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# ACROSS THE FENCE

*News from the Wallamba Watershed is a 'Frogs Bottom' Production*

## Better Late Than Never



*Daylight Savings ends on 1st April  
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## Editorial,

Well, its over for another year, the Show that is, and it was because of the show that I am late with this issue, apologies.

We had a beautiful day....finally, after the last few wet shows and I was terrified that this year would be the same, but the rain we had was enough to green up the grass and just soften the grounds to make them easy on the animals feet.

A full report with results, etc., will be in April's issue as I couldn't wait for them to be finished to go in this one.

I have it right this year, **CLOCKS GO BACK**, to normal times at 2am on 1st April. Paper won't be out by then so a pre reminder now, and I am really looking forward to that little bit longer snuggled up in bed as the last few days have been a tad chilly of a morning.

Just harking back to the show, **WOULD THE PERSON WHO MISTAKENLY (?) TOOK A WIRE BASKET WITH EGGS IN IT FROM THE PRODUCE SHED** at the end of the show please return it as the owner was a tad upset to find it gone. Phone me and let me know where you could drop it off.

I have just heard that we have lost another of our ladies from NABIAC, who was involved with the show for years as secretary and entered large number of entries in the hall each year. My sympathies go to the family of Helen Allman who passed away on Tuesday night after a long illness.

With the passing, in recent years, of so many of the local ladies who were into all sorts of crafts, the show hall entries have suffered and I hope the younger generation will step into their footsteps to keep the art of handicrafts going.

On a happier note, Dianne Lindsay is returning to NABIAC on Saturday 24th March to do another of her Country Songs concerts. Details on page 12.

Coolongolook school has joined us again with a report of what is happening in their little world. Good to have some new articles. Hopefully I will get some more for the next issue.

Also received an article regarding the wild dogs in the area from a farmer who has had some luck in disposing of a few of them. Having seen the results of what they can do to our farm animals and domestic pets as well, these dogs need to be destroyed.

ANZAC Day is approaching and NABIAC is having a march there as usual. I will get the details from Krumbach for the next issue.

Krumbach Pub's dining room is closed for the moment getting refurbished and they are just serving light meals (hamburgers, kabobs etc. to enjoy on the bar verandah and out the front.

Until next month

Lyn and my mate *Tilley Cat*

## WHAT'S HAPPENING MARCH, 2018

### Markets & Events.

• Bulahdelah	(1st Sat)	3 <sup>rd</sup>	8am to 1pm
• Blackhead Bazaar	(1st Sun)	4 <sup>th</sup>	8am to 12 noon ?
• John's River	(Sat)	10 <sup>th</sup>	9am to 1.30pm
• Wingham Community	(every Sat)		
• Myall Quays	(3rd Sat)	17 <sup>th</sup>	9am to 1pm
• The Hub Taree Showgnd	(3rd Sat)	17 <sup>th</sup>	8am to 12 noon
• <b>Krumbach</b>	<b>(3rd Sun)</b>	<b>18<sup>th</sup></b>	8am to 2pm
• <b>NABIAC</b>	<b>(Last Sat)</b>	<b>31<sup>st</sup></b>	8am to 12 noon
• Old Bar	(Last Sun)	25 <sup>th</sup>	7am to 1pm
• Pacific Palms	(Last Sun)	25 <sup>th</sup>	9am to 1pm
• Forster Town	(2nd Sun)	11 <sup>th</sup>	8am to 2pm
• Halliday's Point	(1st Sun)	4 <sup>th</sup>	8am to 11am -?
• Town Head	(every Mon)		8am to 2pm
• Mt. George	(Sat)	? <sup>th</sup>	8am to 2pm
• Forster Farmers Market	(3rd Sat)	17 <sup>th</sup>	8am to 12 noon
• Bobbin Community		— <sup>th</sup>	9am to 2pm
• Tuncurry Markets	(4th Sat)	24 <sup>th</sup>	8am to 1pm
• Burrell Creek	(2nd Sun)	11 <sup>th</sup>	9am to 12.30pm

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

**Burrell Creek Hall has Bingo 1st Monday of the month @7:00pm**

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, N.S.W. 2429 or c/- Modern Motors, NABIAC, N.S.W. 2312 - **please phone 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.  
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Disclaimer: The editor has **no affiliations** to any advertisers and the opinions expressed by submitters are their own.

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Welcome to the month of March,

I would like to address the question about Medication as we here in the salon and our team have had a numerous clients asking the same question over time, so I hope the following, answers some of these concerns!

**MEDICATIONS AND YOUR HAIR** - For many of us, medications are a daily fact of life. We take prescriptions for blood pressure, diabetes and many other conditions. And let's not forget those who take prescription medications to treat hair loss itself. While these medicines are often life-saving advances in the areas they treat, they can sometimes have side effects that affect our hair. Let's take a look at some common complaints and the medications that are known to cause them.

**HAIR LOSS** - Hair Loss is the most common complaint named when encountered as a side effect to medications. That's not to say that it's the most common side effect to medications, but rather that when a medication causes hair loss as a side effect, it tends to be a major impact on the individual and is listed as most troubling.

**TELOGEN EFFLUVIUM** - The most common form of hair loss caused by medications is called telogen effluvium. It refers to a diffuse shedding of the hairs over a large area of the head, and is generally the result of stress or some serious systemic shock that causes a percentage of the hair follicles to shift into the dormant phase and then be shed.

Medication types that are known to cause telogen effluvium are retinoids, beta blockers, calcium channel blockers, antidepressants, and NSAIDS (including ibuprofen). (Source: American Osteopathic College of Dermatology) Such an abruptly-occurring diffuse hair loss is often not noted until weeks and months after the event that caused the incident to take place. This can mean that the cause may be overlooked or confused, particularly if there are many things going on with an individual.

The good news is that telogen effluvium requires no treatment to correct. The loss of the hair is a result of new growth pushing the old hairs out of the follicle. So, given time, the new hairs will emerge and grow back to return the scalp hopefully to normal.

#### **CAN MEDICATIONS MAKE HAIR NOT TAKE COLOUR?**

**A:** Yes, although the medical reasons concerning the explanations behind this phenomenon are not well researched at all. This field has actually garnered a lot of attention in the past few decades. You can make countless deductions about a person's health, habits and consumption based only on making an analysis on a hair sample of said person.

Countless hairdressers have reported cases where chemical processes do not take or have very different results than it delivered before the client was being treated with specific medications. One of my clients has a light ash-toned natural hair color, and I usually colored her regrowth with a medium/dark blonde color with a cool undertone. A


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month after she had a serious and invasive operation, she came to have her hair colored. I used exactly the same formula as always, but this time her roots came out with a very warm undertone. My guess would be that the narcotics that she was prescribed interfered with the results of the color, although it could also be any of the other new medication that she was using.

If you search the web, you'll find that a lot of clients and hairdressers have many stories like mine. Although the medical field has not really looked into this to any satisfactory level; it is undisputable that medication definitely has a huge effect on the appearance and health of hair, as well as the affectivity and all-over results that chemical products and processes have on hair.  
 ©Hairfinder.com

Just a gentle reminder for all who helped and were involved last year with the very successful **#Sharethe Dignity Drive**.

It is on again next month (**April**) so please start your collection and drop off to the salon in the box at the front door!

**On any given night in Australia, 1 in 200 people are homeless, 44% are female, 27% are children under the age of 18. Family violence is the number one reason people present to homeless services with 55% of females citing this reason.**

**As an organisation, Share the Dignity oversees a number of initiatives that give back to Australian women and children in need, with a particular focus on victims of domestic violence. Our services range from collecting sanitary items for homeless women and those fleeing domestic violence, to funding the funerals of domestic violence victims.**

**Every April and August we call on the public to help us give dignity to those in need at a time they need it most by donating a pack of pads and tampons at our registered collection points.**

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### Krambach Garden Lovers News



Happy and smiling were the members when they arrived for our meeting and AGM all enjoying the good rainfalls which we had received.

We welcomed another 3 members, *Belinda, Trish and Trudy*, as well as visitors from Gloucester Garden Club and visitors from other parts of the district who all enjoyed the demonstration by **Robert Mendham** on how to make a wicking bucket. A simple and water saving way to grow plants or keep special plants alive when you are away or just need to conserve water.

The delicious luncheon followed and what a spread it was, both hot and cold dishes as well as lots of delightful cake, slices, pikelets and scones. Many thanks to all who brought this wonderful food.

The display of bright orange flowers was a joy to behold and easy on the eye. The colour theme for our next meeting will be **purple** so why not nurture something purple in your garden and bring it along for all to see and of course, our swap table will also be available as well, a great place to get new plants for your garden.

The following people were elected

President - **Val Sonter-O'Neill**,

Secretary - **Jenny Ang**,

Treasure - **Kathy Winter**,

Vice President - **Judy Bonnefin - Wright**,

**Annette Cooper, Deborah Knokes, Carol Murray and Sandy Taylor** were elected as Committee members. Congratulations to everyone, I am sure you will enjoy your time in these positions.

Our next meeting will be at the home of *Margaret Burton*, Avalon Rd, Krambach. Why not come along share a cuppa and enjoy the friendship of others.

For more information about our club contact **Jenny** on 0400 105 333 or e-mail Krambach Garden Lovers on [krambachgl@hotmail.com](mailto:krambachgl@hotmail.com) or **Val** on 6559 1245.

Happy gardening

**Val**

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### KRAMBACH HALL HAPPENINGS

**HALL MEETINGS:** Monday following the Krambach Markets each month at 3.00pm. Next meeting on **Monday 19<sup>th</sup> March, 2018.**

**Volunteers and Committee members welcome to join.**

**HALL MARKETS:** 3<sup>rd</sup> 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.

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### A THANK YOU RE THE SHOW

On behalf of my Assistant Head Steward, *Christine Heffernan*, and myself, I would like to say a HUGE "Thank You" to all my Stewards and Judges for the effort and enthusiasm they showed in taking the entries and displaying same!!

It was a big two/three days in all and I appreciate the camaraderie and friendship throughout this time. All smiles and great spirits.

Thank you again and look forward to seeing you next year!!

Also to all those heavy lifters who helped set up and then dismantle our new display cabinets and planter stands, a big Thank You, such an important part of our Show, it couldn't go ahead without you!

And then to those that swept and cleaned the floors after everyone had left! Again a small job but, oh so necessary!

Our ladies in the kitchen also excelled at their given tasks. Not sure how many people were served meals/refreshments but the dining room was never empty!

Again thank you to all involved. Making NABIAC the best little village with the best little show anywhere!

Cheers,  
Mary Webber



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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

**Tuesday Mornings:** 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 searches.

**Saturday Mornings:** 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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## Cool ongol ook Publi c School News

**I**t has been a busy start to the school year with many fun learning activities planned and some already completed in the first few weeks at our busy, little school.



### New and returning staff

Firstly, can I welcome Ms *Krystal Shannon* who will be teaching our 3-6 class during 2018 in Mrs *Ross's* absence. Ms Shannon lives locally and has recently taught at Forster PS. We wish Ms Shannon the best in her time at our school. Can I also welcome Mr *Adam Martyn* who will teach our K-2 class on Thursdays and Fridays. Mr Martyn is currently teaching at Nabitac PS three days a week on a Kindergarten class and we look forward to his involvement in our school during the year ahead. Welcome back to Mrs *Donnelly* who will be assisting me in teaching our K-2 students on Mondays, Tuesdays and Wednesdays. Mrs Donnelly will also work closely with students in both classes in her learning support role. A big welcome back also to our Instructional Leader, *Toni Johnson* who will assist staff and students with their ongoing learning during 2018.

Welcome back to Mrs *Hall*, who continues to do amazing things in our front office and to our wonderful teacher aides, Mrs *Harrington* and Mrs *Everingham*. Welcome back also to Mr *Bradford* who will assume his important role with ground maintenance. We are very lucky to have you all!

### Welcome to our new Kindergarten Students!!!

A big welcome to our two Kindergarten students starting this year. We hope you love your time learning in the K-2 classroom with Mr *Tindall*, Mr Martyn and Mrs Donnelly. Good luck *Donovan* and *David*. We are very lucky to have you attending our school!

### Swimming Success!

Recently, a small group of extremely talented students represented our school at the Small School's Swimming Carnival at Gloucester. Students from Barrington, Krambach, Stratford and Bungwahl Public Schools were invited to compete on the day. Emphasis was placed not only on giving personal best, but also on good sportsmanship which has been a major school focus over previous carnivals. Our school placed third on the day and some wonderful results were achieved. Congratulations to *Skye, Emma, Jordin, Rahnee, Shane, Myla, Thomas and Chloe* who competed. A huge congratulations goes to Emma who was runner up in the Junior girls section and Skye who won the Senior girls division. Both girls have now qualified for the Zone carnival to be held later in February. Good luck!


### Driver Reviver

Thanks to the amazing parents and carers who volunteered their time at the Driver Reviver at Wang Wauk over the holiday break. During this time, we raised over \$1,000 for our school! A special thank you to *Lyn*

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and *Nick Rooney, Amanda Mace, Kriss Thoroughgood, Chris Carruthers, Casey Rooney* and a special thank you once again to *Jody and Ron Threadgate* and the Rural Fire Brigade at Nabitac for their continued support of our school.

### NRL Blitz

On Tuesday 6<sup>th</sup> February, K-6 students were involved in a rugby league clinic held at our school during the morning session. The children participated in non-contact activities that were led by qualified instructors from the NRL. All students had an enjoyable time and gained some great skills if they choose to compete in the season ahead. A big thank you to the NRL for including our school in their 2018 skills program.

### Mr Jason Tindall

School Principal

### SHOW NEWS

A quick cap on what happened at the show on the weekend (that's why the paper is late). A full report with results will be in April's issue as they are not all finalised yet.

The Raffle went very well raising \$ for the show's coffers. Not quite covering the cost of what was so generously donated as prizes as we had hoped.

We ended up with one prize winner unknown as the phone number on the ticket butt was incomplete, so if there is anyone who knows "**Julie**" with partial phone number 04••776076 who had a yellow strip ticket tell her to phone me on 6559 1811 as she won the two Show Society Cook Books.

Congratulations to the other winners who were

- 1<sup>st</sup> - Beth Brewster - the Quilt
- 2<sup>nd</sup> - Michael Elbourne - the Akubra hat
- 3<sup>rd</sup> - Mary Webber - the Stool
- 4<sup>th</sup> - Meggsie from Krambach - the Bunnings Voucher
- 5<sup>th</sup> - Judy Dixon - Tuncurry Beach Bowling Club Meal Voucher
- 6<sup>th</sup> - Sue Paff - Tuncurry Beach Bowling Club Meal Voucher
- 7<sup>th</sup> - Carol Wilson - Tuncurry Beach Bowling Club Meal Voucher
- 8<sup>th</sup> - the mysterious Julie - the ASC Cook Books

Our thanks to Bunnings - Forster, Yarads Men's Wear - Forster, Mid Coast (NSW) Community Quilters, Manning Great Lakes Woodworkers and the Show's Committee.

We were blessed with a beautiful fine day for a change, good crowds and no problems. The crowds seems to enjoy themselves, the racing piglets were a hoot and kept people entertained, the show dogs had a huge entry number again, so did the poultry, the pets show drew its usual number of loved pets, the dog jumping competition had only 5 entries, but they apparently jumped magnificently and the horses, cattle and goats all were well presented.

All results will be revealed in April.

Lyn



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## Work on the way for Wallanbah Road

***It's good news for Bucca Wauka locals as MidCoast Council road crews prepare to undertake scheduled maintenance along a 4km gravel stretch of Wallanbah Road.***

Commencing at the end of the sealed section and extending approximately 4km west, the scope of works involves full-width gravel resurfacing and grading, aimed at improving road conditions and sustaining the life of the road. Crews will also undertake road side drain maintenance and clearing, shoulder maintenance and slashing, and the renewal of guideposts and signage at the same time, focusing on improving road safety.

“Gravel roads are an important part of our rural road network, and are targeted for maintenance on a cyclical basis”, explained Daniel Park, MidCoast Council’s Manager, Operations North. “While it makes sense to complement the resheeting work with safety improvements while the crews are on site, it does mean the Wallanbah Road project will impact local traffic over a period of up to 6 weeks”.

The maintenance work is scheduled to commence from next Monday 19 March, and continue for 4 – 6 weeks, weather permitting. Reduced speed limits, changing road surfaces and lane closures will be in place, and travellers can expect minor delays of up to 10 minutes at times.

Motorists are asked to observe all roadworks signage, directions from road crews, and reduced speed limits, and to travel with caution through the area.

To stay updated on this project, and find out about other roadworks taking place across the MidCoast region, visit [www.myroad.info.com.au](http://www.myroad.info.com.au) or [www.midcoast.nsw.gov.au/roads](http://www.midcoast.nsw.gov.au/roads)

This project is part of MidCoast Council’s commitment to improving infrastructure across the region.

## Meagan Cooper Communications Officer



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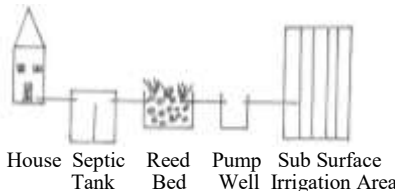
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## Notice of Annual General Meeting, NABIAC Public School P&C Association



Nabiac Public School’s P&C Association will be holding its AGM on **Monday 19<sup>th</sup> March, 6pm** in the school’s staff room.

The AGM is open to all parents and carers who wish to attend, however, only financial members are eligible to vote and/or nominate for vacant positions.

At the completion of the AGM the Term 1, Week 8 general meeting will be held.

**Rebecca Harper**

## NABIAC R.S.L. SUB-BRANCH



March already, how fast has is the year going. **ANZAC Day** is coming up next month on the **25<sup>th</sup> of April**. Nabiac Primary school will be holding a dawn service with some great surprises this year and the R&SL will be holding a march and memorial service with times to follow once confirmed.

The AGM was held last month and positions are as follows.

President - **Brian Penton** 0481 169 495,

Secretary - **Helen Legg**,

Welfare Officer - **Joanne Penton** 0478 830 846,

Delegates - **Brian Penton, Alan Harwood** and **Arthur Chapman**.

Any queries re assistance for veterans in the community please forward to Joanne Penton.

**Jennefer Trott-Penton**

**0478 830 846**

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### WHAT'S ON IN WOOTTON

Apart from our usual Food Swap (5pm, 10<sup>th</sup> March, Wootton Hall), supper night (6pm, 10<sup>th</sup> March, Brush Turkey café) and \$5 per person bring-a-plate community dinner (6pm, 31<sup>st</sup> March, Wootton Hall), this month is a month of postponements.

- The **Wootton Community Hall committee AGM**, originally planned for 10<sup>th</sup> March, has been postponed to 4pm, Saturday, 12<sup>th</sup> May in the Wootton Hall
- The **Brush Turkey Café is participating in the Great Lakes Food Trail** and with the postponement of that from 31<sup>st</sup> March to 22<sup>nd</sup> April, the café **WILL NOT** be open on 31<sup>st</sup> March but **WILL** be open on 22<sup>nd</sup> April.
- The **fund-raising bric-a-brac sale** in the Wootton Community Hall that was scheduled to be held when the Brush Turkey café was open for the Great Lakes Food Trail will now be held on 22<sup>nd</sup> April as well.

If anyone is interested in hiring a space to sell their bric-a-brac please sms *Sylvie* on 0408 861 051.

Caro

### Nabiac Landcare

As I write this, it's raining!!! I'm sure the bush is doing a happy dance. Wooster's Creek is very low at the moment and water quality is poor. The team is working at Lilly Pilly Bend and has taken the opportunity to remove weeds and rubbish from the stream bed. Conditions are very dry with both natives and weeds suffering the effects of the drought.

The team has really appreciated a cool drink at morning tea after some steamy Wednesday mornings in the bush.

Our numbers are reduced at the moment with the retirement of a couple of key members and our Community Service workers finishing their time. More volunteers would be very welcome. Come with a friend and have a chat as you work in the bush or come on your own and meet new friends with a love of the outdoors. Training, gloves and tools are provided.

Nabiac Landcare work each Wednesday (weather permitting) 8-9am to 11am, followed by morning tea at 3 Clarkson Street. Membership is only \$2.00 a year and new members are always welcome. Give us a ring if you are interested.

Liz Rees

6554 3196



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**Local History - The Wallamba** — Another in a series of historical articles gleaned from the archives of the "Manning River Times" 1928, by Bob Mann

**MANNING SHIRE COUNCIL MEETING - JUNE, 1928:** At the recent meeting of the council Cr. McKinnon said that at a well attended meeting at NABIAC, it was decided to go on with the erection of a War Memorial. Years ago it had been decided that Memorials be erected by the shire of Coopernook and NABIAC, whilst Taree and Wingham people should erect memorials themselves. In the NABIAC area 85 men enlisted, 12 were killed and three more never returned. There was now a sum of about £150 in hand. It seemed that a NABIAC War Memorial would be erected on the triangular piece of land which the council had. He thought they could transfer to the fund the sum of £56 which had been allotted for war comforts. The people got plans and etc. He gave notice that he would move at the next meeting of council that steps be taken to further the movement.

**EMPIRE DAY AT FAILFORD** was, as is customary, at the Failford Public School and the occasion lacked nothing of its predecessors and even a previous nights downpour did not lessen the ardour and enthusiasm which prevails at such gatherings. During the morning session about twenty adults assembled at the school and with the head teacher presiding over the assemblage, appropriate addresses were delivered by Rev. F. Paton, Mr George Lee and Mr C. H. Cook. These addresses were interspersed with suitable recitations and songs by the pupils all of which were appreciated. During the afternoon the usual vote of thanks and the collective singing of the National Anthem terminated the morning session. During the afternoon, under the auspices of the P & C Association, a picnic ostensibly to the children was held and quite fifty adults and seventy or eighty children were present. Over forty competitive athletic events were disposed of, the prizes for which had been obtained previously.

**NABIAC: VALEDICTORY** - Mr and Mrs Warren Wright of NABIAC were farewelled at the residence of Mr and Mrs C. Bowers of Mountain View on Friday evening last prior to their departure from the locality. The function took the form of a social evening and notwithstanding the adverse wet weather conditions, dancing, games and competitions were enjoyed by a large circle of friends and well wishers for several hours, after which supper was served by the ladies. The chairman in detailing the object of the gathering referred to Mr and Mrs Wright as young and energetic citizens whose career of usefulness merited the goodwill and approbation of their fellow citizens who had assembled

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for the purpose of wishing them health and happiness. Messrs John Nixon and Dave Hancock of NABIAC also responded in glowing terms to the many excellent qualities and concluded by wishing them future good health and happiness. Mr C. Bowers then presented Mr and Mrs Wright, on behalf of their many friends, a cheque as a small token of the esteem of which they are held by the residents. Mr Wright, who is the son of Mr and Mrs S.G. Wright of Logan Lea, near NABIAC, on rising to respond was received with musical honour. He sincerely thanked the residents for their many expressions of good will and also for their excellent gift with which it was his intention to purchase a memento of the occasion. Excellent music was provided by Miss E. Schlenert and Mrs C. Andrews to whom a hearty vote of hands was accorded. Messrs. C. Andrews and C. Tattersol carried out the duties of M.C.s, in a capable manner. "Auld Lang Syne" and a vote of thanks to Mr and Mrs Bowers concluded a pleasant evening.

**NABIAC:** Mrs J. T. McGennis of NABIAC was recently called to Maitland to the sick bed of her father, Mr Angus McFadyen, a highly respected ex-resident of the Upper Wallamba and lately Taree, who is at present an inmate. The genial Mack, although advancing in years, appeared until recently to be hale and hearty as ever, but a recent illness found him to seek medical advice and he was advised to seek hospital treatment. This intrepid Scott is possessed of that courage perseverance that should be important factors in the restoration of his health.

**WANG WAUK:** A service was held in the Soldiers Memorial Church, Wang Wauk on Sunday 17<sup>th</sup> June at 2:00pm as a memorial service for Master Arthur Bennett who was killed by the limb of a tree falling on him a few weeks ago. A most impressive and sympathetic service was preached by Rev. C Saunders who took for his subject "Jesus Wept". The hymns "Jesus Lord of My Soul", "Forever Will the Lord", "Rock of Ages" and "Abide With Me" were sung by the congregation during the service. A good congregation was present although the roads were very bad after the recent flood. On Wednesday night steady rain was falling and on Wednesday night it increased with a big southerly wind. The creeks and rivers were flooded. All the farms had trees over fences, pole timber was blown everywhere, the State Forest being strewn with timber. Several cattle were killed.

Mrs P. Brazil and son and Mrs Brown and daughter, all of Newcastle, have recently spent a holiday with Mr and Mrs G. Gallagher.

Mr Allen Griffiths is an inmate of Mayo Hospital and his sister Miss Ruby Griffiths is soon expected home from hospital at NABIAC where she has been an inmate with a bad finger.

Miss Grace Hoy met with a burning accident. She is in the NABIAC Hospital.

The pupils of Wang Wauk School collected £1.15.10½ for the Home For Incurables at Ryde. The pupils of Sawyers Cree Collected £2.9.0½ for some cause and a good sum was collected by the pupils of Minimbah School.

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Between the Pages

Nabiac Library News



### **106<sup>th</sup> Nabiac Show held on Saturday 3<sup>rd</sup> March 2018**

First and foremost, huge congratulations to the organisers and volunteers who made the show such an outstanding success. The weather was kind (no rain), the events and entertainment, were many and varied and the crowds were there! This is a premier event for Nabiac each year, and it certainly provided this year. A big thumbs up to all who contributed and made it such a success.

As many of our readers would know it just is not feasible to open the Nabiac Library on this day. Firstly, there is no viable access; but more importantly most of our volunteer Library staff and many of our regular Library members are busy contributing to the success of the show in a volunteer role. A big thank you is deserved to all; especially to all those folk that entered items into the various judging categories in the schedules. A rural show is not a show without your entries and exhibits. Congratulations to winners and entries.

**So! Now is the time to start planning for 2019 Nabiac Show.** Please check out the current schedules for exhibits in the Hall (including the children's section) as well as the Produce and Poultry sections for ideas. We will be able to guide you in the Nabiac Library as to what is involved and help you find references and ideas for exhibits. We would love to help you make next year's 107<sup>th</sup> Wallamba Show even bigger and better!

### **NABIAC FARMER'S MARKET AND NABIAC LIBRARY**

The Nabiac Farmer's Market is usually held on the last Saturday of each month at the Nabiac Showground from 8am- 12 noon. This date, each month is Nabiac Library's busiest day! We open all our doors from 9am (instead of the advertised 10am) and are always amazed at how many people come into the Library to browse, read quietly or just take time out. nQuite often people come in to browse, read the local papers or just have a quiet time to catch up with folk.

On Farmer's Market Days the Nabiac Library also provides a space for parent and children's reading time, free games and colouring activities and often children will gather in the Library to read, colour or play with the table games. It is heart warming to see parents engaging with their children in the children's corner.

The next Nabiac Farmer's Market will be held on *Saturday 24<sup>th</sup> March 2018* and Nabiac Library will be open for all you needs.

**It is important to note that Saturday 31<sup>st</sup> March is Easter Saturday and we will be closed.**

### **WOULD YOU LIKE TO JOIN US?**

We are always amazed at how many new and not so new local residents realise we have a local Library here in Nabiac, and wish to become members whilst at the Farmers Market. We do love to sign you and your family up to be members! If you become a member of our Nabiac Library; you also become a member of the Great Lakes and Gloucester Libraries. This means you get to access and return books from all our Libraries in our Great Lakes region; which include Nabiac, Bulahdelah, Forster, Gloucester, Tea Gardens and Stroud. Please come and join us! We are here to make your library accessible

for all.

### **LOOKING FOR SOME NEW AUTHORS?**

A few of our readers have been enjoying the *Cork O'Connor* series of books written by *William Kent Krueger* who is an American author. These books are set mainly in northern Minnesota and centre on the conflict between the North American Indian Objjwe clans and crime events around the borders of North America. They are a series of great personal family stories intertwined with crime and associated with environment concerns. Well worth the read if you enjoy crime, history, and international or environmental rights. Our Great Lakes Library Service can provide a few of the early books in the series; however the rest of series from 9-16 is definitely available. They have been a great sequential read enjoyed by members and volunteers and we are all waiting for the latest release in the series due in August 2018.

Or if you are looking for a relatively new female Australian author, maybe you would like to check out *Kimberley Freeman*. She has published a number of historical fictional novels that span generations and continents and capture the spirit of her maternal grandmother. Some of these fabulous reads are available in our local libraries. Come in and ask! We will guide you.

*Kimberley Freeman* also writes under the name of *Kim Wilkins*. These novels tend towards the Horror and Fantasy genres and are very popular. She also writes young adult and children fiction. A versatile lady!

### **CHILDREN'S AND STUDENT'S PREMIERS READING CHALLENGE**

If you are a parent of a child at school you will hopefully know that the *Premier's Reading Challenge* is back on for 2018. This is an annual event. For those of you who don't know about this fabulous opportunity to engage your child in reading, you could go to NSW Premiers Reading Challenge online **OR** we can help you find out more at Nabiac Library. We will have staff that can help on Tuesdays and Saturdays to negotiate the website and show you how to print out the age categories guidelines, entry forms and book lists. This is a fantastic way to engage your child or grandchild in reading no matter the age!

We already have a new carousel with Premier Reading Challenge Picture books set up to make your selections easy. We can also direct you to the Junior Fiction and Youth Fiction sections displays and selections for the Premiers Reading Challenge.

We understand that the Premiers Reading Challenge is part of Nabiac PS drive towards literacy for students, and we offer support and help at Nabiac Library. Please come in and explore.

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**Tim Gething**

"The contribution of **Tim Gething** to the broader Nabcac community was recognised at a morning tea on 13<sup>th</sup> February. Tim has been Treasurer of the Nabcac Memorial Neighbourhood Centre for 14 years, overseeing the finances of the Second Chance Op Shop, the Swimming Pool and Skate Park funds and the Futures Group. As Treasurer, Tim implemented some much needed financial rigour through improved accounting systems and reporting. He also obtained charity status for the Neighbourhood Centre.

The morning, though, was really to recognise Tim's contribution to the Community Technology Centre. Tim was instrumental in the establishment of the CTC and has been heavily involved in its operations ever since. Bringing decades of experience in the computer industry, Tim ran various educational programs, weekly seniors' classes and provided assistance with technical issues. Tim has also maintained the Nabcac.com website which hosts general directory material for Nabcac as well as for the sites for the Wallamba Show and Nabcac Farmers' Markets.

Tim has had to scale down his involvement with both the Neighbourhood Centre and the CTC due to health problems.

Around 30 CTC regulars, Op Shop volunteers, committee members and other locals enjoyed a terrific 'High Tea' spread prepared by the Green House Cafe and, following the unveiling of the '**Tim Gething Community Technology Centre**', toasted Tim with a glass of bubbles, courtesy of *Bruce Weller* from the Futures Group. Neighbourhood Centre President, *Kit Carson*, summed it up nicely with "Well done Tim, and, as always, thank you, thank you, thank you."

*Congratulations Tim, Ed.*

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Further information for Irlen Syndrome is available at [www.aaic.org.au](http://www.aaic.org.au) and at the international website [www.irlen.com](http://www.irlen.com). Assessment is available locally at Irlen Dyslexia Centre Taree. Phone 0409653700 for appointment.



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### What's been happening at Nabiac & District Preschool...

#### New Families

We have welcomed so many new families to our centre this year. Some already living in the area and some new to our community. We love seeing new faces and getting to know the children individually.

#### Artwork in the show

We have had lots of fun creating beautiful artworks that were entered in the Nabiac Show. The children love seeing their art as they check out the exhibition at our great show.



#### New Dojo App

We have recently started using a new app to communicate with our families. Class Dojo allows us to send pictures to families of experiences as they are happening. This will really open up the lines of communication with our families.

#### Playgroup has Moved

Did you know Playgroup has moved??? Monday mornings, of the school term, playgroup can be found at Nabiac Kids Shack. This is a great way to get your young ones involved in some social play with peers before starting your child in care. The children feel safe, secure and supported when they are cared for in a loving, caring, and welcoming environment!

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## MINIMBAH MATTERS

Minimbah Rural Fire Brigade held their collective breaths at the end of January when their pagers went off and they were told there was a "Fire in Aerodrome Road". Oh no, not again!! Obviously minds flashed back to last September and then there were the puzzled looks - surely there couldn't be much left to burn. Thankfully this was not in the same league as the September fire, but Crews from four different Brigades in our District were in attendance.

**Did you know?** ..... Tossing lit cigarettes is dangerous as well as dumb. Of course you knew that. However, did you know that tossing a lit cigarette during a **Total Fire Ban** will cost you dearly?

During a Total Fire Ban **finest double**, so there goes \$1,320 up in smoke!

We recently took part in an education session at Jitterbugs Pre-School. The children had a great time learning how to "stop, drop and roll", and also having a (supervised photo opportunity) turn on the end of the fire hose and the siren. We apologise for any concerns this may have caused the community when they heard sirens going off and on for a little while for no apparent reason. These are some of the things your District FireWise Team gets up to when they are not out fighting fires.



In March Minimbah Brigade will be one of the Brigades attending the Nabiac Show just in case something happens at the Demolition Derby and/or the Fireworks.

At our General Meeting on Saturday 10th March at 9.30am (2nd Saturday of the month) at the Brigade Station, amongst other things, amendments to our new Brigade Constitution will be discussed. We also have our regular training meetings on the fourth Wednesday of the month at 9.30am making the next one on the 28th March. The community is welcome to attend these meetings, especially if you are considering joining the RFS.

But wait .... there's more. Should you wish to get in touch with our Brigade with general enquiries or comments, we now have a **Brigade email address** which is directed to our Secretary who, as well as being a volunteer firefighter, works for a living, so if you do not get a reply for a day or so, please do not be concerned. Email address is [minimbahrfb@hotmail.com](mailto:minimbahrfb@hotmail.com). Perhaps you need an answer in a more time critical manner ... you can ring our Captain on 0427 646 737 or the Tuncurry Fire Control Centre on 6539 7700.

Fire Permits are still required, and questions/concerns regarding these should, in the first instance, be directed to the Fire Control Centre on 6539 7700. Remember, **report all unattended fires in your area to Triple zero (000).**

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### FIG & PISTACHIO BISCOTTI

#### INGREDIENTS

- 2 Eggs
- 3/4 cup Caster sugar
- 2tsp Vanilla extract
- 2 cups Gluten-free plain flour
- 1½ tsp Xanthan gum
- ½ tsp Gluten-free baking powder
- ½ cup Almond meal
- 100g Dried figs, roughly chopped
- 1/3 cup Pistachio kernels
- Extra flour to dust

#### METHOD

1. Preheat oven to 180°. Line a large oven tray with baking paper. Put eggs sugar and vanilla in a large bowl and beat using an electric mixer, for 5 minutes or until thick and creamy. Sift flour, xanthan gum and baking powder over egg mixture and fold until combined.
2. Add almond meal to mixture and stir until combined. Stir through fig and pistachio kernels
3. Turn out dough onto a lightly floured surface. Knead for about 2 minutes or until smooth.
4. Divide mixture in half and form into two 18cm long logs. Transfer to prepared tray. Bake for 30 minutes or until firm, then turn oven off.
5. Set logs aside for 45 minutes to cool
6. Preheat oven to 160°. Line 2 oven trays with baking paper. Using a serrated knife, cut logs into 1cm thick slices. Transfer slices to prepared trays and bake for 15-20 minutes or until dry and crisp, then set aside on trays to cool completely

Serve or transfer to an airtight container.

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### **No Wild Dogs in Bunyah !!**

Very few people have seen a wild dog in Bunyah.

"No, I haven't seen any" says one farmer. "No I haven't seen any in years" says another farmer.

Well just go down to your creek crossings & check out the wild dog paw prints as they traverse the country side in packs or as lone assassins under the cover of darkness.

How many of your new born calves were not accounted for last year? Is a calf missing an ear or tail or has a wound to its back leg? Chances are you will not see the wild dog.

These killers are highly intelligent, very mobile & in some instances possess Olympic athleticism & are able to disappear in a flash!

Quite simply they are ASSASINS or killing machines preying on innocent calves or unsuspecting sheep & goats.

Let me tell you a story of our encounters & the anguish they have caused at Haven Park Bunyah.

A new bull calf was born on Friday afternoon in a paddock behind the cattle yards. What a beauty! We left it undisturbed in the expert care of its magnificent mother, only to return the next day to find a mangled mess of skin, feet & hide. My wife was shocked to say the least. What came out of my mouth, a drunken sailor would not repeat!!!

There was no doubt it was the work of wild dogs, silent assassins, the ISIS of the animal world. Yes I often refer to wild dogs as the ISIS of the animal world because they stir up the same devastating emotional outrage. They prey on the innocent & the unsuspecting in the cruellest manner possible. We were so shocked & outraged that that we decided to leave the calf's remains where it lay mangled.

The very next day I set out to slash a paddock of Seteria not far from where the dead calf lay. As I slashed I noticed a shadow in the distance. You guessed it....Wild Dog! A big black & tan wild dog strolling past some 150 metres away, stopping to sniff the ground & logs as he passed by them. A second glance revealed a sandy & brindle coloured wild dog not far behind also strolling past heading towards the cattle yards. It was very strange as neither acknowledged my obvious presence! Why did they not feel threatened by my presence? Was it because I was sitting on my tractor or were they on a

*Ron Rusca*

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mission? I immediately stopped slashing & headed back to the house & grabbed my gun. Despite my frantic searching, they were gone! Bugger!! I missed the chance.

It was Sunday afternoon & we had packed the car ready to go home, when my wife asked me if we had a new calf in the front paddock? "No we don't". What is that in the front paddock she asked? I pulled out the binoculars & saw the black & tan wild dog heading towards the dead calf. YES! I had a second chance!! I knew where he was going so I grabbed my gun & quietly sneaked down into the creek & waited for him. Now I was the stalker!! The wild dog took his time eventually crossing the creek & headed to the dead calf. He lay down over the calf by placing his front legs over the calf & commenced tearing & munching at it. Luckily I was able to control my anger, took in a deep breathe, lowered my gun sights meeting his left ear & dispatched him in one clean shot.

YES, one more wild dog permanently RELOCATED! He can do no more harm.

Since that day we have similarly relocated/dispatched three more wild dogs.

In February of this year we formally engaged the services of a Wild Dog Trapper who in four weeks has successfully trapped four wild dogs, much to our delight & surprise. The Wild Dog Trapper achieved the best result in a very short period of time & with little disturbance to our farm routine. Excellent result.

We will continue to bait bi-annually in consultation with the Local Lands Protection Officers & utilise the expert services of the wild dog trapper, all of which are consistent with our Farm Biosecurity Pest Management objectives.

My take home message is that it is everyone's Responsibility to take action, by baiting, trapping, shooting or simply reporting their unwanted presence to the Local Lands Protection Board.

We at Haven Park have taken action against the wild dogs! Remember they are not my wild dogs, they are **everyone's** problem, because they travel through my property & they travel through your property & yes your property to.

All responsible land holders need to take RESPONSIBILITY.

**Len Grasso**  
Haven Park, Bunyah.

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**NOMINATE A MYALL LAKES SENIOR FOR A NSW  
SENIORS FESTIVAL LOCAL ACHIEVEMENT AWARD**

I am calling on residents in Myall Lakes to nominate local seniors, who make a positive impact in the community, for a 2018 NSW Seniors Festival Local Achievement Award.

The awards are a wonderful way to showcase the talents and contributions of seniors living in the Manning /Great Lakes , as part of the special 60<sup>th</sup> Anniversary celebrations of the popular NSW Seniors Festival.

Myall Lakes seniors make a real difference to local families, recreational groups, businesses and organisations, and we want to celebrate them. I am sure everyone in Myall Lakes knows an older person who deserves to be recognised, so I encourage you to nominate them and show them how much they are appreciated for all they do.

Minister for Ageing, *Tanya Davies* urged all members of the public to take this opportunity to celebrate the older people in their lives, she said "Seniors have a wealth of knowledge and experience to offer, and they continue to make significant contributions to communities across NSW. The NSW Seniors Festival Local Achievement Awards are a special way in which every community can thank local seniors for their hard work, skills and generosity".

Nominations for the 2018 NSW Seniors Festival Local Achievement Awards are open from today 8 February 2018 and close 5pm, 21 March 2018 and Award recipients will be announced at the Myall Lakes Seniors Concert at Club Taree on Tuesday 27 March 2018.

For nomination forms see attached or contact my Electorate Office on 6555 4099 or go to [www.stephenbromhead.com.au](http://www.stephenbromhead.com.au)

The 2018 NSW Seniors Festival runs from Wednesday 4 to Sunday 15 April. For information on exciting events in Myall Lakes , Sydney and across the state visit [www.nswseniorsfestival.com.au](http://www.nswseniorsfestival.com.au) in the coming weeks.

Yours sincerely,

**Stephen Bromhead**  
Member for Myall Lakes  
Nationals Whip



*It's hard to think it was 2 years ago, Jan Gray nominated me for this award, and with great embarrassment on my part, I was selected and received a lovely certificate to keep for her gracious thoughts..*

*If you know someone you feel is worthy, get your nomination in quickly as it closes on 21st March and by entering someone you feel deserves recognition, it is a great appreciation to bestow on them.*

*Ed.*

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## SEPARATION ANXIETY IN YOUR DOG (Dogs NSW)

Separation anxiety is a state of distress that a dog experiences when the dog owner leaves. In many forms, it affects about 60% of dogs up until 3 years of age, which is an enormous number. Many factors, such as long solitude, loneliness, improper training and frightening experiences are to blame.

In today's busy world we often don't have as much time for our pets as they need. Many pet owners come home and find their dogs exhausted, breathing heavily, hungry and thirsty, as they haven't touched their food all day. They usually find their furniture and belongings destroyed.

The creators of **Dog Monitor app** reached out to the best vets from all over the world and together they created a website dedicated to the ultimate guide to separation anxiety in dogs. This online helper gives dog owners every piece of information they need to know to effectively prevent or fight separation anxiety. From symptoms to treatment methods, this guide is a complex tool that helps to spot early signs of this disorder and offers possible solutions.

"It's important to realise that dogs that suffer from separation anxiety don't do anything harmful on purpose, as many pet owners think," says MVDr. Zertova, Czech dog expert.

"More and more people reached out to us saying how much Dog Monitor helped them and their dogs, by calming them with their voice through the microphone and checking their progress in the activity log. We realised how serious this problem is. We wanted to create a platform that would help both the dog owners and the vets," says Jindrich Sarson, CEO of TappyTaps.

**Dog Separation Anxiety Guide** is a website where dog owners can go to find out what separation anxiety in dogs is, what some common symptoms are (and also that they all don't necessarily signify separation anxiety), and what the treatment options and processes are. You can also read stories from vets' patients on how their problem was treated.

When you notice your dog's strange behaviour and you're not sure what may be causing it, before visiting a vet, it's good to know what signs to look for in the first place.

Is the dog dependent on one person?

What's the regime of feeding and walking?

How does the dog welcome the owner?

That's when the website comes in handy with a list of symptoms and behaviour to check before visiting a vet. Only vets can properly diagnose and treat separation anxiety.

Dog Separation Anxiety Guide is a place both for the vets to refer their patients, owners to better understand what their dog is going through, and for dog owners to be informed as well.

Separation anxiety is a very serious issue that shouldn't be underestimated and always requires the help of the professional.

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These are recipes from PAWS by Blackmores to help keep you pooch cool in the hot weather. Bit late this year, but keep for next.

### Chicken Pupsicles to keep your Pooch cool

#### Ingredients:

- 1 cup of chicken stock (garlic and onion free)
- 1/2 cup of water
- 40g of finely diced chicken
- dog chew or carrot stick

#### How to make:

- Combine all the ingredients in a bowl until mixed
- Pour into ice block moulds
- Use a chew or carrot for an ice block stick
- Place in the freezer until frozen
- Place in your favourite doggy bowl to serve

### Apple Honey Pupsicles

#### Ingredients:

- 340 g plain low-fat yoghurt
- 1/3 cup of apple sauce
- 2 tbs of peanut butter (xylitol-free)
- 2 tbs of honey

#### How to make:

- Combine all the ingredients in a bowl until completely mixed
- Pour into an ice block mould
- Place in the freezer until frozen

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## REAL KULTCHA

I must lead a busy life because it seems I only wrote my last rant a week or so ago and here I am now feeling that hot breath again on the back of my neck. She's very persistent.

What has happened since I last talked at you: the Super Bowl was played (I recorded it and still haven't managed to watch it while my long suffering Canberra friend [the Manly Sea Budgie supporter] insists on calling it the Toilet Bowl, but what would he know – he's from Canberra), the *Poms* and the *Galahs* are in New Zealand playing a Twenty20 tri-series (the pommy convict Stokes has been shipped back to New Zealand and they're welcome to him), the second series of the WAFL has been played (I didn't watch any of the games so don't know who won and again my Canberra friend has insisted I **SHOULD NOT** refer to it as the AFLW, as apparently the game's hierarchy does), the Winter Olympics in South Korea (at Pyeong Chang) will be over by the time you read this and some of the events were eye openers (our Oz athletes didn't do all that well despite promises by the dribblers) and I have another friend who now lives in the Victorian sticks and is required (by the bully boys of his village) to admit to saying Collingwood is his favourite team. I should feel sorry for him (because he is a pathetic golfer) but that's what happens when you move to a backward state like Victoria.

And speaking of The Super Bowl, I received an e-mail a couple of weeks out from it and I'll repeat it here:

***"I have two box seat tickets to the 2018 Super Bowl. I paid \$2,500 for each and they include transport to and from the airport, meals, a \$400 bar tab and a pass to the winner's locker room.***

***It's now obvious the game will be held on the same day as my wedding. Is anyone interested in taking my place?***

***It's at St Paul's Church at 3:00 pm and her name is Ashley. She's 5'4" and weighs about 115 pounds. She's a good cook, loves to fish and will clean your truck. She'll be the one in the white dress!"***

How would you have replied?

By the time you read this of course, the first of the ARL trial matches will have been played and I think they're a massive waste of time. Players have been hard at training since late last year and if (in the

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coaches' mind) his team did not perform well last season, it's possible they've been training since mid October! Why bother with "trial matches", why not just start playing the real thing from the start of February? That way you could play each team twice and still fit the State Of Origin in. You know it makes sense!

Also, I notice the ARL says they're instructing the referees to call time off more often. What a load of cobblers (or words to that effect). The AFL solves that problem with the timekeeper stopping the clock when the ref signals the ball has gone dead and restarts it again when the ball is brought back into play. Eazzie peezie! The ref has other things to do than to worry about the time and it appears this year they're also going to be looking closer at the play-the-ball and the Sin Bin is going to be used more often. I'll believe that when I see it!

In Australia this is definitely not a sport but in the good old Hew Hess of Hay, mass shootings (and in particular school shootings) seem to be approaching that status. The number of victims are carefully tabulated and compared - *ad nauseam* - to previous events rather than be seen as an abhorrence and something to be gotten rid of. So pathetic has been the response by legislators (both State and Federal) that President Trump (he with the orange possum on his head) has now suggested that all teachers should be armed. i.e. trained and permitted to carry concealed weapons at all times! He seems to think an army of pistol packing teachers will be able to shut down a school attack by despatching the shooter before they get going! It surprises me that I haven't said this before: I don't think the lift goes all the way to the top floor with that man!

Saw a small item in SMH t'other day (22/2/2018, p 34) that tickled my fancy. Australian F1 driver Daniel Ricciardo (who likes drinking champers out of his smelling racing shoes and we all thought Trump was weird) took Red Bull's new racing car (the RB14 – whatever that means) out for a fang recently. It was for a special filming of the car and it was on a wet Silverstone track. The car was shod in special Pirelli tyres and he was supposed to keep it under 100 kph. And what did he do? He shunted it, that's what he did. The team spokesman was quick to say there was no damage (though the session was stopped immediately) and everything was fine. Yeh, right! And will Daniel be kept away from the champers now? You'd think so.

Talk at you next month,

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## Karuah Great Lakes Landcare News

### Practical Biological Agriculture Workshop Thursday March 15<sup>th</sup>, Bunyah, 9:30am-1pm



Dyers Crossing Landcare Group invites you to join local biological agriculture innovator, *Brian Parry*, for a practical look at the biological techniques he uses that you can take home to your own property

- Caring for the Soil Food Web to enhance productivity and resilience
- Using vermiculture and compost teas to create DIY farm inputs
- Integrating biological and “conventional” farming tools and techniques

**Parry's Wildflower Nursery** has been operating since the family business commenced in the Gosford area in 1905. Their cut flowers are not only a hit on the domestic market but are exported far and wide.

Morning tea will be provided. Please bring a folding chair.  
Please RSVP to *Joël* on 0401 932 533 or [joel.dunn@gclcr.org.au](mailto:joel.dunn@gclcr.org.au)

### Pest and Weed Information Sessions

**Nabiatic Showground Hall, Tuesday March 20<sup>th</sup>, 9.30am-12pm**

**Wingham, 12 Primrose St, Wednesday March 28<sup>th</sup>, 9.30am-12pm**

Join your regional weeds coordinator, *Terry Inkson*, on a morning of weed insights.

Preventing the spread of African Olive and Tropical Soda Apple

- Other emerging nasties to look out for
- Tips on dealing with environmental weed headaches such as GPG, Lantana and Privet

HLLS Biosecurity Officer *Peter Fortheringham* will give an update and tips on controlling problem animals, including dogs, cats, rabbits

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[www.hunter.lls.nsw.gov.au/resource-hub/events](http://www.hunter.lls.nsw.gov.au/resource-hub/events)

For more information, contact *Reegan Walker* at [reegan.walker@lls.nsw.gov.au](mailto:reegan.walker@lls.nsw.gov.au)

### Wang Wauk / Wallamba Sustainable Farming Group Group meeting, Wang Wauk, Friday April 13<sup>th</sup>, 9.30am-12 noon

Share experiences, discuss local topics and events, and join a farm walk  
Please RSVP to *Ros McDiarmid* on 0412 793 446



## NABIAC HOTEL SOCIAL CLUB

ANNUAL MEMBERSHIP IS ONLY  
\$5 SINGLES - \$10.00 COUPLES/FAMILIES  
NEW MEMBERS WELCOME.

FOR UPCOMING EVENTS SEE OUR NOTICEBOARD AT  
THE PUB or

Phone Publicity Officer, **Dennis Clarke** on 0417 224 201

Don't forget our *Seafood Raffles every Friday night*.

*We assist local organisations or otherwise on a needs basis*

## Grey Gum Transport and Property Maintenance

0409 591 782 or 02 6559 1781

We have recently restructured our business operations and no longer run semitrailers, but can now offer the following services:



LARGE AREA MOWING  
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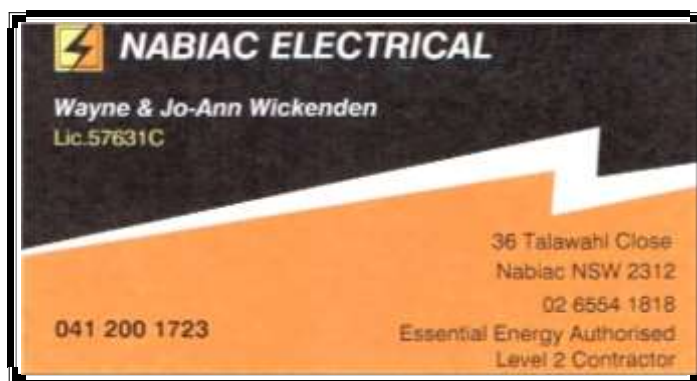
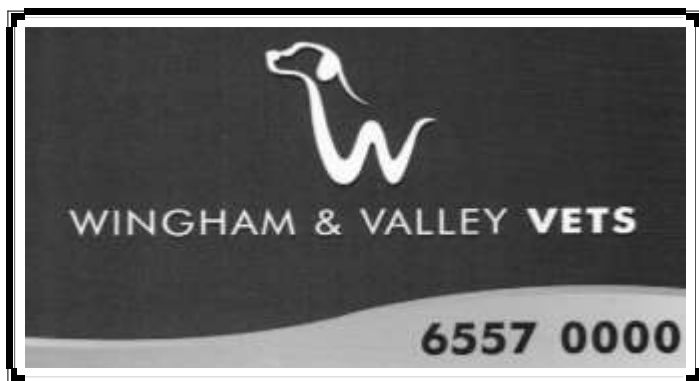


Stock Crate and cattle movements

Enquires:

**Toby O'Reilly** 0409 591 782 or 02 6559 1781





A few years after I was born, my Dad met a stranger who was new to our small town. From the beginning, Dad was fascinated with this enchanting newcomer and soon invited him to live with our family. The stranger was quickly accepted and was around from then on. As I grew up, I never questioned his place in my family. In my young mind, he had a special niche. My parents were complementary instructors: Mom taught me good from evil, and Dad taught me to obey. But the stranger.. was our storyteller. He would keep us spellbound for hours on end with adventures, mysteries and comedies. If I wanted to know anything about politics, history or science, he always knew the answers about the past, understood the present and even seemed able to predict the future! He took my family to the first major league ball game. He made me laugh, and he made me cry. The stranger never stopped talking, but Dad didn't seem to mind. Sometimes, Mom would get up quietly while the rest of us were shushing each other to listen to what he had to say, and she would go to the kitchen for peace and quiet. (I wonder now if she ever prayed for the stranger to leave.) Dad ruled our household with certain moral convictions, but the stranger never felt obligated to honor them. Profanity, for example, was not allowed in our home – not from us, our friends or any visitors. Our long time visitor, however, got away with four-letter words that burned my ears and made my dad squirm and my mother blush. My Dad didn't permit the liberal use of alcohol but the stranger encouraged us to try it on a regular basis. He made cigarettes look cool, cigars manly, and pipes distinguished. He talked freely (much too freely!) about sex. His comments were sometimes blatant, sometimes suggestive, and generally embarrassing.. I now know that my early concepts about relationships were influenced strongly by the stranger. Time after time, he opposed the values of my parents, yet he was seldom rebuked... And NEVER asked to leave. More than fifty years have passed since the stranger moved in with our family. He has blended right in and is not nearly as fascinating as he was at first. Still, if you could walk into my parents' den today, you would still find him sitting over in his corner, waiting for someone to listen to him talk and watch him draw his pictures. His name?...We just call him 'TV' (Note: This should be required reading for every household!.) He has a wife now....we call her 'Computer'.' Their first child is "Cell Phone". Second child "I Pod " And JUST BORN A FEW YEARS AGO WAS a Grandchild: 'IPAD'

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Russian cosmonaut, Sergei Avdeyev, holds the current record for time travel by a human being. He has spent so long orbiting the Earth at 27,000 kilometres (17,000 miles) per hour that he has travelled 0.02 seconds into the future

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## Wallamba Fishing Club News

The January Fishing Weekend was held under beautiful summer skies on 20<sup>th</sup>-21<sup>st</sup>/1 with the following catches recorded:

### Blue Water

#### **Paul Kneller**

1 x squire - 0.48kg

#### **Ben Pascoe**

1 x flathead - 1.28kg

1 x pear perch - 0.58kg

#### **Ray Pascoe -**

3 x flathead - 1.29kg

1 x pear perch - 0.58kg

3 x snapper - 1.45kg

#### **Wayne Wickenden**

3 x snapper - 1.84kg

3 x flathead - 1.89kg

#### **Bill Crick**

4 x snapper - 2.75kg

#### **Tyler Pascoe**

1 x snapper - 0.88kg

#### **Paul Lawson**

3 x squire 1.33kg

1 x flathead 0.45kg

The February Fishing Weekend was held on 17<sup>th</sup>-18<sup>th</sup>/2 in large surf conditions with the following catches recorded:

#### **Paul Kneller - blue water**

6 x flathead - 2.98kg

#### **Paul Lawson - blue water**

10 x flathead - 3.90kg

4 x mahi - 5.82kg

#### **Paul Lawson - estuary**

1 x bream - 0.43kg

The next fishing weekend is the March Away Outing. It will be held at beautiful Delicate Nobby near Crescent Head on 16<sup>th</sup>-18<sup>th</sup> March. It is a Rock & Beach fishing weekend and the weigh-in will be at Delicate Camp Ground on Sunday. The campground is on the Point Plomer, Rd, is pet friendly, and no bookings are required. Contact **Michelle** for further details.

We have a fishing rod raffle at present, tickets can be purchased from NABIAC Hotel and the rods are on display.

We welcome our recently joined members and invite anyone interested in joining to contact **Michelle Pascoe** on 0400 651 288.

Anne Kneller

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Everyone seems to be in such a hurry to scream 'racism' these days. A customer asked, "In what aisle could I find the Irish sausage?"

The clerk asks, "Are you Irish?"

The guy, clearly offended, says, "Yes I am. But let me ask you something? If I had asked for Italian sausage, would you ask me if I was Italian? Or if I had asked for German Bratwurst, would you ask me if I was German? Or if I asked for a kosher hot dog would you ask me if I was Jewish? Or if I had asked for a Taco, would you ask if I was Mexican? Or if I asked for Polish sausage, would you ask if I was Polish?"

The clerk says, "No, I probably wouldn't."

The guy says, "Well then, because I asked for Irish sausage, why did you ask me if I'm Irish?"

The clerk replied, "Because you're in Bunnings."

## THE MARKET KITCHEN - KRAMBACH

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## A cross A romatherapy

### German Chamomile

While lavender essential oil would be my all time favourite, I find that I am using more and more German chamomile. German chamomile is native to Northern Europe, hence its name. It is a deep inky blue colour and tends to be quite viscous and can be difficult to drop from the bottle. I find it to be a very gentle anti inflammatory oil.

Because it is such a gentle oil it can be used on babies and young children. It can be blended with almond oil or massage cream and used for nappy rash and other rashes, thrush on the skin and eczema. Clean the area and apply regularly or after each nappy change. Always have skin conditions in children assessed by your doctor. As a massage it can also be useful in treating mild colic in babies.

Because of its gentle anti inflammatory action it can be used to treat sun burn or any skin inflammation as well as slow to heal open wounds, such as leg ulcers and infected ingrown toe nails.

German chamomile essential oil is calming and soothing and is very beneficial for many sensitive skin problems. It is also a local vasoconstrictor and can reduce redness of the cheeks due to enlarged capillaries.

I often use it in a blend for massage with clients who have muscular aches and pains.

Chamomile tea and compresses, together with massage over the lower abdomen can ease the pain of cystitis.

I am available for aromatherapy massage at Earth Body and Soul in Nabitac. Ladies will be treated to a mini facial. An auric energy assessment is also available. The cost is \$65. Allow between 1 and 1½ hours. For an appointment phone 0419 604 605.

*Jane*



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

### Humour in Uniform

On his discharge from a military hospital, my husband was given a prescription which read: ‘  
 “Take three time daily until exhausted”

## Nabitac Second Chance “Op Shop”

Serving the community since 1993 in the “Old Hospital”, next to the Pre-School, down from the Post Office in Nabitac Street

Friendly helpful volunteers will assist you with a brilliant selection of clothing for all the family. Bed linen, bric-a-brac & crockery. Books for children’s & adults  
 Buttons galore, Bags of cleaning rags  
 Electrical Goods – All sorts of things

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**Now available in the back shed —FURNITURE  
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*We are very grateful for any donations of goods that we can sell. However, items like mattresses, which we can’t sell, cost money for us to take to the tip so NO mattresses. Large items must be delivered when we are open. If you bring them when we are closed, they will be damaged by dew and rain and then we have to pay to send them to the tip.*

## News From The Pews

### Nabitac Uniting Church

#### Please note your new Daylight Savings Start time

Services are held every Sunday at **9:30am**  
 Holy Communion is celebrated with the service on the **3<sup>rd</sup>** Sunday.  
 For information regarding the Uniting Church, Nabitac please contact Margaret **Weller** (6554 1212), Jill **Hammond** (6555 7747)

### St John’s Anglican Church, Dyers Crossing

A Contemporary Service is held on **2<sup>nd</sup>** Sunday of the month at **11:30am**. Families & children most welcome  
 Services of Holy Communion will be held at **11:30am** on the **4<sup>th</sup>** 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, Nabitac

**March Mass time is Saturday 17<sup>th</sup> at 6.00pm**

### (St Bernadette’s note NEW TIMES all Saturdays!

#### St Bernadette’s Catholic Church, Krambach

**March Mass** times are: - Saturday 3<sup>rd</sup> at 6.00pm, Saturday 10<sup>th</sup> at 6.00pm, Saturday 24<sup>th</sup> at 6.00pm *Palm Sunday*, Saturday 31<sup>st</sup> at 6.00pm *Easter Vigil*  
*Holy Thursday* 29<sup>th</sup> 6.00pm (The Last Supper) *Good Friday* 30<sup>th</sup> at 2.30pm (Stations of the Cross and the Lords Passion)  
 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 11:30am. A light luncheon is served afterwards. All welcome. Any enquiries please phone Pastor Paul Smith on 6553 00771.

#### St Paul’s Anglican Church, Nabitac

A Contemporary Service is held on **1<sup>st</sup>** 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 **3<sup>rd</sup>** Sundays of the month.

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## Do you need a *Justice of the Peace*?

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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**, Buckingham's Real Estate, Nabiac on 6554 1107  
Gordon **Foy**, 2949 Bucketts Way, Belbora on 6550 2547 or 0417 290 874

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Steve Howe

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Diane Greig

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I am a mature lady with dogs and require a cottage to rent or alternatively I can occupy a corner of your land and live in my caravan.

I require access to water and some shade. Electricity is not important at the moment.

I need a safe environment for my dogs and will build a dog run for them, fully enclosed and secure. If it is not too much to ask I also have two horses, but am hoping to re-home one.

I am very responsible, clean and quiet and can supply references and meet with you to discuss your requirements and my own.

I thank you ahead of time for your consideration.

Can you help? Please telephone **0439 110 427**



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Barb available on Monday - Tuesday - Wednesday - Thursday

Jess available Friday, Saturday (by Appointment) Otherwise we are shut Sat.

Hi everyone,

Belinda, Barb and Jess would like to wish everyone a safe and wonderful Easter. Hope the Easter bunny finds you all. Enjoy the family and be safe.

Now Belinda and Barb are participating in Relay for Life this year at Tuncurry on the 24th and 25th of March. If anyone would like to sponsor us or our Team (Team W) it would be greatly appreciated. Check us out on Facebook, or call in to the salon and purchase some raffle tickets for \$2 each.

I now leave you with the saying of the month.

*Little by little, one walks far.*

Thanks

*Belinda & Barb & Jess*

\*\*\*\*\*  
\* **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

## 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.**

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