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# ACROSS THE FENCE

# REMEMBRANCE DAY

11th Hour of the 11th Day of the 11th Month



It is time again to stop and reflect on the lost lives of all our brave soldiers, sailors & airmen who fought in the 1914-1918 war to end all wars and all those others lost in following wars .

So stop for a moment at 11:00am on Sunday 11th and give thanks for the freedom those lost lives provided us all.

Don't let them have been lost in vain.



# 100

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(Wallamba 1931) - Landcare Groups - Library News  
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News from the Wallamba Watershed is a





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## Editorial

I t seems to have been a long month for some reason, with a bit of stress thrown in, and I am glad to see the end of it.

Spent the last 12 days in the 'big smoke' playing at being a grand-mom, not good at that, while the daughter in law was in hospital for major surgery. Trundling the kidlet to and from school on Victoria Road, was something of a nightmare with Sydney's traffic and I am not sure how I am still alive. Rules and traffic lights, impatient drivers, double bogie trucks with drivers who forget they do actually have an extension on the back of the of trucks when they decide to pull into your lane from the left and just about take the front off your car, has left me rather shell shocked. Never get me living back there, EVER!

Had to have a big lie down when I got back to my little plot of paradise, especially as I returned to nearly 100°fh after a mild stay in Sydney, to get over it all.

Did get a good doggy fix though, as the kid has a border collie who loved walks and ball chasing.

The beginning of the silly season has started with all things Christmas on sale in the shops and I suppose there will be lots of activities happening around our area, in the weeks leading up to Christmas.

Burrell Creek has a Supper Dances on this month. Krumbach is having one in December, so get your glad rags out and the dancing shoes on and have a practice before you attend.

Thought I might have had an item with the results of the Black and White Ball held in NABIAC for this month's issue, but, as yet, no report. I have heard it was well attended and a good time had by all.

We have a new garden article this month from a lady who is an avid permaculture gardener. Let's hope her advice will help us through this weird weather we are having at the moment.

Remembrance Day is looming with the Centenary of the end of WW1. We never learnt anything from its devastation—wars seem to be going on all over the world all the time. Why do people want to force themselves and their ideas on others who are happy in the situations they in?

Sad to see the coming closure of Dyers Crossing's little church. The Guild Ladies always did their best to keep it afloat with their Seafood Nights and Fashion Parades. Suppose too many are giving up on religion or just dipping out on church attendance to carry on their beliefs at home.

Enough of my little rant, 'til next month

Lyn & Tilley Cat



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## WHAT'S HAPPENING NOVEMBER, 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 Country   | (2nd Sat)         | 10 <sup>th</sup>       | 9am to 1.30pm  |
| • Wingham Community      | (2nd Sat)         | 10 <sup>th</sup>       |                |
| • 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>24<sup>th</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             | (4th Sat)         | 24 <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.  
**ALL ART WORK IN JPG ONLY**  
Disclaimer: The editor has **no affiliations** to any advertisers and the opinions expressed by submitters are their own.

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Hello November,

Hope you are all getting your head around the upcoming Christmas festivities which are just around the corner, organising all those work functions and early get together Parties, along with School Formals and weddings!

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**FIONA will be** running a special for only 2 weeks on a Wednesday in the month of November for Seniors Perms so phone the salon on 6554 1585 and book this great special of \$75 inclusive of Haircut and blow wave or set or wash n wear! Be ready for Christmas ladies!

We have our **XMAS PACKS** in the salon as well this month, and once they have sold we cannot get any further supplies as they are very popular, for gifts or stocking fillers. They come in a variety of ranges that will suit the budget for all. Remember our layby system to help you for Christmas and Don't forget our Gift Vouchers are available for all your Hair and Beauty needs. Don't forget *Cassie* who is our in house beautician who does all your waxing and beauty services.

Just a gentle reminder about our opening hours here at the salon for the **XMAS period.**

We will be **CLOSED** from **Monday 24<sup>th</sup> at 3pm December XMAS EVE** and will **RE-OPEN Wednesday 2<sup>nd</sup> JANUARY, 2019....** So plan ahead as our books are filling fast! on 6554 1585 We are open on Saturdays by appointment only!

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## Honour their Spirit

**Remembrance Day** has a special significance in 2018.

Sunday, 11<sup>th</sup> November, 2018 marks the 100th anniversary of the Armistice which ended the First World War (1914–18).

One hundred years ago, on 11<sup>th</sup> November, 1918, the guns of the Western Front fell silent after four years of continuous warfare. With their armies retreating and close to collapse, German leaders signed an Armistice, bringing to an end the First World War.

From the summer of 1918, the five divisions of the Australian Corps had been at the forefront of the allied advance to victory. Beginning with their stunning success at the battle of Hamel in July, they helped to turn the tide of the war at Amiens in August, followed by the capture of Mont St Quentin and Péronne, and the breaching of German defences at the Hindenburg Line in September. By early October the exhausted Australians were withdrawn from battle. They had achieved a fighting reputation out of proportion to their numbers, but victory had come at a heavy cost. They suffered almost **48,000** casualties during 1918, including more than **12,000** dead.

In the four years of the war more than 330,000 Australians had served overseas, and more than **60,000** of them had died. The social effects of these losses cast a long shadow over the postwar decades.

On the first anniversary of the armistice, in 1919, one minute's silence was instituted as part of the main commemorative ceremony. After the end of World War II in 1945, the Australian and British governments changed the name to **Remembrance Day** as an appropriate title for a day which would commemorate all war dead.

Each year on this day Australians observe one minute's silence at 11am, in memory of those who died or suffered in all wars and armed conflicts.

### Symbols

Red poppies are worn on blazers, shirts, jumpers and other items of clothing on Remembrance Day to remember those who died during a war. Poppies were among the first plants that came from the battlefields of northern France and Belgium during World War I. Some people believed the popular myth that poppies were rich in their redness because they blossomed from grounds that were saturated with soldiers' blood.



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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> November 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.

Phone: **Debbie Gray** on 6559 1475 to book a stall

**HALL BOOKINGS:**

Contact **Fay Deer** on 6559 1562 or **Helen Legg** on 6559 1211

## New Year's Eve Supper Dance

Krambach Hall

8:00pm 'til ?

Music by Barney Carle

Cost: Adults \$10 Children under 12 Free

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**Local History - The Wallamba** — Another in a series of historical articles gleaned from the archives of the "Northern Champion" 1931 by *Bob Mann*

**OBITUARY: JULY, 1931:** The Bunyah district lost a worthy resident on Tuesday last in the person of Mr **Hugh Murray**. Deceased became ill on Tuesday of the last week and was admitted to the Mayo Hospital, Taree and on the following Thursday, despite careful attention he breathed his last at 6:30pm on Tuesday. The late Mr Murray as the son of the late Mr and Mrs **John Murray** of Bunyah. He was born at Kimbriki 60 years ago and as a child he moved to Bunyah with his parents. In his early life he operated as a teamster in the Coolongolook district but later he selected land adjoining his father's property and remained there for the rest of his life. He engaged in dairying and grazing and was a cattle breeder of some note. The late Mr Murray was of a quiet disposition and although he was not actively associated with public life many district movements had his ready co-operation. He was kind and sympathetic by nature and leaves a wide circle of friends on the Wallamba. He was married to Miss **Arnold**, daughter of the late Mr and Mrs **Chas. Arnold** of Queensland and formerly of Bunyah. In addition to his widow he is survived by the following children. Messrs **Hugh (Browns Creek)**, **John**, **James** and **George**, at home. Misses **Jean**, **Eileen** and **Isabel** also at home. Surviving brothers and sisters are Messrs **Jas Murray** (Bunyah), **A.B. Murray** (Tipperary), **J.A. Murray** (Bunyah), **Samuel** and **George Murray** (Bunyah), Mrs **T. Newell** (Upper Myall) and Mrs **R. Paterson snr.** (Bunyah), Mrs **J. Willis** (Bunyah) and Miss **Nellie Murray** (Bunyah).

The funeral moved from S.W. Bridges at 1pm on Wednesday for the Krambach cemetery where the remains were interred in the presence of a large and representative gathering which exemplified the high esteem and respect in which the deceased and his family are held. An impressive gravesite service was conducted by the Rev. **N. Macleod** assisted by the Rev. **S.P. Stewart**.

**NABIAC, NOVEMBER, 1931:** The weather during last week was about ideal, showery conditions prevailing for most of the time and although

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more rain would have been generally excepted, we heard one man complaining and hoping the weather would soon pick up. We are wondering how such an individual will get on in heaven if he ever gets there. On Sunday night we experienced a very heavy thunder storm, the sky being continuously lit up by flashes of lightening. Locally the rain was not very heavy, but following the rain of the previous week, would do a great amount of good. Already the pastures are responding to the showers and if similar conditions prevail for a week or two "cows" should be in clover.

Snakes are rather numerous this year and we hear quite a lot of snake yarns, some of the snakes being killed being of enormous size. In fact one wonders if they are black snakes or boa constrictors. The tale is told, and your correspondent can vouch for the truth of the story, of a local resident who was harrowing and feeling a pull on his trousers looked down to see a black snake with his fangs fastened on the leg of his trousers and unable to free itself. The chap shook his trousers off and when pulling them over his boots they turned inside out with the snake inside, but a gibber of some kind was soon procured and the snake dispatched while still in his pants. He was in an unfortunate position as he did not like pulling on his trousers after the snake had been killed in them, so it was necessary for him to walk home minus the nether garment in order to get another.

**Nabiac:** The cream supply at the local butter factory has increased considerably, but generally speaking the increase is due to the new cows coming in rather than to good pasturage.

On Saturday a working bee was held at the local cemetery when quite a number turned up to help make a neater appearance of Gods acre and a great deal of credit is due to Mr **J.H. Dunn**, who organized the working bee.

Mr **Arthur Barber**, of Firefly, is a patient in the Mayo Hospital. He just underwent an operation and is making good progress towards recovery.

We are pleased to hear that the mill at Failford is at work again after installing a new boiler. Whilst waiting for the sawmill it reminds me that I saw some very fine cedar logs on their way to the Failford mill so if any one is in need of some of this classy timber, now is the time to get it.

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## WALLAMBA CWA REPORT

It was a full on meeting this month as we held our 54<sup>th</sup> Annual General Meeting and the elections of the various office bearers.

The meeting was chaired by Vice President **Margaret Weller**, who filled in for President **Iris Cummings** who was in Sydney with her siblings who have not been well, declaring the meeting open at 10.00am with the National Anthem, CWA Prayer and CWA Motto. Ten members were in attendance with 2 apologies being received together with that of Branch Mentor, **Donna Kemp** of Gloucester Branch, who due to illness was unable to attend to conduct the Election of Office Bearers.

There had been a change of venue to the Uniting Church Hall due to the restoration work being carried out on the Agricultural Showground Hall and Foyer after the devastating party happenings from a few weeks ago.

Reports of the Branch activities were presented on behalf of President Iris along with Secretary **Pam** reading this and her report as well.

Many thanks to our Treasurer **Mary Webber**, for her comprehensive presentation of the financial position of the branch for the previous 12 months. These three reports were moved and 2<sup>nd</sup> before the other officer bearers, including **Jill Hammond's** Ag & Environment Segment, **Merle** our Handicraft Officer, **Penny Britton** our Branch International Officer and Margaret Weller as Catering and Cookery Officer, each presented their reports which outlined a number of successes and programmes undertaken during the year. For a small branch we feel we have achieved quite a lot and it is to be hoped that this will continue on bigger and better.

All reports presented it was time for the election of office bearers with all positions being declared vacant and member **Ruth Dawson** was invited to take the chair to conduct the elections.

Outgoing President Iris Cummings had indicated that she would not be seeking the position of President and our Incoming **President** is **Margaret Weller** who was nominated by Merle and 2<sup>nd</sup> by Pam. Iris was happy to accept the position of **1<sup>st</sup> Vice President** and was nominated by Mary and 2<sup>nd</sup> by Jill and was declared elected. Our **2<sup>nd</sup> Vice President** remains as **Norma Flood**, who this year was also invited to be Branch Patron, which has remained vacant since the passing of our much loved member **Betty Bird**. Norma said she would be happy to accept and at the end of the meeting was presented with her Patron's Badge by President Margaret.

The following members were elected to fill the positions within the Branch as follows:-

**Secretary:** Pam Muxlow with **Assistant Secretary:** Penny Britton. **Treasurer:** Mary Webber with **Assistant Treasurer:** Jill Hammond.

**Catering Officer:** we welcome a new member **Beth Brewster**, to fill this position with help from Ruth Dawson and Margaret Weller.

**International Officer:** Penny Britton will again hold this position with **Assistant Officer** being Pam Muxlow.

**Handicraft Officer** will be filled by Merle Barber with **Assistant Handicraft Officer** will be taken on by **Janette Jones**.

**Agricultural and Environment Officer** for the coming year will be Jill Hammond and new member **Coral Gabriel** has offered to fill the position of Assistant **AG & Environment Officer**.

**Cookery Officer:** will be Margaret Weller and Penny Britton has accepted the co-ordinator position for **Cultural**. **Pam Muxlow** will continue on in her role as **Publicity Officer**

**Auditor:** will be Kerry Clout

**Delegates** – Group and State Conferences will be Jill Hammond and Penny Britton whilst **Councillors** are Jill Hammond, Penny Britton, Merle Barber, Janette Jones, Coral Gabriel, Beth Brewster and Pam Muxlow.

The day and time of the meeting remains the same as before: 2<sup>nd</sup> Tuesday of the month, except January, commencing at 10.00am.

With all positions filled President Margaret Weller had the pleasant duty of presenting our New Branch Patron, Norma Flood with her badge before declaring the AGM closed at 11.05 am.

It was now time to hold the monthly general meeting of the branch chaired by our New President Margaret. As the formal protocol had been done at the AGM it was straight into remembering departed family and friends including Margaret Williamson a member of Taree CWA Branch, former Nabiac resident Beryl Mills (wife of Allan) of Wingham, John Abbott friend of Iris Cummings and her son Ian, the victims of Indonesia's Tidal Wave and Earthquake, Australian personalities Quentin Kiernan, Samuel Simmons and Phil Johnston.

Penny brought along the thought for the meeting

**"Some people grumble that roses have thorns; I am grateful that thorns have roses" – Alphonse Karr.**

Merle to bring November's thought.

A table of 10 ladies from CWA and Nabiac Uniting Church had attended St. John's Dyer's Crossing Anglican Church's Fashion Parade and had a lovely time – I believe that this will be the last one to be held.

The Group Executive has been looking for a new Group Secretary and Treasurer and it is hoped that this would be filled at the 90<sup>th</sup> Group Conference that was held at South West Rocks on October 25<sup>th</sup>. I haven't heard if they were successful in filling these positions.

The Branch moved that a donation of \$200 be sent to the CWA Disaster Relief Fund which will in turn help the suffering farmers and folk on the land.

International Officer Penny informed us that 2019 **Country of Study** will be **Papua New Guinea** and that the ACWW 2020 South Pacific Conference will be hosted in PNG. This group is also looking for donations of nylon zippers 36-40cm in length for projects in connection with the conference. Penny mentioned that October 11<sup>th</sup> had been declared **International Day of the Girl Child**.

Merle, our handicraft officer, encouraged us to work on our apron projects and have them ready to bring to the December Christmas Meeting. Merle has been gaining more experience for her Judges badge and was invited by **Marie Laurie** to assist her with judging at the recent Taree Show.

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Merle said she had won a 1<sup>st</sup> with her Beading work and her Forster Felting Ladies were placed 1<sup>st</sup> and also took out the championship for their entry at Taree Show.

Member Pam showed off three unique hand embroidered aprons dating back to the early 1930's, that has been loaned to Tinonee Historical Society's Museum by the family of the late Daisy Leet and they were much admired by the ladies present.

Our Ag & Environment Officer, Jill, who had recently attended the State Seminar at Narromine, gave a comprehensive report on the activities undertaken including a visit to the Macquarie Marshes with its abundance of birdlife and frogs. The seminar also took in a tour of a recycling tyre plant near Warren to see what is being produced. The Warren CWA ladies presented lunch for the delegates attending the seminar.

For the Cultural Segment Pam spoke of attending the Manning Valley Concert Band's Performance at the MEC – a truly wonderful afternoon's entertainment. She and husband John had also attended the 2018 Commemoration Diggers Ball at Wingham Town Hall which brought so many memories.

Before closing the meeting Margaret spoke on several matters pertaining to the cookery section about size of jars now required for the jam making and Ruth had brought along some of her delicious Strawberry Jam to taste whilst Margaret had tried out the recipe for a rich fruit cake.

Happy birthday wishes were extended to Merle for October 23<sup>rd</sup>.

The meeting closed at 12.30pm and members then enjoyed fun and fellowship over the 'bring and share' lunch.

Next meeting will be held Tuesday November 13<sup>th</sup> – come along and make some new friends with the CWA ladies



**Pam Muxlow**  
Sec/Publicity Officer  
Wallamba CWA  
Branch

Wallamba President Margaret Weller with our new Patron Norma Flood following the 54th AGM



Member Jill Hammond showing off her home grown beautiful red poppy flowers (national flower of Poland and also for Remembrance Day)

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I will be available from this November. Please call or email Lauren O'Reilly with any enquiries.

## Permaculture in your Garden

Well it's that time of year again, long hot days are just around the corner and this means our gardens need to be well protected and this means making sure that they are well mulched!

Mulch is vital for the health of your plants and soil and here is why:

1. Mulch protects your soil - A layer of mulch protects the top layer of your soil from the harsh sun rays drying it out which can sterilise it leaving it useless for your plants.
2. Mulch regulates soil temperature - This stops your plants from stressing out and ensures healthy, stable growth in roots and leaf, fruit and flowers.
3. Mulch adds organic matter - As your mulch breaks down over the season it adds carbon to your soil helping to improve soil structure and feed your microorganisms. This will only help in your crops for next season!
4. Suppresses weeds - This means less work for you and all the available nutrients go towards the plants you actually want to grow and not towards your weeds.
5. Finally, it saves water! - In our dry climate this is so important! It stops water evaporating in the harsh summer sun which dries out the soil and stresses your plants. It also means that if you're unable to water your garden one day they are more likely to survive without you!

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So now you know why you should use mulch the question remains WHAT mulch you should you use?

Mulch should always be a form of carbon material (dry and brown stuff). You can use hay, dried (seedless) grass clippings, wood chips, dried leaves or anything suitable you have lying around but the general rule is, that the bigger and thicker the mulch is, the longer it will take to break down. Finer mulches, such as sugar cane mulch, are perfect for your annual veggie patch while wood chip mulches are better used around established perennial plants as they can last for years. Hay and grass clippings encourage bacteria while wood chip encourages our fungi friends which aid in healthy root development and prevention of disease in bigger plants.

There are some things to remember when mulching however:

1. Make sure your mulches are well aged or well "dried" and your soil healthy and fed before adding the mulch and;
2. Add enough mulch to completely cover your area but don't go too crazy as some mulches can create a barrier that, when too thick, doesn't let water through.
3. Don't wait! Make sure your garden is always mulched. It's such a satisfying job and has such great results so get out there and get mulching today!

For any further mulch questions email [freerangechange@gmail.com](mailto:freerangechange@gmail.com)!

*Lauren*

## Delivering for Nabitac

Delivering \$17,812,423 this year in Federal Financial Assistance Grants and \$1,114,367 in Roads to Recovery, \$5-million in Federal funding for Bucketts Way and over \$7-million in Bridges Renewal funding to Mid Coast Council to assist with local infrastructure projects throughout Nabitac and the Manning Valley.



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Authorised by Dr David Gillespie MP, National Party of Australia, 144 Victoria Street, Taree NSW 2430.



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## Krambach Garden Lovers News



What a wonderful garden full of colour and much admired by the 54 members and visitors who attended our meeting this month at Ross and Cindy's home in NABIAC. As well as looking around this wonderful garden we also visited Beth's garden a few houses further down the street, another garden full of colour and the rose named *Softie* was very much admired by everyone.

Yellow was our flower competition colour this month, such a wide range of flowers were on display and admired by all and of course our swap table once again overflowed with different plants and fruit.

Also, again thanks to all those wonderful cooks who brought delicious cakes and slices to share for morning tea, not forgetting the mouth watering hot sausage rolls, meat balls and other tasty pieces that Ross so kindly took around to share with everyone. Thank you Cindy and Ross it is much appreciated by everyone of us.

Our next meeting will be our Christmas party to be held at King's Creek Retreat on **December 3<sup>rd</sup> at 4.30 pm**. Please note the change of date as it is a week later than our usual meeting date. Santa and his helper will be paying us a visit to hand out the Christmas gifts. Each member is asked to bring a gift to the value of between \$15-20.

There will be no flower competition or swap table at this meeting. Would you please let Kathy know as soon as possible if you are coming as we need to get the numbers into Carla and Spud for catering purposes. Kathy can be contacted on 6550 2590 or 0470 584 689.

There will be no meeting at the end of December. Our January meeting will be a twilight meeting at Jill and Brian's home, Easton Rd, Kings Creek at 6pm and a sausage sizzle will follow the meeting.

The date for this meeting is January 28<sup>th</sup> and the flower competition will be of your choice of up to 5 stems only as well as the usual swap table.

For more information about our club contact Jenny on 0400 105 333 or Val on 65549651

Till next time  
Happy Gardening  
Val

## Thank You

St John's Guild, Dyers Crossing, would like to say "Thank You" to all the wonderful people who made our recent Spring Luncheon & Fashion Parade so successful with over 90 people attending.

Following lunch Margo's Boutique, Taree, presented a very Elegant & Colourful Fashion Parade which was enjoyed by all.

We must say our sincere "Thanks" to the following people:-

To Margo & all seven models

To All helpers in the Kitchen

To the Menfolk for all their help o the day

To Jeanie & the people who helped her with the flowers

To Kevin Layton for his Gift of 2 beautiful necklaces he had made and gave us for Raffle Prizes

To Julie & Peg for a wonderful Trading Table & the people who made Cakes, Jams, Pickles, etc. for it.

This Spring Luncheon & Fashion Parade was a very sad occasion for the Guild as it was the last one done under the Banner of St John's Guild. Next year, in March or June, our Church of St John will close for Worship. We will miss the Friendships & Support we have received from our Fundraising functions which were done to keep our Church in the condition it is in to-day.

To all the people who have supported us over the past years, we say Thank You because without you there would not have been a Seafood Dinner or Fashion Parade.

May God Bless You All

Helen Martin - Secretary



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**OUR EXPERIENCE**  **YOUR IMAGINATION**

**Artists of Wallamba**  
**Inspire ~ Create ~ Connect**



**A**rtists of Wallamba met at Susie Oldfield's fabulous Firefly property on October 20<sup>th</sup>, enjoying a wonderful afternoon filled with creative chatter, ideas, inspirations and planning!

'BOTANICAL' is our first opportunity to exhibit as a group and opened Thursday, November 1<sup>st</sup> at *The Greenhouse Café* with a full house of 60 people attending. **Holly Willis Marsden** has been coordinating Nabiac Farmer's Market for 2 years and has recently moved into her current role as Creative Marketing Manager with *The Greenhouse Café*. Holly is excited that the café is providing a familiar and supportive space for local artists to exhibit their work. Holly is an accomplished artist herself, studying initially at the RMIT, exhibiting throughout

Australia, New Zealand and Canada and currently completing her Masters at Newcastle University.

**Sharon Bateson**, owner of the Greenhouse Café, is thrilled to support the community and offer a space for local artists to exhibit. The food for the opening was sumptuous! Greenhouse Café is located at 72 Clarkson Street Nabiac with the exhibition running the entire month of November.



The beauty of the **Artists of Wallamba** group is its diversity. There is something that will appeal to every taste in the small works that are exhibited and for sale. Please drop into the Greenhouse Cafe during November for a coffee or tea, something delicious to eat and some well-priced artwork to feed the senses and support local artists! There is a people's choice award offering the chance to vote for your favourite artwork.

For those who are artists and passionate art supporters, we'd love you to join our Facebook page. Just look up **Artists of Wallamba** and request to join. We now have over 30 members and share our work, inspiration and ideas. If you aren't a Facebook person then please join us at our meetings from time to time, and benefit from a great community of like-minded creative people. We are excited to have a New Year exhibition coming up at GLAS (Greater Lakes Art Society) in Forster from 15 – 29 January.

The next meeting of **Artists of Wallamba** will be in Minimbah, 2pm Saturday, 17<sup>th</sup> November. Please call **Carmel Spark** on 0419 273 849 or **Kate Landsberry** on 0402 287 244 for more details. We'd love to welcome artists and art supporters and guarantee creative company, delicious food and warm hospitality!

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## Between the Pages

### Nabiac Library News



"Spring has sprung! The grass is riz!" And we don't have to wonder where the flowers or the birdies is; as everything has enjoyed our lucky downpours of rain to herald Spring! Not sure where this original quote came from; but would love to be enlightened!

Locally, the gardens and the bush are in full blossom and the birds are in abundance feeding and nesting. How lucky are we; as some folk out west are still struggling without this rain.

Nabiac Library is also feeling lucky! We have recently had some new additions to our beautiful, historic Nabiac Library to help bring us into the 21<sup>st</sup> Century! Our first additions were the fabulous display carousels for all our DVD's. These enable our members to now peruse the DVD choices easily by merely twirling each category around to find what they may be looking for. We have received many positive comments on this new format of display!

#### Our latest addition is our new 21<sup>st</sup> Century photocopier!!

Our Library volunteers may need to get a licence to operate this! It even 'wakes up ready' if you walk in front of it!!! But really! It is quite easy to operate as everything is on the screen! It is capable of doing B/W and Colour copies, printing front and back, collating documents and producing much more! The cost of using this is the same as printing from our public computer: that is 40c/page for B/W and \$1/page for Colour. All funds go back into helping maintain our Libraries facilities.

#### SEPTEMBER SCHOOL HOLIDAY PROGRAM @ NABIAC LIBRARY

Nabiac Library hosted a wonderful September School Holiday program event that involved youngsters and their parents enjoying learning how to weave an amazing owl wall hanging. Congratulations must go to our Nabiac Library Coordinator *Yasmine* for creating and implementing this special day. See some snapshots below.



See our masterpieces!

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Ready—Set—Weave



International Games Week is coming up this month!!!

MidCoast Libraries will join over a thousand libraries around the world during International Games Week as we transform our libraries with play. Like thousands of other libraries across the country and around the world, we'll offer special gaming programs and events suitable for the whole family. Why not join us for our Puzzle Off on Tuesday 6th November at 10.15am?

Please come along and join us in the fun and games!

See you at our Library! Our Summer opening hours are:

|          |                    |
|----------|--------------------|
| Monday   | 3-5 pm             |
| Tuesday  | 9-11 am and 3-5 pm |
| Thursday | 9-11 am            |
| Saturday | 10-12 noon         |



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Hello friendly Op Shoppers!

Greetings from the friendly volunteer team at Nabiac's Premier Retail Outlet...or as every avid Op-shopper knows it's actually a Recreational Outlet. Either way there is fun to be had. We've all been kept busy, and activity seems to be increasing. It's great to be getting such wonderful feedback on our little Op-shop and also the village, we get many return visitors taking a break from travelling along the highway and enjoying a quick shop and a walk around, so we try to encourage everyone to stay a while longer, grab lunch or a cuppa and enjoy all that is on offer in our town - as we are a pretty awesome location!

Summer clothing is now out on the racks in all its colourful glory. Winter is gone, the flowers are out and we have green grass again... Yaaaaay!!!! Which brings us to a very important event - Spring racing. There are some real show stoppers on the racks ladies, and we also have a massive selection of suits for the guys. Get creative in the shop's craft section for that one of a kind fascinator. Oh, and don't forget the shoes bags and jewellery!

It's also time to think about Ball Gowns, Wedding dresses and Formal outfits for the school gradutors, the selection is growing, but it might be an idea to get in first as they don't last long.

The Festive Preppers are now in their element, Christmas decorations are out on the shelves and flying out the door faster than Santa on his sleigh. The shop and the shed have shelves full, so you might want to beat the rush on these too. Halloween and Fancy Dress costumes are instore also.

Our BOOK range is ever increasing, and probably one of our most popular sale items; feedback is very positive, customers really appreciate the range and quality and organisation. All categorised and waiting to take you away on a journey.

Furniture and a surprising selection of abstract incidentals keep pouring into the shed; THANKYOU to the team of guys taking their own vehicles and collecting locally all the larger donations. Epic effort and a great service. To any guys in the area needing an interest and the company of a friendly team ... HAVE YOU THOUGHT ABOUT VOLUNTEERING? All that we do is to benefit our community and it feels GOOD!

Have you thought about a new project for us to support that will benefit our village? Thinking Caps on please.

The pool project is almost complete. Security surveillance and lights, solar heating panels and a pool blanket are all on the list. (Our pool will be a snug 22°C with an extended swimming season).

Funding is on the agenda for tree planting and gardens about the oval and park, signage in the park and a dedicated seat with plaque to honour the efforts of our skate park founder. And that's just a small

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sneak peek of what is planned. We appreciate all your support which in turn enables us to help and support this vibrant community. Truly worthwhile!

If you're a Facebooker, please LIKE and FOLLOW **Nabiac Second chance Op-shop**.

Come on in, find some bargains, get creative, donate your unneeded and inspire others. Thank you again for your support and helping to make a difference in this beautiful part of the world.

xx

## Nabiac Village Futures Group



An update from the Village Futures Group (VFG). Some may not be aware that this small group with the interests of the village at heart, is responsible for several changes that have occurred recently. The stop signs at the Dibb Street / Highway intersection has had a long gestation. Discussions began with RMS and Council some two years ago on this project following several accidents, and it is pleasing to see some results. Likewise our efforts for new ripple strips at the Failford Road and Highway intersection to replace the worn out strips had also been some time coming.

The VFG have a great relationship with Council and at the moment we are exploring traffic calming measures and parking options around the centre of the village.

The present sad fence around the Memorial Park is scheduled to be replaced with similar bollards as that encircling the cricket oval and planting more trees along the Nabiac Street fence line of the park is awaiting approval.

By the time you read this, you will have seen the new Memorial Park sign showing the features and history of our Memorial. Planning for this edifice started in 1928 with construction in 1932. Funds for this magnificent sign from Barrier Signs has been supplied by the Neighbourhood Centre and the tireless workers in the op-shop.

Planting of new shrubs in the planter boxes will also have been completed by VFG and Landcare members by Armistice Day. A credit to all involved.

The memorial is being refurbished thanks to grants from the NSW State Government Heritage Fund.

Nabiac, a great place to visit and a better place to live.

The VFG meet at the Neighbourhood Centre the 1<sup>st</sup> Wednesday of the month at 7.30 pm.

BW

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## *Nabiac Apothecary News*



With the warmer weather approaching us it is important to stay hydrated.

Being hydrated means having adequate water in your body so that all of your systems are able to function correctly. If you don't have enough water this can lead to dehydration, which can result in poor concentration, headaches, tiredness and, in severe cases, kidney failure.

Hydration is about so much more than feeling like your mouth is made of sandpaper. Some of the signs of dehydration can be increased thirst, decreased urine output and feeling lethargic.

To function correctly, your body needs both water and electrolytes. Water helps to maintain body temperature, digest foods and lubricate tissues and joints. Electrolytes helps to retain fluid and maintain good nerve and muscle function.

Sometimes things get off balance. You might have a bout of gastro causing vomiting and diarrhoea, you might not be drinking enough fluids during illness, or you may sweat heavily due to hot weather conditions or exercise. Other common causes are travelling overseas and drinking too much alcohol.

### Hydrolyte

Hydrolyte is an oral hydration solution. It has been scientifically formulated to restore vital electrolytes if you are dehydrated. This allows for faster and more effective absorption of fluid and electrolytes by the body, and as a result, dehydration can be corrected very quickly.

Hydrolyte is suitable for the whole family, including babies, pregnant and breastfeeding mothers.

We have a large range of Hydrolyte in store – Electrolyte ice blocks, effervescent tablets, powder and ready to use electrolyte solutions. Be sure to ask our friendly staff if you would like a frozen ice block from our freezer.



### Tips to stay hydrated :

- **Keep water near you** ... Keep a bottle or glass of water in eyesight.
- **Set reminders** ... Your phone or email is great for setting external reminders.
- **Set targets** ... Aim to drink bottles of water by certain times of the day.
- **Infuse your water** ... Add things to your water to give it flavour. Berries, lemon, cucumber, mint and orange slices are just a few ideas.
- **Try soda water** ... This is a great option for people who find drinking plain water to be a bit boring.
- **Learn to recognise the signs and symptoms** ... Hydrolyte can be taken at the first signs of dehydration.

### Our SMS script reminder service:

Paperwork can get overwhelming and it is easy to misplace prescriptions and other important documents at home.

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'Til next month,

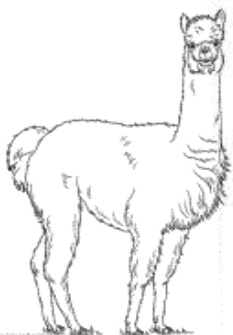
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## MINIMBAH MATTERS

**Minimbah Rural Fire Brigade** has added to our bush fire preparedness with two newly qualified Basic Fire Fighters. There may be a considerable age difference between the two, but within the NSW RFS the training, testing and qualifying is a "one size fits all" or "equal opportunity" scenario. Congratulations to our new Fire Fighters.



On day one of the recent school holidays, and thanks to a little help from our friends, we ran the Driver Reviver at Wang Wauk. It's always a fun and worthwhile thing to do, so fires permitting, we will be on the roster for future dates.

With soggy ground and the lack of sunshine recently, it is hard to imagine that we are well and truly into the Bush Fire Danger Period, but we are.

We remind you that Fire Permits are required, and of the requirement to advise your neighbours and the RFS at least 24 hours before you intend to activate your permit.

Your enquiries and notification should be directed to the Mid Coast RFS District Office whose phone number is **1300 Mid Coast** ..... that's **1300 643 262**.

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Check to make sure the battery works  
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Check it when the kids are at home  
And then they'll know what to expect.

By popular demand the Brigade has decided to start our future monthly meetings and training sessions half an hour earlier. This means, effective immediately, we will have a **9.00am kick off at the Fire Station on the 2<sup>nd</sup> Saturday and the 4<sup>th</sup> Wednesday of each month.**

## HOW FIREPROOF IS YOUR PLAN?

Find out in 5 minutes at [myfireplan.com.au](http://myfireplan.com.au)

Have you seen the new Prepare Act Survive public awareness campaign on TV? It is based on real life experiences of people during fires and can be confronting, so please take notice and prepare and practice your Bush Fire Survival Plan.



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## Nabiac Memorial Neighbourhood Centre



The Annual General Meeting of the Nabiac Memorial Neighbourhood Association Inc will be held on **13<sup>th</sup> December 2018**. The meeting will be held at the Neighbourhood Centre, 37 Nabiac St, Nabiac and commences at 7.30pm. Business for the evening will be presentation of Annual Reports for the Centre, Op Shop and CTC, consideration of two changes to Association's Constitution and election of the committee for the coming year. All are welcome (attendees need to be a member of the Association to vote).

At the October meeting, the committee approved funding of \$1,500 to assist with the planting of trees around Nabiac Oval. Most of the trees previously planted have died. Local ladies Bec Harper, Christal Pearce and Delwyn Thomas have liaised with Council to determine suitable species and plant the trees. The RFS has agreed to assist with watering the trees during hot/dry weather. The replanting is part of a broader plan to improve the recreational precinct.

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# OPEN DAY



To celebrate the opening of  
our new BBQ area



## Coolongolook & District Memorial Hall



DATE: Sun 25th Nov 2018 ~ 10am to 2pm

- Morning Tea & Sausage Sizzle available by the local School.
- Memorabilia on Display of our Local Soldiers, Community History & local school photos from the past.
- Coolongolook Public School display.
- Sewing Group display with items for sale.
- Mini Stalls.



**- Come one, Come all.....to Coolongolook Hall -**

- Hall available for Hire for Events such as Weddings, Parties, Funerals & Meetings.
- Current Events held here - Anzac Celebrations, Sewing Group, Play Group, School Events, Landcare Catering, Family Reunions & Social Community events.
- For more information phone Neryl 0402123446

## Coolongolook Public School

Lombard Street, Coolongolook NSW 2423  
Phone: 02 4997 7183 Mobile: 0436 622 485



Coolongolook Public School is currently taking enrolments for 2019. If your child is **turning 5 before 31 July, 2019** they can start Kindergarten at the start of 2019.

If your child is turning 6 in 2019 they should start school at the beginning of the school year. **All children must be in compulsory schooling by their 6th birthday**

Please contact Lisa Hall the School Administration Manager to discuss your child's enrolment

## WALLAMBA COMMUNITY GROUP—NABIAC SENIORS

Wallamba Community Group Inc. meets Thursday mornings, at 9:30, in the Foyer 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, **Faye Gotts** on **6555 4360**



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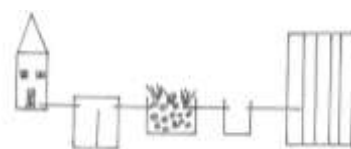
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### NEWS FROM BUNYAH

We will be holding a **Remembrance Day Service** at our Cenotaph at Bunyah Hall on **Sunday 11<sup>th</sup> November, 2018** commencing at **10.30 am** followed by Morning Tea. One of our long-term residents, **Gra-hame Watson, Ex Army Major**, will conduct this centenary Service. We look forward to having not just Bunyah residents join us, but everyone who would like to be part of this special Service.

**On Sunday 18<sup>th</sup> November** Bunyah Hall will be participating in 'Showcase of Halls' which will be happening all during the month of November by the Halls Network of Mid Coast Council. Please come along and find out what your local Hall can provide for you by way of social, sporting, entertainment, its' history and its' future direction.

**A Sausage Sizzle plus tea, coffee will be available at a cost of \$5.00 per head** and you can have a game of Tennis/Table Tennis and/or sit and enjoy the company of local people.

**Bunyah Hall is located at 1246 Willina Road, Bunyah** 14 kms inland from Coolongolook or 18 kms from Krumbach,

**We will commence at 10.00 am through until 2.00 pm**, we hope that you will come along and check out our lovely Hall and what it has to offer.

Neryl Simpson

## SUPPER DANCE

Black/Gold theme (optional)  
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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.

Photocopying & faxing is available every morning.

Courses are offered to beginners and advanced users, so come along .

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

**Monday Morning:** Photocopying and Faxing

**Tuesday Mornings:** Sheila, Jillian & Alan 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:** Suzie will help with the basics, emails & internet searches

**Thursday Mornings:-** Deb will help with the basics, emails & internet searches

**Friday Mornings:** Photo copying and faxing

**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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## *The History of the Poem always recited on Remembrance Day*

*In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place: and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.*

*We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.*

*Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.*

The poem was written by a Canadian Medical Corps doctor, Major **John McCrae**, who was serving with a Field Artillery Brigade in Ypres.

The death of one of his friends in May 1915, buried in the cemetery outside his dressing station, affected him severely and he wrote his poem as a way of expressing his anguish at the loss.

He was dissatisfied with the poem when he finished it and threw it away, but one of his fellow officers retrieved it and was so moved that he sent it to the media in London, where it was published by Punch on 8 December 1915. Its simple but evocative encapsulation of the horror of the trenches has made it the most famous of the war poems.



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## Lyn's Larder

### BEEF, RICOTTA & SPINACH PIE.

Thought that with the warmer weather this easy serve meal can be done early and is a light meal served with salad. As spinach is also in season, a good time to make it and the recipe is for a slow cooker, if you have one, or could easily be adapted for the oven

#### INGREDIENTS

500g Fresh ricotta  
½ cup Milk  
¼ cup Finely grated parmesan cheese  
10 grates of Whole nutmeg (or a very small pinch)  
6 cups Cooked Italian Bolognese chilled (recipe in next column)  
4 sheets Large instant dried lasagna  
2 cups Shredded mozzarella  
50g Baby spinach leaves  
Salt & pepper to season  
Basil leaves to garnish

#### METHOD

1. Combine ricotta, milk, parmesan and nutmeg in a large bowl and season
2. Spoon 1/3 of the Bolognese into the bowl of a 5L slow cooker (or a similar sized baking dish) spreading to cover the base.
3. Top with 1/3 of the ricotta mixture, spreading to cover Bolognese. Scatter over ½ cup of the mozzarella
4. Using 2 lasagna sheets, cover mozzarella layer with a single layer of lasagna sheets, broken to size if necessary to fit snugly to the sides of the bowl/dish
5. Top with ½ the spinach
6. Repeat steps 2-5 to make another layer, then finish layering with remaining 1/3 of the Bolognese, remaining 1/3 of the ricotta mixture and remaining 1 cup of the mozzarella. Place the bowl in the appliance, put the lid on and cook on low setting for 4 hours.
7. Remove bowl from appliance, remove lid and set aside for 15 minutes to let the juices settle
8. Serve garnished with basil and freshly ground black pepper

If you are using a normal oven, cover the dish with foil or if it has a lid, use that and cook for 40 minutes at 190°, removing the foil or lid for the last 5 minutes to finish melting the cheese.

#### Proof Reading is a Dying Art

### Man Kills Self Before Shooting Wife and Daughter-

This one I caught in the Tribune the other day and called the Editorial Room and asked who wrote this. It took two or three readings before the editor realized that what he was reading was impossible! They put in a correction the next day

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## ITALIAN BOLOGNESE

#### INGREDIENTS

2 tbs. Extra virgin olive oil  
600g Beef mince  
600g Pork mince  
1 cup Red wine  
½ cup Tomato paste  
250ml Chicken stock  
1 Brown onion, finely chopped  
2 cloves Garlic, minced  
2 sticks Celery, finely chopped  
1 Carrot, diced into 1cm cubes  
400g can Chopped tomatoes  
1tbsp Brown sugar  
6 Basil leaves  
1 Fresh Bay leaf  
Salt & Pepper to season  
1 Rind of parmesan wedge (on the edge of packet cheese or see if a deli would cut you a bit.) Not compulsory

#### METHOD

1. Heat oil in a large frying pan over a high heat. Add all mince and cook, stirring every 2 minutes for 8 minutes or until mince is no longer red. Stir in wine and tomato paste, bring to the boil. Cook for 5 minutes or until the wine is reduced by half.
2. Stir in everything else, cover and cook on low heat for about 40 minutes.

If you want to use your slow cooker, after the wine has reduced by half, transfer the frying pan mixture and the rest of the ingredients into a 5L slow cooker bowl, cover and cook for 9 hours on slow setting.

#### OK, it is an oldie, but still good for a giggle!

A husband walks into Victoria's Secret to purchase a sheer negligee for his wife.

He is shown several possibilities that range from \$250 to \$500 in price -- the sheerer, the higher the price.

Naturally, he opts for the sheerest item, pays the \$500, and takes it home.

He presents it to his wife and asks her to go upstairs, put it on, and model it for him.

Upstairs the wife thinks ( *she's no dummy* ), 'I have an idea. It's so sheer that it might as well be nothing. I won't put it on, but I'll do the modelling naked, return it tomorrow, and keep the \$500 refund for myself.'

She appears naked on the balcony and strikes a pose.

The husband says, 'Good Grief! You'd think for \$500, they'd at least iron it!'

He never heard the shot.

Funeral on Thursday at Noon .

**Closed coffin.**

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### NABIAC COMMUNITY GARDEN UPDATE

Nabiac Community Garden is ready for action with your Local Landcare Coordinator back from holidays and some lovely rain received. We have the construction phase ahead of us, and we are very grateful for community offers of material for raised bed edges and irrigation supplies.

The formalised road access around the Community Centre shed is in place, and soil material removed for the road has been mounded along the back hedge, providing an improved growing media for fruit trees etc., with an extra thick layer of topsoil above our clay subsoil. With good rain the weeds have flourished in the disturbed soil, giving us plenty of green manure and compost material!

We will host a group get together with morning tea, a quick planning session, and a quick working bee on Monday 12<sup>th</sup> November from 10am. Please RSVP to **Joël Dunn** on **0401 932 533** or [joel.dunn@glcr.org.au](mailto:joel.dunn@glcr.org.au)

If you would like to make a donation of garden related materials, please contact Nabiac Neighbourhood Centre Secretary, **Louise Collins** on **0409 585 635**



### SCRAPS TO SOIL COMPOSTING WORKSHOP

We will host a Scraps to Soil composting workshop supported by MidCoast Council on Tuesday November 20<sup>th</sup> @ 1-3pm, in the Nabiac Community Centre

Come along and learn how to compost in your home and turn your kitchen and garden scraps into amazing food for your garden and soil! The workshop will cover the basics of getting started with composting at home and you will learn about setting up, managing and maintaining a compost bin, ingredients and how to use compost products as well as troubleshooting, so you are ready to create your own fantastic compost at home.

You can then complete an online tutorial at the Mid Coast Council website and get a new compost bin for only \$20 at <https://www.midcoast.nsw.gov.au/Council/Works-and-Projects/Council-Projects/Scraps-to-Soil-composting-program>

Please RSVP to Joël Dunn on 0401 932 533 or [joel.dunn@glcr.org.au](mailto:joel.dunn@glcr.org.au)

### INTRODUCTION TO KEYLINE & YEOMANS PLOUGH DEMO

Thursday 15<sup>th</sup> November, 9.30am-3pm, Wootton



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**Jeremy Bradley**, of Beechwood Biological Solutions, will join local Keyline aficionado **Craig Tate** to share insights on this powerful technology, which can help reduce soil compaction and erosion, increase water infiltration, store water in the landscape and build soil biological health and carbon sequestration.

After a sit-down discussion on Keyline theory and practice, we will visit a site where a Yeomans Plough has been used for preparation for tree plantings, before moving to a practical look at site surveying, and a live plough demonstration.

Find out about the Bulahdelah Sustainable Farming Group's Keyline project, and how you can arrange a loan of Landcare's soon to arrive new Yeomans Plough, made possible by National Landcare Program Smart Farms funding.

Morning tea and lunch will be provided.

Please RSVP to **Joël Dunn** on **0401 932 533** or [joel.dunn@glcr.org.au](mailto:joel.dunn@glcr.org.au)



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### REAL KULTCHA

You would think that once the football season was over .... alright, alright, you rowdy mob in the back row can calm down or I'll have you thrown out! Yes, the soccer season has just begun but – as I have said on many occasions and it proves you're still not listening – soccer **IS NOT** (I say again, **IS NOT**) included in the generic term football because, First, they are soccer and, Second, they play in spring/summer when true football is played in winter. Here endeth the lesson. All correspondence should be addressed to my garbage bin so let us continue the thought I began with .... there would be a paucity of sporting news, but not so.

For starters, there was The Bathurst 1000. I watched a good deal more of it than I planned and to see Craig Lowndes and *The General* snatch the bickies from everybody else was quite gratifying. Of course, with neither car being built in Oz anymore (what am I saying, we don't build any cars here anymore) it was also sad to note *The Henry* isn't going to use the Falcon anymore but will run two door Mustangs next year. Oh, how the times have changed. I can remember when the only cars that could be entered in The Big Race were those that 500 of them registered on Oz roads. This led both car manufacturers to build "specials" for the race and these included ratios in the gearbox and diff that made better use of the V8s grunt so times up Mountain Strait and down Conrod could be increased. Now of course, there are Nissans and Mercs in the field.

One thing that still bugs me about Supercar racing though is safety. I was watching one of the races in The Gold Coast 600 t'other night and there was a stack just round a corner. Even one of the dribblers made a call regarding his fear of further carnage and sure'nuff, several cars turned the corner at race speed and then had to make hurried adjustments to avoid the initial prang. In a short time however, one couldn't avoid the mess and wiped his car out. Why? I recall years ago, attending speedway races in Canberra (I did seriously think of taking up an offer to learn to ride one of those bikes, but that's another story) and we could see clearly that at about half a dozen places round the oval were large tri-coloured lights. It was simple: Green (**YOU'RE RACING**); Orange (**SLOW DOWN NOW**); and Red (**STOP NOW**). Alright, with speedway racing the officials can see the whole track but don't tell me it couldn't be installed and operated at any race-track! The same rules would apply as do when the pace car is out – a set speed and no passing. Does another death have to happen before something like this is considered a little more than "possibly useful".



Mid Coast Retirement Village Lawyer  
Philip Goodsell  
Solicitor

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more.....

Horse racing is said to be the Sport Of Kings but in my mind it's better described as the Sport Of Fools. It's as simple as giving the masses a distraction and a hope (forlorn, of course) of riches. Oh yes, we've all heard of the punter who "won big" on The Cup but what we weren't told was how much was the bet and how many times has that same punter torn up his ticket? Just recently we saw the running of *The Everest*, which is nothing more than the Sydney (read Randwick) horsey mob trying to upstage the Melbourne Cup. And then there was Alan Jones and his pathetic bullying of the Opera House chief Louise Herron to use the sails of the building as a billboard for this supa doopa, unique, historic (this is only the second running of it, by the way) and filthy rich horse race. Did Jones explain why he was ever so interested in using the sails – apart from publicity for the race? Well, I received an e-mail recently that had The Project's Waheed Ali speaking on it and he seemed to be saying Alan Jones part owns the horse that sired the last winner! Did you know that? Well, I didn't and if it's true, Alan didn't tell us either and so his ranting at Ms Herron was to ensure more folk saw his product making more money for him! I've said it before and I'll say it again, if you want to get the real feel of owning a racehorse or being a punter on them, buy yourself a large caravan (it'll cost as much as a present day stable and handlers) and a 44 gallon drum. Put the caravan in your back yard (but don't live in it, just yet), cut the top out of the 44, punch some holes around the bottom edge, half fill it with some waste timber and set it alight. Now, on a regular basis (like every 10 minutes and 24/7) throw a single \$50 note into the fire. That's what it feels like to be a racehorse owner/punter. The caravan? Hang onto it coz that's where you'll be living if you keep chasing the nags! It was the late Frank Hardy who called it "The Four-Legged Lottery" and I think he was spot on.

Should I mention *The Galahs*? No! How about *The Wallabies*? hy?

OK, I can take a hint. Talk at you next month,

*Hillside Critic*



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### REGIONAL BEEF FORUM TO GROW LOCAL BEEF INDUSTRY

Hunter Local Land Services, in partnership with Meat and Livestock Australia, is hosting a major regional beef forum "Growing Hunter Beef" in Singleton on **Thursday 8th November**, to bring together the region's cattle producers to hear from industry experts about smarter beef production in the future.

It's been an incredibly challenging period with the drought forcing hard sales of breeding stock and progeny, and driving up the price and availability of feed.

It has also affected confidence in the local market and Hunter Local Land Services wants to help producers and their families make strong, clear plans for their future farm businesses.

"The drought has had a devastating impact for many farming families, and a lot of people are asking what to do next," says Andrew Hodgson, Manager of Agricultural Production and Protection with Hunter Local Land Services.

"We are bringing together industry experts, agricultural technology entrepreneurs, government agencies and support services, plus trade providers for animal health, livestock management and handling and feed suppliers, to have an honest discussion about building the future of the Hunter beef industry, and how we can all work together beyond this drought.

"The Hunter is a renowned cattle producing region, and while times are tough, they will get better and we have a unique opportunity to really boost the quality of cattle grown in our area moving forward, but also prepare ourselves for difficult times in the future."

The free event will include discussions on issues including eating quality and compliance, marketing, options for Australian beef in the next 20 years, animal health and producer case studies.

There will also be a range of leading agricultural products and services on display, including new technologies designed to make life easier for farmers and improve livestock handling.

Free return buses are running from Scone, Merriwa, Muswellbrook, Denman, Gloucester, Nabad, Stroud Road, Taree and Bulahdelah.

The event will run from 9.00am-4.30pm, with morning tea and lunch included.

Please RSVP by calling **1300 795 299** or visit [www.hunter.lls.nsw.gov.au/resource-hub/events](http://www.hunter.lls.nsw.gov.au/resource-hub/events) - RSVP is essential to assist with catering.

Kind regards,

**Penny Evans | Communications Officer**  
**Local Land Services**  
**Hunter**

## Nabiac Veterinary Clinic

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## GOOD MEDECINE

### The 10 Commandments for Reducing Stress

1. Thou shalt not be perfect, or even try to be.
2. Thou shalt not try to be all things to all people.
3. Thou shalt leave things undone that ought to be done
4. Thou shalt not spread thyself too thin.
5. Thou shalt learn to say 'no'.
6. Thou shalt schedule time for thyself, and for thy supportive network.
7. Thou shalt switch off and do nothing regularly.
8. Thou shalt be boring, untidy, inelegant and unattractive at times.
9. Thou shalt not even feel guilty.
10. Especially thou shalt not be thine own worst enemy, but be thy best friend.

**Amanda Gore**

### DONK (DE OLD NABIAC KLUB)



DONK had every intention of attending Taree show and did indeed arrive at the gates on the appointed day.

However, as everyone knows rain and more rain put a damper on many events. Our display included generators and magnetos, both electrical systems that DO NOT tolerate moisture. The thought of trying to dry everything out and perhaps damage was a risk not worth taking.

**Australia Day** at JW Park in Tuncurry looks like our next outing.

A great display at the Motorcycle Museum of Chevrolet vehicles during the month was very worthwhile as were the two days at Tuncurry following.

Brought back many memories, not all good, for the older mechanics that attended.

Some \$3,000 was evidently raised for Westpac helicopter on the three days. Well done everybody

*Greasy Hands*

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

Then contact

Stuart **Weller** on 6554 1904 (Nabiac)

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

## News From The Pews

### Nabiac Uniting Church

**Please note your new Start time from May, 1st**

Services are held every Sunday at **10:00am**

Holy Communion is celebrated with the service on the **3<sup>rd</sup>** 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<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, Nabiac

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

**\*(to work out dates, your service is the Saturday BEFORE the THIRD Sunday of the month, ie August 1st was a Wednesday, 3rd Sunday was 19th so Saturday before is 18th!)**

### St Bernadette's Catholic Church, Krambach

**November 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  
December Saturday 1<sup>st</sup> at 6.00pm

**\* Note time back to 6.00pm**

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 11:30am. A light luncheon is served afterwards. All welcome. Any enquiries please phone Pastor Paul Smith on 6553 00771.

### St Paul's Anglican Church, Nabiac

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

Hi everyone, just a reminder that Christmas is on its way.  
It's a great time to get organised and book your  
appointments.

Here is the saying of the month

Wrinkles mean you laughed, grey hair means you cared and  
scars mean you lived!

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### MAH JONG

A group of local people have just started playing Mah Jong once  
a week in the NABIAC Neighbourhood Centre.

If you would like to learn how to play, or already enjoy playing  
Mah-jong, you would be most welcome to join us.

We meet every Tuesday evening, starting at 6:30pm and finish at  
9:30pm. Sometimes a bit later if we  
are at the end of a game. (Put the  
bin out and come to mah-jong)

If you are interested, please ring

402 445 035.



\*\*\*\*\*  
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