Moist Coconut Cake, Monte Carlos and coffee cake and this year the Steam Fruit Pudding is to be cooked in a basin. We hope the ladies will take the time to make some of these recipes to compete come November.

Members will be holding their September meeting at Estia Health – Alma Place – on Wingham Road, Taree so that we can have our Patron, *Betty Bird*, join us and enjoy morning tea with her.

Members are to make their way there for morning tea, being provided by staff of Estia for a small fee, but bring their own lunch to enjoy in the grounds after the meeting finishes.

Pam Muxlow

Publicity Officer Wallamba CWA Branch

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WHAT'S ON IN WOOTTON

The Brush Turkey café will be open for Father's Day breakfast on 3rd September from 8am to 11.30 am. A full breakfast will be available with vegetarian options for \$15 per person. Bookings on 4997 7323 or <u>brushturkey@live.com.au</u>

Paul and **Renee** have organised a bus trip to see the Sydney Comedy Festival Showcase in Newcastle on September 8th. They are happy to pick up in Coolongolook and Wootton. If you are interested in joining them for a night of fun and laughter contact Paul on 4997 7149 or 0407 298 954.

In October we are pleased to announce that *Peter Dunne*, a Wootton resident and registered nurse working in the aged care field, will provide an information session on Advanced Care Planning – what it is and what it isn't. If choices for your future health care are known they can be respected. If you are interested, join us on October 22nd at 3 pm in the Wootton Community Hall.

Caro



REPORT FROM NABIAC RSL SUB-BRANCH

n Friday the 18th of August, Nabiac R&SL had the fantastic opportunity of going down to Tea Gardens to attend their Vietnam Veteran's Service. What a great service, other R&SL sub-branches attended the service as well; those include Maitland, Raymond Terrace and Karuah sub-branches. There was also representation from the armed forces there. We were once again reminded of those who sacrificed themselves to help others and Mr. *Eric Bell*, the chaplain from Maitland RSL, read a moving speech about comradeship, trust and mateship, which were all a war time standard which can still be seen today in organisations such as the R&SL and the Lions clubs throughout the world, and in ending as Eric Bell said 'I'm sure you have experienced the process of comradeship and trust developing into friendship'.

Our Nabiac Sub-branch is working towards developing this comradeship within the Nabiac area and all returned and or past or present serving members are invited to make contact with our president, Mr. *Brian Penton*, on 0481 169 495.

Jennefer Trott-Peton 0423 855 024



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74 Clarkson St. Nabiac 2312 Diane Greig 0477 167 897



Local History - The Wallamba — Another in a series of historical articles gleaned from the archives of the "Manning River Times" **1927**, by Bob Mann

FEBRUARY: It is with regret that the departure of Mr *J. Wright* is chronicled. Mr Wright has had charge of the Bulby Brush public school and during his resume at the school he has been noted for his excellent discipline and the scholarly attainments of the pupils. Several passes for permit to enroll and high school attendance exams are credited and his scholars. He leaves with Mrs Wright to take up duties at Rileys Rill. The parents are pleased to welcome in his place Mr *Dodd* who hails from the north west of the state and who no doubt with the cooperation of the parents and scholars will be as successful as his predecessor. It is only in the harmonious relationship that success and fame is an educational direction that can be looked.

FAILFORD: On Friday last a meeting of ladies was held in the Failford Methodist Church for the purpose of forming a Ladies Aid. Mr C. Eather occupied the chair and opened the meeting with the hymn, A Charge "To Keep I have." Followed by a prayer and a scripture reading. Mr Eather then explained the "Object of the Ladies Act" and all present, numbering about 15 or 16 Ladies, consented to become members. The following officers were elected. President - Mrs R. Croker, Vice President - Mrs C. Bashom and Miss M. Dunn, Secretary - Miss B. Brown and Treasurer - Mrs A Coates. After the election of officers Mr Eather handed over the meeting to Mrs Croker and wished her every success and Mrs Croker suitably responded. The meeting then closed with prayers and Mrs Croker and daughter entertained the ladies at Afternoon tea. It was decided to apply for permission to have a jumble stall at the Nabiac Show and a gift evening in the local hall. Mr Jack Breckenridge has left for Melbourne with the popular Miss Brek to compete for the Alfred Cup. We wish him and his partner, Mr H. Haden, the best of luck.

<u>WALLAMBA JOTTINGS</u>: Quite recently owing to a visit of this most wonderful bird, Mr & Mrs *R.J. Godwin* have had the pleasure of welcoming as an addition to the family, a daughter, *Daphne Jean*; a phenomenal co-incidence accompanies this new arrival for she has been born with two teeth in mandible or lower jaw.

<u>ILLNESS</u>: Mr Sleeth Lawrey, who is stationed at Casino, having returned to his home for a holiday has had the pleasure usually associated with holidays, considerably marred by indisposition and is at present an inmate of the Nabiac Private hospital where his progress is reported as satisfactory.

is reported as satisfactory.

SMOKEY CONDITIONS. Though fortunately no bushfires are in the immediate vicinity of Failford, yet a pall of smoke obliterates the hills and adds to the high temperatures raging at present.

MANNING SHIRE COUNCIL MEETING: At a meeting of the Manning Shire Council held on the 21st February the council reported that a survey had been carried out and a tentative design and estimate prepared for a reinforced concrete bridge of two 40ft spans with a 16ft

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roadway, similar to the Landsdowne and Dingo Creek bridges. If there is any possibility of the road being declared a Main Road in the near future it would be advisable to increase the width of the road on the bridge to the Mainroad Roads Boards Standard.

ROUND ABOUT NOTES: It is with deep regret to have to record here the death of Mr *Thomas Berriman* of Krambach who passed away on Saturday last. He had been confined to his bed for the last 3 months and consequently was a great sufferer. He was nursed through his sickness by his good wife and had the best medical attention. The late Mr Berriman was always a kind and charitable man and had endeared himself to all those who came in contact with him. Much sympathy is expressed for his wife and family, also his aged father, who are greatly respected. The family are in the Roman Catholic Portion of the Krambach Cemetery being followed by a very large assemblage.

Mr *J. McKay* of Nabiac, one of the pioneers of the Wallamba River, is still confined to his bed and very little hopes are entertained for his ultimate recovery.

LOWER WALLAMBA MARCH 1927: There passed away in the MRD Hospital last week one of the old pioneers of the Wallamba in the person of Mr John McKay at the advanced age of 79 years. He and his wife had located on the river below Nabiac when the district was sparsely populated and had themselves and family in almost primeval forest 40 years since. They had seen the district grow from primitive conditions and difficult facilities to the present state of advancement. Roads then were none, merely tracks through the forest and communication was maintained with other districts by packhorse, now fairly kept roads are traversed by scores of modern motor cars. Mr McKay had not been in good health for some time past and had gone to hospital for attention, passing away as stated. His widow survives him and a large family of six sons and five daughters. Messrs. Robert, Alexander, Allen, Joseph, Stanley and John McKay. Mesdames Witturn (?), Spooner, Thomson, Boulton, Turner and the youngest daughter, also married, who lives in New Zealand and was not back in Australia to see her father before his death. The remains were laid to rest in the Failford cemetery on Friday last in the presence of a considerable number of mourners, the burial service being conducted by Rev. C. Saunders and Rev. H. Moore, partly in the Church of England at Nabiac and concluding by the graveside. Mr Howard conducted the funeral arrangement. The late Mr John McKay left 59 grand children also a number of great grand children.

BRIDGE OVER NABIAC CREEK: APRIL 1927: It was stated at the Manning Shire Council meeting held on Monday 11th April, that the boring gear to be used to construct the bridge over Nabiac Creek had arrived from Sydney and had been sent to Nabiac to prospect for the foundation of the proposed bridge. Mr Reynolds from the Cundle slipway is in charge of the boring gang.

Ed note: Apologies if some bits sound odd. Bob has been ill and I could not decipher some of his writing and was unable to contact him for verifications.







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Krambach Hall Country Music Day Report

Cold Bridge

This turned out to be another top day of Country Music.

With the interior only recently painted and with, thanks to *Cath Amos* and *Susie Lynch*, the pictures that

had faded being replaced, the Hall looked really great.
We welcomed about 110 through the door with 22 "Walk-up Artists"

singing on the day, for some this being their first day at Krambach. To top this off our guest artists, *Dubby* & *Big AI*, from Tamworth, were once again in good form

The Hall Committee thanks all who helped in any way to make this day successful which showed a profit of \$1,300.00.

Kev Leighton

Kramhach Garden Lovers News



We also welcomed yet another member to our group; welcome *Beth*, and it was nice to see another visitor, *Mary*, enjoying the morning on such a cold day.

The display of purple flowers was much admired by all, such a variety of the colour purple.

Our next meeting will be at the home of *Peter* & *Christine's* beautiful garden, Sheltie Place, Nabiac, which will be followed by a sausage sizzle. The flower colour for the competition will be red.

If you would like to join us at this spectacular garden, bring a chair, have a cuppa, meet like minded people and see what our fellowship and friendship is all about.

For more information contact

Jenny on 6559 1815 or Val on 6559 1245.

Happy gardening

Val







NABIAC MEMORIAL NEIGHBOURHOOD CENTRE



UPDATE ON OUR ACTIVITIES - AUGUST 2017

Mid Coast Quilters

We assisted Mid Coast Quilters with a grant of \$10,000 to purchase a "Simply Sixteen Quilting Machine" to assist with the quilts that they make and donate into communities. In 2016 they donated more than 500 quilts to charity. The Quilters have invited our Committee and the Op Shop volunteers to a morning tea at their workshop on 6th September.

Nabiac Tennis Courts

We are continuing to work with the Tennis Club to assist them in the problems they are having with the deterioration of the court surface.

Through the Nabiac Village Futures Group we are working on the following projects:

New Children's Play Area

We've been looking at ideas for play equipment and a small bike track. The Neighbourhood Centre has agreed to donate \$30,000 towards the equipment and MidCoast Council are contributing \$50,000 towards planning and construction. Some of the old netball court surface will become part of the new play space.

BBC

We have applied for funds to construct a new BBQ structure near the pool. If the application is successful the Neighbourhood Centre will donate \$6,000 and MidCoast Council will donate \$6,000.

Nabiac War Memorial Park

When the new Children's Play area is completed, the old play equipment will be removed and the fence removed as well. We will be working with MidCoast Council on the new fence, an extra footpath across the park and some new signage. The Neighbourhood Centre has a grant from Veterans Affairs for \$1,000 and will contribute around \$4,500 to \$5,000 to this work. Council will also contribute.

Possible further projects:

seating around Town Creek; exercise stations for fitness community vegetable garden

As many local people are aware, our community has a strong history of contributing to achieve the amenities they want. The funds raised by our Op Shop are used in our community.

Please continue to donate to the Op Shop, and encourage your family and your neighbours to do so. Remember all donations should be clean and in a reasonable condition.

Louise Collins

Secretary Nabiac Memorial Neighbourhood Centre

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Apothecary Centre

A very big happy hello from Nabiac pharmacy! This issue we have decided to chat a little bit about something we think everyone is suffering from at the moment and this being the dreaded FII!!!!

Whether your symptoms are mild or severe we have some fantastic immune boosting remedies in store.

Our favourite by far is Oriental Botanicals Viraforce. This little beauty actually cuts down your flu symptoms and length by over half whilst boosting your body back up to fight the symptoms. It almost creates a bubble around to you protect and heal your body.

Viraforce may reduce the severity and duration of your cold/flu, mild upper respiratory infections including rhinitis, sinusitis, laryngitis and tonsillitis.

Relieves symptoms including fever, sore throat, runny nose, mucous congestion, and inflammation.

May help to relieve headache associated with fever, cold or flu. Supports healthy immune function.

The fabulous ingredients which are all standardised extracts with no fillers, just the herbs, include - Andrographis, olive leaf, honeysuckle, Echinacea, vitamin C and zinc.

At just \$19.95 for 30 caps its a great way to help yourself survive this time of the year!

We have a great new range of therapeutic essential oil blends to compliment your health and wellbeing; these include a great Breathe Easy Blend which helps to relieve the symptoms colds, flu, hay fever mild upper respiratory infections, mucous congestion and sinusitis. These can be used in our diffusers or in oil burners, vaporisers or directly to the body through massage.

Other blends we have are-

- * hay fever relief.
- * Headache relief.
- * sleep.
- * stress.
- * women's balance.

Moving onto other things!

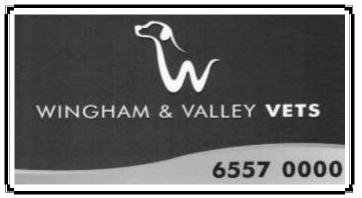
Nexgard has a new line for our furry friends! its called Nexgard Spectra.

Like the standard Nexgard this is also a monthly tasty treat but Spectra not only controls fleas, ticks etc. it also has heartworm prevention, roundworm, hookworms and whip worms. Available in packs of 3 or 6.

We stock a great range for all of your pets, little and big! Pop on in and check them out today.

Giftware is big at the moment with some wonderful lines arriving each week!

There's something for everyone whether its something funny, serious





or down right strange we are sure we have it covered and not to forget our traditional free gift wrapping service!.

Natio have a fabulous gift with purchase at he moment! With every Natio purchase of \$38 or more you receive a bonus Healthy Glow beauty gift pack consisting of 3 full sizes products to the value of \$43.85. They are- antioxidant face moisturiser, antioxidant lip shine and a rosewater and chamomile gentle skin toner presented in a lovely Natio cosmetic bag!.

That's it for us! Stay safe, have fun and take care!! love from Mell, Di, Lauren, Kristen, Jordie, Emily, Molly, Nat and Jon!! xx





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Between the Pages Nabi ac Library News



WHAT'S HAPPENING!!!

Nearest 10.30-11.30am STORYTIMES to Nabiac are:-

HALLIDAYS POINT LIBRARY - Fridays 1st, 8th, 15th, & 22nd September at Village Shopping Centre in High Street,

FORSTER LIBRARY - Wednesdays 6th, 13th & 20th September at Breese

<u>TAREE LIBRARY</u> - Thursdays **7**th, **14**th, **& 21**st September at 242 Victoria Street.

For pre-school age children (3-5 years) held during school term time with stories, songs and craft.

SYDNEY OPERA HOUSE & MIDCOAST LIBRARIES present ANTIDOTE SATELLITE - Sunday 3rd September 11am-2.15pm @ FORSTER & TAREE LIBRARIES

(See webpage library.events@midcoast.nsw.gov.au for more information and bookings, free event)

WRIGGLE, GIGGLE, READ - Stories, rhymes and craft for 0-2 years.

HALLIDAYS POINT LIBRARY - Wednesdays 6th & 20th September 10.30am-11.30am

TAREE LIBRARY - Mondays 4th & 18th September 10.30-11.30am

TINY TURTLES - FORSTER LIBRARY - Stories, rhymes and craft for 0-2 years. Thursdays 7th & 21st September 10.30-11.30am

LESS IS MORE! DECLUTTER WORKSHOP - **Tuesday 12**th **September 6-8pm TAREE LIBRARY.** Learn how to declutter your home (& your life) so you have more space for the things that matter. Free event. For more information and bookings see library events webpage.

BIG BOOK ARVO - **Saturday 16**th **September** at **Club Forster ,19 Strand Street, 2-5pm.** Three panels discussing three great novels. Tickets available from Forster Visitor Information Centre, 128 Little St, Forster or The Sitting Wombat Bookshop, Lot 4, Head Street, Forster. Cost \$20

No Homework Help during the School Holidays 23rd September – 9th October. Homework help resumes Monday 9th October at Nabiac Library 3.15 – 4.30pm. See you there!!!

September is a top month for spring cleaning not only our homes but ourselves as well. How about this month we discover books to



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improve our natural health and vitality e.g. 50 Foods That Will Change Your Life by Emma Sutherland, enhance our mental health and

Whatever your query, interest, hobby, you'll find answers, patterns, dvds, books, magazines in either our own Nabiac Library or from another MidCoast library branch.

Learn a new hobby or two, attend any of our library events that interest you. Perhaps you would like to read the book of a movie you have enjoyed. Come along, experience and enjoy our wonderful *Nabiac Library*!!!

Subject: Law vs Psychology

revamp our diet.

A guy was looking for a place to sit in a crowded university library. He asked a girl "Do you mind if I sit beside you?"

The girl replied in a loud voice: "NO I DON'T WANT TO SPEND THE NIGHT WITH YOU!"

All the people in the library started staring at the guy, he was deeply embarrassed and moved to another table.

After a couple of minutes, the girl walked quietly to the guy's table and said with a laugh: "I study psychology, and I know what a man is thinking: I guess you felt embarrassed, right?"

The guy then responded in a very loud voice: "\$500 FOR ONE NIGHT? THAT'S TOO MUCH!"

All the people in the library looked at the girl in shock.

The guy whispered to her: "I study law, and I know how to sc w people".

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Paddy says "Mick, I'm thinking of buying a Labrador". "Blow that" says Mick "have you seen how many of their owners go blind?"



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It's getting late, so you will have to suffer some short bad jokes.

The Grim Reaper came for me last night, and I beat him off with a vacuum cleaner.

Talk about Dyson with death

I went to the cemetery yesterday to lay some flowers on a grave. As I was standing there I noticed 4 grave diggers walking about with a

3 hours later and they're still walking about with it. I thought to myself, they've lost the plot!!

My daughter asked me for a pet spider for her birthday, so I went to our local pet shop and they were \$70!!!

Blow this, I thought, I can get one cheaper off the web.

I was at an ATM yesterday when a little old lady asked if I could check her balance, so I pushed her over.

I start a new job in Seoul next week. I thought it was a good Korea

I was driving this morning when I saw a parked NRMA van. The driver was sobbing uncontrollably and looked very miserable. I thought to myself, that guy's heading for a breakdown.

Statistically, 6 out of 7 dwarfs are not Happy.



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Reading Characteristics

- Poor concentration
- Skips words or lines П
 - Reads slowly or hesitantly
- Loses place
- Avoids reading
- Misreads words

Complaints While Reading

- Strain or fatigue
- Tired or sleepy
- Headache or nausea
- Fidgety or restless

Writing Characteristics

Trouble copying from board

Other Characteristics

- П Strain or fatigue from computer use
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- Misaligned numbers in columns
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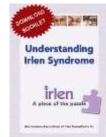
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Mid Coast (NSW) Community Quilters Inc

ur Simply Sixteen Quilting Machine has arrived and we are learning how to make use of its full potential. At present we are on "L" plates.



We would like to welcome any interested person to our Thank You Morning Tea and display, 10 am Wednesday 6th September, 2516, The Bucketts Way Belbora.

Our first weekend of the month retreat for August featured tidying up the green shelf and saw 6 busy ladies sewing industriously.

This month we delivered another 12 palliative care quilts, 20 women's and children's quilts to women's Refuges distributed through the NW Sydney Community Foundation and 12 Quilts to the Gosford Police Nursing home.

I have started packing for Fiji. The supplies look like a stall at Paddy's Markets. With Cash donations I have ordered 8 new Rotary Cutters. We are specialising in children's clothing and school uniforms

Hope to See some of you on the 6th.Jenny Fletcher

Jenny Fletcher



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MINIMBAH MATTERS

Minimbah Rural Fire Brigade advises that the commencement of the 2017 Bush Fire Danger Period has been brought forward. It commenced on 1st September and continues until 31st March, 2018. During this period any person wishing to light a fire for the purposes of burning off or hazard reduction will require a free Fire Permit from the Rural Fire Service.

Your local Fire Control Centre can provide information regarding permits. There is also a requirement to advise the Fire Control Centre at least 24 hours before your intention to light up.

Mid Coast Fire Control Centres

Tuncurry (formerly Great Lakes Council area) 6539 7700

Taree (formerly Greater Taree Council area) 6591 2900

Over the coming seven months all the usual safety requirements remain unchanged. The only thing that is different is the necessity to obtain a permit. As always, your neighbours should also be given at least 24 hours' advance warning before you light up.

The NSW Rural Fire Service strongly recommends that everyone in your home has a conversation about exactly what they will do in the event of a bush fire. If you have the resources, we suggest you visit www.rfs.nsw.gov.au and click on the *myfireplan* tab. There are some amazing, simple, handy facts here. Getting ready for a bush fire is easier than you think.

Most people find that having the discussion over dinner works best as everybody is together and focused. In general, people are hungry for information. While enjoying your meal have you ever thought of discussing whether to Stay and actively Defend your property, or to Leave early in the event of a bush fire? Once your Bush Fire Survival Plan has been prepared, it should be practiced.

Everyone knows just how deadly serious a bush fire can be, and it is the responsibility of the entire community to ensure they are prepared.

Report all unattended fires on **Triple Zero (000)**



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NEWS FROM BUNYAH

Bunyah residents and friends all came to our Hall on Sunday 27th August 2017 to welcome the 'Rattling Bones & Engine Groans Machinery Society' driving their Vintage & Classic Tractors on the first leg of their 'Rattling Around the Barrington's' Tour of 6 days.

It was a great spectacle seeing the arrival of the 20 Tractors of so many different types.

The Bunyah Tennis Group & Hall Committee combined to cook up a storm and produce a sumptuous Morning Tea for our Guests. We are well practised at providing great Morning Teas having been catering for the Cancer Council's 'Biggest Morning Tea' at Bunyah for 19 years!

They commenced at Bulahdelah, coming over the mountain and Manning Hill to Bunyah Hall for their first 'Stop Off' then onto Krambach for lunch then to Wingham where they camped for the night.

Monday night was spent at Nowendoc in minus 6 deg temperatures! Next stop is Nundle then down through two large stations 'Barry' and 'Glenrock' onto Monna Flat then Gloucester for their final night before they return to Bulahdelah to transport their Tractors back to their respective

The Dungog Club and three other organisations are running the tour with 13 other Clubs in New South Wales, Corowa, Bega, Berrima and Riverina also joining the Tour.

Some of the same participants visited us in 2011.

After the morning tea and some socialising with the locals, the colourful entourage headed off along Willina Road to Bucca Wauka, Firefly and Krambach on the next leg of their Tour.

This was a great morning and everyone enjoyed the Tractors coming via Bunyah and having the opportunity to take a close look at the machinery and talk to the Drivers and Back Up Crew.

We also had a group of cyclists from the Manning Valley Cycle Group drop in for morning tea and we fuelled them up with various cakes, slices



& sandwiches to propel them on the next leg of their cycle route. It was nice to have you drop in and join the happy throng.

It must be the time of year for Tours in the Country, because on the Wednesday prior to the Tractor Run, the Variety Club Bash came through with around 100 vehicles of all makes & models and varying types of decoration, exuding great enthusiasm along the way.

If you are thinking of having a Function and would love to have it in the lovely surrounds of Bunyah country, give a big thought to our wonderful Hall at Bunyah which is well equipped to cater for small and large Functions. Our Booking Officer, Brian Hart, can be contacted on 6559 1649.

I hope you take advantage of holding your next Function at Bunyah Hall you won't be disappointed.

Neryl Simpson

Some of the local kids checking out an old tractor

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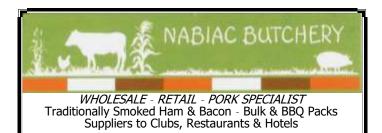
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Arsenic was a popular murder weapon in the Middle Ages; as well as being tasteless and colourless, it resulted in the same symptoms as cholera and often went undetected.

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View - Sat. Hub Market Day 8:00am - 1pm View - from 8am Sunday

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Karuah Great Lakes Landcare News

Great Lakes Weed Outbreak Alert

Invasive water weed **Frogbi**t has been found at Green Point, south of Forster - the first infestation identified in NSW. Weed officers have been working overtime to eradicate it and search for any more infestations.

Please look out for this insidious plant and report it promptly if you see it. Your local Noxious Weeds Coordinator, *Terry Inkson*, can be contacted on 6591 7302.



Small group biosecurity planning sessions:-Gloucester, Tuesday 19th September Coolongolook, Saturday 23rd September Wingham, Tuesday 26th September Hannamvale, Thursday 28th September Caffreys Flat TBA

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Nabiac NSW 2312 Email: ranmon@bigpond.com

Our District Veterinarian Dr *Lyndell Stone* is offering intensive farm biosecurity plan support in small group sessions this month.

A practical but thorough, regularly reviewed biosecurity plan is essential for every farm. Good biosecurity planning is simply good for business, but also to meet Livestock Production Assurance program accreditations standards, cattle, sheep and goat producers will need to have a completed biosecurity plan from October 1st 2017.

These sessions will provide extra support to help producers iron out any biosecurity plan issues they may have. The intensive, small group format means that numbers are strictly limited, and RSVPs are essential to ensure adequate space and resources available.

Please RSVP to kim.harriden@lls.nsw.gov.au or 6553 4233.

GREAT LAKES FOOD TRAIL SPRING EVENT SUNDAY OCTOBER 1ST

Your seasonal opportunity to spend a memorable day visiting local farms, chatting with our farmers, and eating, drinking and taking home fantastic local produce.

More details can be found at Great Lakes Food Trail's website, https://www.thegreatlakesfoodtrailnsw.com.au/

Follow the Great Lakes Food Trail NSW on Facebook for regular updates: https://www.facebook.com/thegreatlakesfoodtrailnsw/

PRACTICAL LANTANA CONTROL FIELD DAY FRIDAY OCTOBER 13TH, CRAWFORD RIVER, 10AM-12.30PM

Join MidCoast Council's Noxious Weeds Coordinator Terry Inkson for practical demonstrations of efficient control methods for Lantana, a Weed of National Significance that nearly everybody has on their properties. Lantana is considered one of Australia's worst weeds due its invasiveness and environmental and economic impacts. Terry will discuss Lantana control strategies and demonstrate techniques for different situations, and will also give an update on emerging weed threats.

Participants will be invited to join an optional Lantana control working bee in the afternoon. Light refreshments will be provided.

Please RSVP to Joël – joel.dunn@glcr.org.au or 0401 932 533



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Lyn's Larder

Spring might be around the corner but it is still cold enough for a hearty beef, stick to your sides, stew.

TRADITIONAL BEEF DAUBE

INGREDIENTS

1 each Carrot, onion, celery, chopped

"four spices" (pepper, cloves, nutmeg & ginger) can buy in 2tsp

some specialty shops.

2 cloves Garlic, bruised Bay leaves 60mls Brandy 1.5ltr Dry red wine

1kg Lean braising beef (chuck, blade) cut into 3cm cubes

60ml Olive oil 1½ tbsp Tomato paste 60g Unsalted butter Plain flour 2 tbsp 400 ml Beef stock 12 **Eschalots** 2 tsp Sugar

 $250\,\mathrm{g}$ Thickly sliced pancetta or speck, cut into strips

150 g Button mushrooms

Метнор

Place chopped onion, carrot, celery, spice, garlic, bay leaves, brandy, wine and beef in a bowl. Cover and marinate in the fridge for at least 4 hours, preferably overnight.

Preheat the oven to 170°C. Strain beef mixture, reserving marinade, beef and vegetable mixture separately. Bring the marinade to the boil in a pan over medium-high heat. Cook for 5-6 minutes, skimming surface.

Heat half each of the oil and butter in a large flameproof casserole over medium-high heat. Brown beef in batches, then set aside. Add reserved vegetables and cook, stirring for 2-3 minutes. Add tomato paste and stir for 1 minute, then stir in the flour. Return the meat to the pan with marinade and stock. Bring to the boil, then cover and cook in the oven for 1½ hours.

Meanwhile, place eschalots, sugar and enough water to cover in a saucepan and bring to the boil over medium-high heat. Reduce heat to medium and simmer for 9-10 minutes until the onions are tender. Set aside until needed.

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Heat remaining butter and oil in a frypan over medium heat. Cook pancetta or speck, stirring, for 2-3 minutes until it starts to crisp, then remove with a slotted spoon and set aside. Add mushrooms to the pan, then cook for 2-3 minutes until softened. Set aside with pancetta.

Skim any fat from the surface of the beef pan. Strain, returning the liquid to the pan and setting beef and vegetables aside in a bowl. Return pan to medium-high heat for 3-4 minutes to reduce and thicken sauce. Return beef to the sauce with eschalots, pancetta and mushrooms. Simmer for 5 minutes to heat through.

Serve with aligot and salad if required.

ALIGOT (creamed potato with garlic and cheese)

Unsalted Butter

Cloves garlic, finely chopped 1kg Floury potatoes, peeled

1 cup Milk

200 g Gruyer cheese grated (or Cantal, a hard French cheese)

Melt the butter with garlic in a pan over very low heat. Set aside. Cook potato in boiling salted water for 20 minutes until tender. Drain, return to pan and cover with a tea towel to absorb the steam. Mash potatoes, then add garlic butter, milk and cheese and beat with electric beaters or a whisk until smooth (not runny).





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REAL KULTCHA

Oh woe is me! Who will rid me of this cursed Storm?

I've heard that call from many quarters recently as The Storm seems to be able to stomp on just about anybody it chooses whenever it chooses. It would be a foolhardy punter who bet against them for this year's premiership. And speaking about the top The Eels set about tearing The Broncos apart last evening without, one assumes, the benefit of chloroform or painkillers. I haven't seen the team lists mind, but you'd have to think Wayne Bennett is not only taking quick peeps over is shoulder but I'm sure he can feel the hot breath of a late charge from The Eels on the back of his neck! Who'd want to be a coach?

Well, Neil Henry (of The Gold Coast Titans) did, for one. But he got lumbered with Jarryd Hayne. Now, I have to make an admission. I don't know who it was at The Titans who chased, negotiated and finally signed Jarryd but that's an important question because it goes to the nub of the problem. If Neil Henry proposed to the Board that Jarryd was the bee's knees and alligator's roller skates for the Gold Coast team and then got his wish when the deal was done, then he's an idiot for not being able to work with the man.

Of course, it might be difficult to work with Jarryd given he left The Eels and the NRL on a high, joined the San Francisco 49ers and, against all expectations, made the team! Simply amazing! And then the wheels fell off (for whatever reason) and the next thing we knew he'd bolted from there and was trying to get into the Fiji Olympic Rugby team! He failed - probably because the team saw him as a bit of a ring-in and they were probably more comfortable with the blokes they had and knew without having to bring somebody else up to speed - and then they went on to win the only Olympic medal that country has eve won, a gold at Rio!

You'd be excused if you thought Jarryd might have an axe to grind given he had had the Rugby League world at his feet but he'd then gone walkabout for a couple of years and effectively achieved nothing! He might of course, see it differently and so we come back to the question of who ran Jarryd to earth? If it was the Board who did all the running and negotiating and then handed Jarryd to Henry saying (in effect), "Here's your Christmas present," why has Henry got the chop when it didn't work out?



There's lots of speculation floating around that Jarryd has an ego as big as all outdoors but as he's signed for a motza - and that's about triple Henry's wage - the Board has obviously decided Jarryd is more important than Henry, so Henry had to go. You weren't thinking the Board might hold themselves responsible for the clash between Henry and Jarryd, were you? It's going to be interesting to see who'll put their hand up to coach *The Titans* next year because both Jarryd (and his ego) and the Board (and their expectations) are still there. The image of meat in the sandwich comes to mind.

By the time you read this the second game in the annual bloodbath that is known as The Bledisloe Cup, will have taken place in New Zealand and I'm prepared to say (most know I have no money to bet with) it'll be another cricket score to the All Blacks. It was also interesting to read an item (The Sun-Herald, 6 August, p42) that had Matt Burke lambasting Super Rugby! For years now Super (think of a number between 13 & 18) has been the apple in every Rugby fan's eye and that could have been because the Australian teams were able to match it with New Zealand and South African sides. Not this year. They were regularly hung, drawn and quartered, gutted and for all I know, probably fricasseed as well by nearly all of them and when things got quiet and the Oz teams played each other, the supposed powerhouse sides of NSW and Queensland got belted by Melbourne or Perth! When the going gets tough, the tough get going or in the case of Matt Burke, he just wants out of what will now be The Super 15. He seems to want to forget about South Africa, Japan and Argentina, create a couple of new teams out of the South Pacific Islands (Fiji after all, is the reigning Olympic Gold Medal holder) and have a much reduced competition (it would only last 12 weeks and that includes the finals) and then the Oz teams would go off and play Tests around the world!

It's so very easy to throw stuff like this around when your teams are getting belted regularly. Matt, if you can't stand the heat in the kitchen then get to hell out! Get involved in something else because you're not doing Rugby any favours by trying to create a new comp in which you hope Oz teams will do better. They were pathetic this year and would probably be as pathetic in your new comp as well. So, either work to improve the Oz sides or shut the whole thing down and go play tiddly winks!

Talk at you next month, Hillside Critic



HANDY ANDY

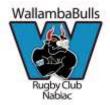
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Wallamba Bulls

hat a huge month of Rugby it has been on the Lower Mid North Coast with The Wallamba Bulls playing the Forster – Tuncurry Dolphins and The Manning Ratz playing the Myall Coast Mud Crabs in the Semi Final on 5th August, 2017.

The games, played at the Bull Pen in Nabiac, saw a huge crowd of supporters for all 4 clubs descend upon our village in great numbers. The *R*atz proved too strong for the *Mud Crabs* who were defeated 60 – 5 to advance to the Finals the following weekend. It was a disappointing result for The *Mud Crabs* given the improvement they have shown all season.



The *Dolphins v Bulls* game was another brilliant display of the strength of these two clubs. A tight game saw the penalty count work against The *Bulls* to hand The *Dolphins* a 17 - 9 victory and a berth in the Grand Final.

The *Bulls* backed up to play the *Ratz* on 12th August, 2017 in Nabiac, with the winner progressing to the Grand Final against The *Dolphins*. The game was a tight game with both teams desperate to secure a Grand Final berth. Referee, *Graham Sonter* was forced to work hard all match with a strong penalty count, some aggressive play and a vocal crowd keeping him on his toes. The *Ratz* threw everything they had at The *Bulls* but the *Bulls* answered with a resounding victory 39 – 29 victory to stampede to the Grand Final, their second appearance in as many years since Coach *Lee Sullivan* took on the role.

Grand Final day brought with it an electric atmosphere in the town of Nabiac and windy overcast conditions that were set to play havoc with the kicking game of Rugby The *Bulls* and *Dolphins* prefer. The Nabiac Hotel Bulls Supporters bus worked overtime to transport supporters to the Dolphins Home Ground and a sea of Blue and White enveloped The *Bulls* as they warmed up.

The Grand Final itself was a nail biting game for supporters of both teams. Running into the 60km/h wind in the first half, The *Bulls* took the lead early with a try from *Lee McDonald*, however the wind played havoc with the conversion attempt. The *Bulls* lead of 0-5 was short lived as The *Dolphins* answered with a successfully converted try to lead 7-5. A second try to the *Dolphins* saw them lead at half time 14-5.

An inspirational speech from Coaches Lee Sullivan and *Jim Wilson*, together with Captain **Aaron Gordon** saw The *Bulls* return to the paddock and with the wind behind them, they took full advantage of their renewed focus. An early penalty saw Aaron Gordon elect to take the points and *Christopher Tout* was able to take full advantage of the wind to bring The *Bulls* within one converted try of the lead at 14 – 8.

With an agonising 35 minutes remaining the crowd of Bulls supporters rose to their feet chanting Bulls, Bulls, Bulls at every opportunity and The *Bulls* responded with a withering attack on The *Dolphins* defence bringing them tantalisingly close until *Paul De Szell* scored a try to bring The *Bulls* 2 points from the lead. Christopher Tout lined up for what was arguably the kick of his career and as the ball sailed over the crossbar with the wind at its back The *Bulls* crowd erupted.

The *Dolphins* worked hard in the last twenty minutes to claw their way back but strong defence by The *Bulls* together with smart play denied them the opportunity and The *Bulls* claimed their first ever Grand Final victory 14 – 15. At the Full time siren a sea of Blue and White descended upon the field as emotional players, supporters, sponsors, coaches and officials shared in the glory of the moment. For many, the reality of the victory did not sink in until The Bulls Captain, Aaron Gordon, raised The Premiership trophy above his head to rapturous appliause.

After sharing in a celebration with The *Dolphins*, The *Bulls* returned to the Nabiac Hotel where it was standing room only and as Aaron Gordon led the Bulls into the Hotel the crowd rose as one to congratulate The Premiers, Our Wallamba Bulls.

The players, Coaches and Officials have put an enormous amount of work into this season and the 9 before it that brought The *Bulls* here but the victory was made that much sweeter by the army of Bulls supporters who have followed this journey with passion and enthusiasm. Without the passion the 'year of the bull' would not have been possible.

In the words of Club President Arthur Chapman, Year of the Bull Completed!

All Wallamba Supporters are invited to the Bulls presentation and 10 year anniversary celebration on 9th September, 2017 at Nabiac Hall. Tickets can be purchased online at https://www.payit2.com/f/wallamba2017 or contact Matthew Morris at the Nabiac Hotel to reserve your seat in what promises to be a night to remember.

See you all again next season.

2017 PREMIERS - WALLAMBA BULLS



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Wallamba District Football Club

Northern NSW Football Club of the Year, 2016



A s our 2017 season draws to a close, we're proud of the efforts all our teams have put in to their games, the support we've experienced from our parents and the way everyone has got behind the W brand.

Flying the flag as Northern NSW Footballs Community Club of the Year was, we felt, a huge responsibility and we're blessed that so many came on board in support.

Our entry into this wonderful world is through our MiniRoos; there's something really special about seeing those li'l tackers fronting up in their Wallamba kit, dressed just like the Senior Team, albeit smaller models. We had some great parents come on board and not only run a team, but took the hub system by the scruff of the neck and made it their own. Aub Ferris Field certainly looks an amazing rainbow of colours when hubs come to town.

The Women's team had a fun season. While game results didn't reflect the effort put in by the players, the whole team enjoyed itself and agreed that winning isn't everything! Friday night home games set the standard for the whole competition with a great atmosphere and delicious food being pumped out of the canteen.

The U13's team bowed out of the competition in a hard-fought semifinal, going down by just one goal, scored deep into extra time. They played a great game and with no subs available their stamina was tested. The W spirit is strong in this lot, well done to the U13's!

By the time you read this, out Senior Men's team will have either made the Grand Final or gone fishing. They have had an outstanding year. From basically last place in 2016 they have fought their way to a record season ending second place in a 14 team competition, with the top 4 teams separated by only 6 points.

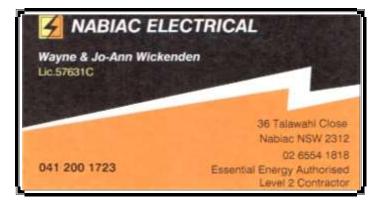
The quality of football that these guys have produced has been electric, all done under a guilt free banner. With only 1 caution card for the entire year these guys have been a shining example of clean football.

What a great season for Wallamba FC. Thank you to all those who have supported us during the season. A particularly big shout-out to our wonderful sponsors without whom we couldn't function as we do.

Our Annual Presentation will be held at 2.00pm on Sunday 24th of September at Town Oval with a sausage sizzle for all players. Trophies will be given out, games will be played and stories will be told. We look forward to having as many there as we can. Make a note in your diary for that one!

We would like to correct an error that appeared in our July Club update in Across the Fence. The new lighting at Aub Ferris field, which has made hosting women's Friday Night games possible, was thanks to funding secured by our local Federal MP Dr. David Gillespie as well as





funding provided by Mid Coast Council. The lighting has made a huge difference to our ability to raise much needed funds through Friday night canteens for the on-going management of our Club. As our 2017 season draws to a close, we're proud of the efforts all our teams have put in to their games, the support we've experienced from our parents and the way everyone has got behind the W brand.

Dave Weller

Wallamba FC President

Wallamba FC would like to thank its 2017 Sponsors

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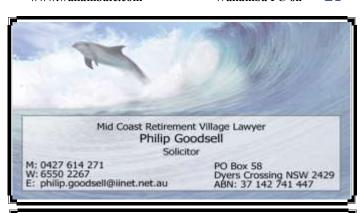
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Wallamba Fishing Glub



FISHING REPORT WEEKEND 18th – 20th AUGUST 2017.

A fter weeks of glorious weather, it once again changed just in time for the fishing weekend.

Strong winds, showers and a big swell deterred the fishos from dropping a line.

One lone bream was caught in the river, but unfortunately was too small to be kept.

Our Away Outing will be held $20^{th} - 22^{nd}$ October; any members with preferences on a venue, should come along to the September meeting or contact me.

Fishing Weekends are 3rd weekend of the month, with Weigh In 2.30pm Sunday at the Nabiac Hotel. Monthly meetings are now held following Weigh In.

Weekly raffles are Wednesday night at the Nabiac Hotel. NEW MEMBERS ARE ALWAYS WELCOME.

Michelle Pascoe 0400 651 288 Club Secretary

Dank (De Olde Nabiac Club)



Winter has traditionally been quiet for this group of oily engine guys and pristine old car guys in our group.

Some attended a w/end away in our old stuff ending at Nelson Bay. Very enjoyable and NO breakdowns.

A bit coming up. Several are booked in for the *Rusty Iron Rally* at Macksville on Father's Day w/end and Taree Show in October. Might see you there.

We gave a hand at the recent swap meet at the rear of the Museum. Another good day with some 200 sites of folks selling that "must have" missing part.

All proceeds from entry and site fees go to Camp Quality, and this year amounted to about \$9,000.00.

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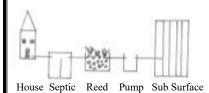
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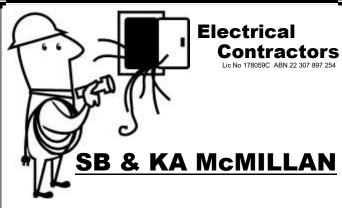
A cross A romatherapy

Essential Oils To Help You Sleep

As we get older we need less sleep. A new baby sleeps for 17 hours in 24, between 1 and 2 years they need 11-12 hours sleep, at 3-5 years they need about 10-12 hours, from 6-13 years 9-11 hours sleep and teenagers require 8-10 hours sleep each night. With the use of screens late into the night many teenagers are suffering severe sleep deprivation which effects their health, their moods their behaviours and their learning. The blue light emitted from TVs, computers, tablets and mobile phones creates an environment which results in their body clock being reset to a much later time and in turn this leads to poor quality and insufficient sleep. The good news is that effected teenagers can retrain their brains to produce the hormone, melatonin required for a good nights sleep, and hence change their sleep patterns. Melatonin levels start to rise in the evening and fall in the morning, so no screens for an hour before going to bed will allow the hormone to start to rise. This means that your teenager needs to prepare for bed at 10pm and be in bed by 11pm to get 8 hours sleep and rise at 7am feeling rested and refreshed.

Even if you are not a teenager there are things that you can do that will help you have a good nights sleep and essential oils have a part to play. If your insomnia is caused by stress then resolving the issue is essential. Other simple fixes include going to bed and getting up at the same time, exercising during the day, but not close to bedtime, turning off the TV one hour before bed, then having a hot bath or shower with 1-3 drops lavender oil in the water. Don't go to bed with a full tummy, but a light snack and drink before bed can help train the brain to get ready for sleep.

Prepare your room by making a spray with water and a few drops of lavender or cedarwood in a glass bottle and lightly spraying the bed linen. If you have a diffuser put it on an hour before you plan going to bed. Essential oils can be sprinkled neat onto your pillow, applied behind your ears, at the back of your neck or on your wrists. Sandal-



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wood, Vetiver and Cedarwood cross the blood brain barrier and promote the production of melatonin, so can be very helpful in the treatment of insomnia. I recommend Cedarwood because it is freely available and inexpensive. Lavender and Ylang Ylang are very relaxing and will also help promote sleep.

Finally if you can't go to sleep within a reasonable time, don't get frustrated, read a book or magazine, listen to some gentle music or better still listen to a meditation CD.

I am now working from Earth Body and Soul in Nabiac, but for an appointment you can reach me on 0419 604 605. An aromatherapy massage costs is therapeutic and very relaxing. The cost is \$65. Allow between $1-1^{1/2}$ hours.

Jane



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News From The Pews

Nabiac Uniting Church

Services are held every Sunday at 10:15am for fellowship and coffee before commencement of service at 10:30am

Holy Communion is celebrated with the service on the 3rd Sunday. For information regarding the Uniting Church, Nabiac please contact Margaret Weller (6554 1212), Jill Hammond (6555 7747)

St John's Anglican Church, Dyers Crossing

A Contemporary Service is held on 2^{nd} Sunday of the month at 11:30am. Families & children most welcome

Services of Holy Communion will be held at 11:30am on the 4th Sunday of the month.

A non-denominational Bible Study group meets fortnightly. Ring Peggy **Sawyer** on 6559 1238 for details re times.

St Isidore's Catholic Church, Nabiac

September: Saturday 16th at 5.00pm - note new time!

(St Bernadette's note NEW TIMES all Saturdays!

St Bernadette's Catholic Church, Krambach

September Mass times are: - Saturday 2nd at 5.00pm, Saturday 9th at 5.00pm, Saturday 23rd at 5.00pm, Saturday 30th at 5.00pm. Could be subject to change - check with Helen **Legg** on 6559 1211

St Thomas' Presbyterian Church, Krambach

A Family Service is held on the last Sunday of each month at 11:15am. A light luncheon is served afterwards. All welcome. Any enquiries please phone Pastor Michael Deal on 6553 0077.

St Paul's Anglican Church, Nabiac

A Contemporary Service is held on 1^{st} Sunday of the month at 11:30 am. Families & children most welcome

Services of Holy Communion will be held at 11:30 am on the 3rd Sundays of the month.

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Then contact

Stuart Weller on 6554 1904 (Nabiac)
Judy Moncrieff, 45 Minimbah Road, Nabiac on 6554 1237 JP No 116-196
Ray McDonald, 97 Stevens Close, Wang Wauk on 6550 2216
Diane Greig, Connect 3 Real Estate, Nabiac on 6554 1330
Jackie Buckingham, Buckinghams Real Estate, Nabiac on 6554 1107
Gordon Foy, 2949 Bucketts Way, Belbora on 6550 2547 or 0417 290 874
Julie Arnoux, 2 Cowper Street, Nabiac on 0434 253 266

Remember if you want to know what is happening in Nabiac, just look it up on the web - **nabiac.com**If you want to advertise an event, visit the web site and click SUBMIT

Need to advertise something for sale or wanted to buy or a freebie?

An announcement of a birth, birthday, passing? Some personal message?

Do it on the back page to get full attention

Golf Cart & Trailer

"Club Car" Electric, 48 volts, Good condition & well maintained.

8' x 4' duel purpose box trailer -converted for tipping for easy loading of the golf cart or use as general purpose trailer.

Registered to January, 2018

Unit: - \$3,750.00

Phone 0411 031 221 Jack, now a "Retired Golfer"



Can I be a service

to you?

Insured!

Lives



Bobcat and Tipper hire!

- Site clean
- Levelling
- Driveways
- Post hole augerHoe attachment
- (trenching)
 Road broom
- General excavation

Home ceiling and wall insulation builders!
Owner builders and existing private homes!

Call Sam! Ph: 0417 659 131

Friendly, reliable, experienced operator



Hi everyone, wishing all our dad's out there a wonderful Father's Day. May you all get spoilt.

I now leave you with the saying for September,

"Life doesn't require that we be the best, only that we try our best." Don't forget to check us out on Facebook.

Belinda & Barb

WALLAMBA COMMUNITY GROUP—NABIAC SENIORS

Wallamba Community Group Inc. meets Thursday mornings, at 9:30, in the Supper Room of Nabiac Hall, for Bingo.

If you'd like to join us for a nice social get-together, we'd love to see you.

Holidaying in the area? Maybe you'd like to join in while you're here. For information, phone Secretary, **Norma Frieden on 6554 1746**.

Accent on IRIS FLOWER & PHOTOGRAPHY Show

SATURDAY 14TH OCTOBER 10:00am to 3:00pm



BURRELL CREEK HALL

5348 The Bucketts Way Burrell Creek

Quality Iris - Fresh Flowers - Photography

Light Refreshments available (Supporting the Hall)

Entry: \$3.00

E nter the flower & photography competition - details on the website under catalogue section

You might win a prize

KINSpirit IRIS & Daylily Farm

Ph: 6559 1275

