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Editorial.

Had a lovely quiet Christmas as the kid had to stay in Sydney "on call" over the holidays with his work.

Christmas day spent with good friends and a long "European" lunch which lasted from 11am to 5pm slowly enjoying good company, light lunch, nibbles, etc. with a cool breeze blowing through the gazebo we were sitting in. Couldn't have been better.

A couple of days off for a treat 'til New Years and then started on the Show's printing. Disaster! Printer died! Then the internet went down and I wasn't sure if it was the server or the modem. Four days and lots of phone calls later it was diagnosed as the modem (all this time with no internet and lots of show things to send out). New fancy modem installed and off we go again.

Have had to make little trips to Taree to get the programmes printed with the wonderful help of the company I get all of Across the Fence supplies from. The owner let me use his machines - great as they are faster than mine and I could use 2 at the same time so all done in half the time. New printer on order so I am also going there to print this edition as well.

The weather has been ghastly and I thought it was just me who was exhausted and tired all the time, but everyone I talk to feels exactly the same.

Trying to keep the plants alive was one of those, "do I water and spend money on electricity (pump - loads of water in the dam) or just hope they survive. Thankfully the heavens opened on Friday night and 106mls has filled the tank, dam and the trees have lovely fat moist leaves again. Now I will have to mow as the grass has already shot up. Let's hope we get another downpour during the week to really get the ground moist.

From the reports received everyone seems to have enjoyed their breaks and business is back to normal.

Hope you have all enjoyed the Christmas break and are settling back into routine now that the kids are back to school

My brain is mush at the moment so I will close before I make a mess of this.

'til next month, stay safe and well

Lyn & Tilley Cat & the new horror,
Timidthy



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WHAT'S HAPPENING FEBRUARY, 2019

Markets & Events.

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

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

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

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Welcome the month of FEBRUARY!

The time has come to settle back into routine with children back to school and most of us back to work.

For the month of February we are running a few specials for your loved one, sister, mother, wife, daughter or friend, being Valentine's day. The season of Love

If you book an appointment for a colour & cut you will receive a CPR leave in conditioner free; this product is great for all types of hair and protects from the harsh sun if used after washing your hair.

We also have Gift vouchers for **Valentines day** and have added an extra \$10 value if you spend \$50.

Cassie, our beautician, is offering the following special for this month as well:- Brow Wax, Brow Tint & Eyelash Tint all for only \$30.

So please phone her direct on 0421 901 331 to secure your appointment.



WHAT IS VALENTINE'S DAY?

Valentine's Day (or Saint Valentine's Day) is observed on February 14th each year. Today Valentine's Day is celebrated in many countries around the world, mostly in the West, although it remains a working day in all of them. The original "St. Valentine" was just a liturgical celebration of one or more early Christian saints named Valentinus. All the modern romantic connotations were added several centuries later by poets.

The day first became associated with romantic love in the circle of Geoffrey Chaucer in the High Middle Ages, when

the tradition of courtly love flourished. By the 15th century, it had evolved into an occasion in which lovers expressed their love for each other by presenting flowers, offering confectionery and sending greeting cards (known as "valentines").

Modern Valentine's Day symbols include the heart-shaped outline, doves, and the figure of the winged Cupid. Since the 19th century, handwritten valentines have given way to mass-produced greeting cards.

Bye for now

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Nabiac Apothecary News



Announcing our new Equine Supplies Section!



Do you own horses and regularly purchase supplies for their health and grooming needs? Do you like to compete in shows, pony club and other types of competitions and have your horse look and feel the best all year round?

With show season almost upon us and pony club starting up for the year, what better time to let our community know that Nabiac Pharmacy is in the process of creating an Equine Supplies section! After finding out what products our local customers and friends like to use for their horses, we will now be stocking supplies for your equine first aid, supplements and grooming needs at very competitive prices. We will start with keeping the most requested products on our shelves but will certainly look at expanding this section quickly. If you have a suggestion or would like us to order something in for you please let us know.

Equine Vaccinations

We would also like to let our community know that we can supply vaccinations for horses. If you would be minterested in finding out more details we would love to hear from you.



Cattle Vaccinations

We have recently started supplying vaccinations for cattle at extremely competitive prices. If you would be interested in this service and would like to know more, please let us know.



Valentine's Day ~ 14th Feb

Valentine's Day is just around the corner! Pop in and browse our beautiful giftware for some lovely Valentine's gift ideas for your special someone.



Keep an eye on the Nabiac Pharmacy Facebook page for our Valentine's Day competition and giveaway!

Til next month,
Lauren

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Krambach Garden Club News



Krambach Garden Club have had 2 great outings. Our Christmas party was a wonderful success, Summer *Santa (Robert)* arrived with his helper *The Snowman (Kathy)* which brought roars of laughter from all present. Gifts were distributed to members and *George Hoad*, President of Garden Clubs of Australia, presented certificates to the winners of our flower competition, *Cindy, Christine* and *Val*. Congratulation to those members. A Christmas cake was also presented to George who let slip some time ago that he liked fruit cake. Thanks to *Helen* for making the cake.

Another wonderful evening at *Jill* and *Brian's* home in Kings Creek where we welcomed another 9 new members. Welcome *George, Sue and Greg, Isabelle, Rod, Colleen, Jane, John* and *Sheila*. We hope that you will enjoy the friendship and fellowship of our happy group of gardeners.

Following our meeting we had a sausage sizzle, many thanks to our cooks *Col* and *Rod* and a special mention to *Mark* the assistant cook and to those who brought such delightful salads and cakes which were enjoyed by all.

Despite the hot dry weather we had an amazing display of flowers for our flower competition and the swap table once again overflowed with wonderful plants to share with others. Pink will be the colour of our February competition next month.

Our next meeting will be on February 25th at the Church hall. We will have a guest speaker, *Ross*, who will give us a talk on plant fossil, as well as lunch so bring along something to share for lunch. Also bring along some photos of your garden or visitors which frequent your garden for the display. Who knows, you may even win a prize if it's voted the best.

Membership are now due, \$12 per person or \$20 a couple. Nominations are now being taken for all position for our club.

So why not come along and join us for the talk lunch and enjoy the friendship of others. Contact *Jenny* on 0400 105 333 or *Val* on 6554 9651

Happy Gardening

Val

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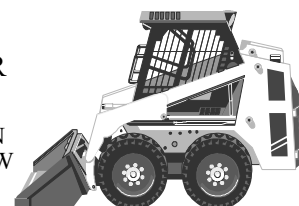
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KRAMBACH HALL HAPPENINGS

HALL MEETINGS: Monday following the Krambach Markets each month at 3.00pm. Next meeting on **Monday 17th December, 2018.**

Volunteers and Committee members welcome to join.

HALL MARKETS: 3rd Sunday of the month. 8:30am to 1pm

Come and choose from a wide selection of craft, woodwork, hand made cards, fresh produce & plants, bric-a-brac, 2nd hand books & kids toys. Enjoy a hot breakfast or Devonshire tea or coffee. "Lucky Tree" Hall Raffle. New stall holders welcome.

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

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

HALL BOOKINGS:

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

New Years Eve Supper Dance Krambach Hall



It was a hot steamy night on New Years Eve and even the balloons were feeling deflated but nevertheless everyone was up dancing and singing and enjoying themselves to the music of *Barney Carle*.

Many thanks go to *Colleen* – Rob & Co and to *Jo* – Old Bank for their donations and also to *Marg Morgan* who donated the lucky door prize and prizes for the dances.

OUR RAFFLE WINNERS WERE:

1st *Mr N Patison* – Wingham – Purple A 87

2nd *Mrs C Mansfield* - Mt George – Black D 92

3rd *Mrs J Bonnefin* – Krambach – Green A 54

Lucky Door Prize was won by *Mrs Helen Cox* – Red C 28

Thank you all for attending and helping to raise funds for our hall – it was great to see the community using it.

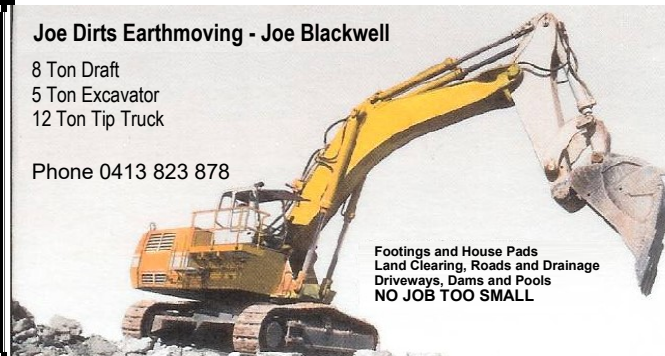
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Local History - The Wallamba — Another in a series of historical articles gleaned from the archives of the "Manning Point Times" 1932 by *Bob Mann*

NABIAC: January so far has been very hot, the thermometer soaring so high as 105° and 106° (F) in some parts. However after a few hot days we have been blessed with cooling showers. Conditions on the land look very promising for the coming year.

There has been an endless stream of cars going to and fro to the various beaches. Black Head seems to be coming more popular for a pleasure resort with the surf club in good train, one feels safe to enjoy the surf. Mr and Mrs *A. Woodward* recently shared a cottage at Black Head with Mr and Mrs *J. Cowan* of Taree. Unfortunately Mr Woodward was indisposed with a jarred knee through the holiday.

Mr *J. Magennis*, school teacher at Maitland, spent Christmas with his parents Mr and Mrs *J.T. Magennis* of NABIAC. Miss *V. Beisler* is spending her annual holidays with her parents. Miss *Emmie McKinnon* motored to Sydney with her sister to spend a holiday. Miss *A. Parker* is also on a visit to the metropolis. Miss *Joyce Miller*, who is attending school in the city, is spending the vacation with her parents, Mr and Mrs *F Miller*

FAREWELL AT BUNYAH: A large and representative gathering of the residents of the surrounding district gathered at the Bunyah Hall on Wednesday night 6th January to bid farewell to Mr and Mrs *W. Monk* and family, on the eve of their departure for Glenreagh where Mr Monk has bought a property on which he intends to go in more extensively as a breeder of pure Jerseys. He intends taking with him the pick of his famous Coraleigh Stud having disposed of his property at Bulby. Mr *Henry Paterson* spoke in glowing terms of the departing guests as neighbours. Mr *J.J. Milligan*, speaking on behalf of the P. & C. Association and the Bulby Agricultural Bureau, said Mr Monk was one of the best workers and would be greatly missed. Mr *Tom Gallagher*, speaking on behalf of the Board of Directors of the Upper Wallamba Dairy Society, said that as a director he gave earnest deliberation on all business of the company. Mr *G. Parker* and Mr *G. Easton* also paid high tribute to the departing guests. Mr *Guilford*



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Paterson, who acted as chairman, then, on behalf of the gathering, presented Mr Monk with a wallet of notes and a gold mounted tobacco pouch. Mrs. *Sambell* then presented Mrs Monk with a crystal necklet. *Rose* and *Coral* were also given useful presents. Mr *H. Deer* then sang "Remembrance". Mr Monk suitably responded. Refreshments were then served by the ladies. Dancing was continued till the small hours of the morning and so ended a most happy gathering

TENDERS FOR SHOW PRIVILEGES - FEBRUARY, 1932; In connection with the Wallamba Show to be held on 21st and 22nd April. Tenders to be returned no later than the 5th March. 1. Publicans Booth. 2. Fruit Stall. 3. Ice Cream and Fruit Salad Stall. 4. Oyster Stall. The lowest tender not necessarily accepted. *E.A. Corey*.

NABIAC DOWNPOUR AT TIPPERARY: On Friday of last week Messrs *Walter Murray*, *Guy Singleton* and two members of the *Trotter* family took a motor trip to Tipperary to inspect Mr *Jock Affleck's* pure bred Jersey herd. They were greatly impressed with the cattle particularly the female stock. The hill on the property is about 1,300 feet above sea level and the visitors had a splendid view from this upland being able to see the seven mile beach and other beaches around the Forster district. Ominous rain clouds hurried the departure of the visitors, but they had not gone far before the deluge came and in a few minutes the road was so covered with water that the car swung around one and a half times before stopping. The rain fell for about half an hour and greatly refreshed the pastures. Two miles away the road was dry as bone dust. People lower down the creek could not understand what made the rise in the water. This water runs into Firefly Creek. We are informed there is an abundance of good feed and water all over Tipperary at the present time and the cows are milking splendidly.

FIRE AT NABIAC - MAY 1932: On Wednesday morning at 3 o'clock a fire in a six room weatherboard cottage near the NABIAC School, owned by Mrs *C. Dodd*, was totally destroyed by fire. The house was untenanted but was being prepared for the family to reside in in order that the children could attend school. The origin of the fire is unknown. An enquiry is to be held by Mr *H. Flett*, the Coroner, today, Saturday.

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WALLAMBA CWA REPORT

Well here we are in another year and just to bring you all up to date I have a report

On the final meeting of Wallamba CWA Branch for 2018, which was also our Christmas Luncheon, we were joined by a number of friends as well.

President *Margaret Weller* chaired the meeting which was attended by 12 members.

Following the opening procedures the members paused to remember the passing of family members and friends including Mrs *Iris Priestley*, Mr *Fay Lyon*, Jack *deKwant* (husband of former member *Patsy Maurer*), Dick *Birchall* and Julie *McDonald*.

The thought for this meeting was provided by President Margaret and was **'Grandchildren don't make a man feel old; It's the knowledge that he's married to a Grandmother'**. Mary will supply the thought for the February meeting.

Several of the members had attended the MNC CWA Group Meeting held at Wauchope and described it as very productive and was also successful for a number of the members who entered the Land Cookery Section. Coral gained two 2nd placings with her Honey Jumble and Sultana Cake, whilst Ruth gained a 1st place with her Strawberry Jam (I can vouch that it was a good batch as Ruth kindly gave me the jar to take home and try, which I have done.)

President Margaret took out a 3rd place with her Pomegranate Jelly - well done ladies.

The Branch again supported the three local Primary Schools in the area i.e. NABIAC Public, Krumbach Public and Coolongolook Public with a \$25 donation each for their End of Year Presentations.

Many thanks to NABIAC Hotel Social Club for their recent generous donation of \$200 to assist the work of CWA.

Penny discussed the international program for 2019 and we are getting excited about studying Papua New Guinea and Penny spoke about *Bilum String Bags* which many of the PNG inhabitants use for various purpose including carrying their babies, food and leisure uses and men also use them but their ones usually have a longer handle in different to the short handled ones use the women.

Our International Date was also discussed and we have settled on Tuesday 21st May and we are hoping to have Group Officer *Fran Adams* with us and a guest speaker who has a greater knowledge of Papua New Guinea.

Koala's are the project for the AG & Environment study this year and our Officer *Jill* had a lovely tea towel depicting this truly Australian animal and she is looking into having a talk from someone from "Koala's In Care". Jill informed us there are at least 30 Eucalyptus species in our area that the Koalas enjoy. It is still planned to visit the MCC recycling depot once she can re-schedule a date suitable to all.

Coral showed us a lovely Owl and Moon wall hanging (→) which she had started earlier in the year when we studied Owls and we hope she might enter it into the Handicraft section this year.



Pam Muxlow
 Secretary/Publicity Officer
 Wallamba CWA Branch



Iris Cummings, Penny Britton with former member Pauline Graves now of Newcastle area who visited the branch for the Christmas Luncheon

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NABIAAC RSL SUB-BRANCH

Well what a year this is going to be for our sub-branch. This year NABIAAC RSL will be celebrating its 75th Anniversary. We will be having a festival type event in August on 17th and 18th in conjunction with Vietnam Veterans Day. We are expecting visitors to the town from several different RSL Sub-branches as well as some other well-known surprise visitors.

To any veterans in our community please feel free to join and become involved with our sub-branch and see what is available to you in regards to companionship and camaraderie at a local level.

You may have noticed fencing and protective guards around the memorial. Some work was completed last year in conjunction with Mid Coast Council and there are still restoration works being carried out through the year, culminating in a reopening and opening of new plaques on the memorial at Vietnam Veterans Day on August 18th 2019.

We will be starting the year off with our Annual General Meeting on Sunday 10th February at Memorial Park at 11:00 am then followed by a barbecue in the park. Any ex or current serving personnel and their families are welcome to attend.

Joanne Penton



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NEWS FROM BUNYAH

'Bunyah's Biggest Morning Tea' was a Nominee in the Australia Day Awards for 'Activity of the Year 2019' however, we were beaten by the Tea Gardens/Hawks Nest Motorfest group.

Neryl Simpson

QUILTING NEWS



MID COAST COMMUNITY QUILTERS

The tally of quilts gifted in 2018 was 453!!!

Yes we do deserve a pat on the back. The quilting machine has run hot, but we are getting a bit frustrated because we would like something bigger!! (Greedy aren't we?)

Keep the first weekend in April free as we want to host a SEW IN.

The recipients will be Syrian Orphans as the Australian Syrian Association sends a container (not Tupperware, but shipping!) containing hand knitted socks, hats and jumpers and the wrapped with love blankets. We hope to make string /strip quilts and we would like as many people as possible to participate

Jenny Fletcher Secretary

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Nabiac Memorial Neighbourhood Centre Assoc Inc



The Association's AGM was held in December. Reports were presented by the President and Treasurer as well as by sub committees the Op Shop, CTC, Aub Ferris Sports Field Redevelopment and Nabiac Landcare. Copies of the reports have been posted on the noticeboard in the Op Shop. Anyone who is interested can read them there (they are a bit long to reproduce in full here). If you only have time to read one of the reports then make it Hannah's review of the Op Shop for 2018.

Some minor changes of the Association's Constitution (to correct some discrepancies) were considered and approved by the meeting.

Positions were then vacated and with **Philip Costa** in the Chair as Returning Officer, elections held for the 2019 Committee. The new Committee is President – **Kit Carson**, Vice President – **Colin Henderson**, Secretary and Public Officer – **Louise Collins**, Treasurer – **Ross Dearing** with Committee members being **Hannah Lindbeck**, **Grahame Lindbeck**, **John Baker**, **Carol Grace** and **Ann Newlan**.

At a General Meeting which followed, a budget was approved for the supply and installation of infra red security cameras at the pool. We were hopeful of them being installed prior to the start of school holidays in December but are still waiting on final sign off from Mid Coast Council. We are now hopeful of them being installed in February.

Our application for a NSW Government grant of \$10,000 to assist complete the BBQ and picnic area at the children's playground was partly successful. \$5,000 was approved and a cheque for this amount has been presented to the Committee by Stephen Bromhead. The remaining costs will be met by MidCoast Council and the Op Shop. Work is expected to be completed later in 2019.



Bruce Weller, Ann Newlan Steve Bromhead Kit Carson, Louise Colling, Carol Grace


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Nabiac Village Futures Group



BBQ and Picnic Area

Last year we applied for funding to build a BBQ and picnic area close to the children's play area. This plan involves a double electric BBQ with a roof and a large picnic table with seating and a roof. This replaces the BBQ that was removed from Memorial Park a few years ago.

We have been offered \$5,000 from NSW State government, which is half of the amount we requested. We'll be talking with MidCoast Council about a revised budget and how to proceed.

Highway road safety measures

Watch out for some upgrade of the Highway at the Failford intersection. Funding has been allocated to install a left turn deceleration lane (for southbound traffic turning into Failford Road). There is no further development of the proposed flyovers for Failford Road and Bullocky Way intersections. You can read the documents here - search "Failford Road to Tritton Road".

https://www.pacifichighway.nsw.gov.au/document-library?date_from=&date_to=&keyword=Failford

Nabiac Community Strategic Plan 2016-2020

Late last year we met with senior Council staff and Mayor David West to discuss our concept plans to relieve parking problems, to increase road safety and welcome people to Nabiac. In order to follow through with concept plans and seek funding we have commenced the review of the Strategic Plan.

Community consultation is an important part of this review. We have requested a community meeting with MidCoast Council – we hope to soon let you know the date.

We have a growing list of other ideas for the town including (not in any order)

- Town Creek beautification
- A cultural arts centre for display and information
- Sculpture in the streets
- Shade trees
- Improvement of Showground facilities
- Camping at the showground
- Development of sporting facilities
- Shade over children's play equipment and additional shade at the pool
- Walking tracks and exercise stations
- Community gardens
- Aged care facility – low level care
- Improved highway safety

Nabiac Village Futures Group meets Next meeting is Wednesday 6th February, 7.30pm at Neighbourhood Centre. Like and follow us on Facebook at Nabiac Community.

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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 Monday to Saturday mornings

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 and Suzie will be available to help on the First Saturday of each month to 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.

If you are having trouble with internet connections at the moment, come along to the CTC with your laptop, or use our computers.

We are open from 9:30am to midday and access costs \$3 for 30 minutes. February only at the moment

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Nabiac Landcare



The Nabiac Landcare team has had a well deserved break over the holiday period and has returned to work.

The local bush is showing the effect of the heat and lack of rain - even the weeds are looking limp. Of course, annual weeds like 'farmer's friends' have managed to set seed and are hitching a ride to new territory on socks, pants legs and pets.

Members did a tour of the Lillypilly bend area and examined the damage done by the fires. The bush will recover, but we did lose some rainforest trees that were planted in the area. This was definitely not the time of the year to have a fire so close to habitation.

Our AGM was held in December and all office bearers were returned unopposed. We will continue to work at both the Bullock Wharf reserve and Lillypilly Bend but will not undertake any new projects.

We are interested in the history of the Lillypilly Bend area (the reserve along Wooster's Creek). It's obviously not pristine bush so some use would have been made of it in the past.

Nabiac Landcare work each Wednesday (weather permitting) 8-9am to 11am, followed by morning tea at the picnic tables at Bullock Wharf. Membership is only \$2.00 plus an occasional donation to the morning tea fund and new members are always welcome. Tools and safety gear supplied. Give us a ring if you are interested.

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Between the Pages

Nabiac Library News



Hello there to our Nabiac library folk and to those who still haven't realised yet what a wonderful place our little local Library at Nabiac Showground is. A Happy New Year to you all!

We do hope that you have all enjoyed a fabulous festive season over Christmas and New Year. It has been a very hot and dry January and Nabiac has had an amazing number of visitors enjoying our community facilities. We are so lucky to have these facilities to enjoy!

Nabiac Library was kept busy over the Summer holiday period, with a variety of children's activities.

The Summer Reading Club 2018 encouraged children to participate in the 'Curious Creatures' theme to discover new worlds. This challenge encouraged young library users to read a number of books over summer and enter a competition to win a variety of prizes. We had a number of entrants at Nabiac Library and are proud to congratulate **Madison** and **Jacob Yarnold** who actually submitted their final records on the closing date Saturday, 19th January and were eligible to go to the party at Manning Entertainment Centre to celebrate. We do hope they had a great time with the other participants.

We held two children's activity days over the Summer holidays at Nabiac library, based on the "Curious Creatures" theme. The first was held on Thursday 10th January and was fully booked out! The children had a fabulous time making a variety of crafty curious creature items; which included a sun catcher, a bookmark and a toilet roll creature. Here are the children proudly showing their amazing creations.



Our second Curious Creatures craft day activity for children was held on Thursday, 24th January. This event was hosted and run by the Manning Art Gallery and was entitled "A Bugs Life" but sadly we only had 3-4 children booked in. However the children and parents who attended had a fantastic time creating bugs in boxes with lots of laughter and creativity. See below for photos from the day!

Our Library Coordinator Yasmine is helping the participants with ideas.

Ziggy loves his red back spider creation.



Jonas, Alfie and Ziggy proudly display their final creations.



So! A good time was had by all! We thank those parents and children for attending and joining us in creative fun with a special big thank you to our Coordinator **Yasmine** for arranging the activities. Also, a huge thank you to the Manning Regional Art Gallery for giving us a taste of the many children's activities regularly on offer at the Gallery in Taree. This is worth following.

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So now.. Summer holidays are over; the kids are back in school and it's time to look at our New Year resolutions.. that is if you are one of those folk that actually make them! Usually New Year resolutions are about getting fit, getting healthy, learning a new skill or finding new places to travel. NABIAC Library can help you with all these options. We have plenty of exercise and fitness books and DVD's from easy to hard; our healthy food recipe books are many and cover a huge range of diets and allergies. We also offer a variety of handicraft and art how to books to help you choose a new pathway. This is a great idea given the heatwave conditions. Something to keep you focused inside and giving you a feeling of achievement. If you have a yen to escape from the heat or just want to explore Australia and beyond; NABIAC library has available innumerable travel books from all over the world. Come and explore. You can also do this from your armchair with DVD's. Great way to get inspiration! Just come in and ask!

To finish, some updates from **Chris Jones** our Mid Coast Libraries Manager taken from the Mid Coast Library News page:

*MidCoast Libraries will be closing for two very important events in February and March, 2019. The first is the annual all-of-library staff development day. As the Library has staff in 11 libraries spread across the region the only way possible to conduct important training that everyone can attend is to close all facilities for one day each year. This is occurring on **Monday 11 February, 2019**. This integration will enable, for the first time ever, all library members to use one card to borrow items and return at any library branch and to search and reserve any items through one library catalogue. The integration will take our library system offline and will **be closed for an entire week, from 18-23 March (Monday-Saturday)**. We apologise for this short but necessary inconvenience as we move to one single library management system*

There will be more updates on these important events.

We look forward to seeing you all at NABIAC Library in 2019. Please come and join us at NABIAC Showground. We are usually open:

Monday: 3-5PM

Tuesday: 9-11am and Tuesday 3-5pm

Wednesday: Closed Wednesday

Thursday : 9-11am

Friday: Closed

Saturday: 10am but variable depending on monthly markets.

PS: Don't forget NABIAC Show coming up on 23rd March, 2019. You may like to check out nabiac.com to get details or call into the NABIAC Library or local shops for more information. It is time to prepare for entries. Produce, cakes, preserves, handicrafts, art, photography. We have the books and info at NABIAC Library to help you prepare to win!

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WOOTTONNEWS

Happy new year to all, and hope it's rained by the time you read this. Wootton was hit hard by the storm late on December 20th, with gusts over 200km/hr leaving trees uprooted and broken, power lines down, fences and sheds smashed...but no injuries we know of. The power was off for up to four days, and we send a big **THANKYOU** to all the people who helped clean up and get things working, especially **RFS** and **SES** volunteers, **Essential Energy**, **RMS**, **SF** and **NPWS**, and everyone who checked on their neighbours and pitched in.

A Working Bee will be held on Saturday, February 16th, for the community area. There are lots of outside jobs after the storm, as well as little improvement jobs, repairs and painting. Please contact **Alan** on **0400 1847 859** to find how you can help.

This year we will continue monthly community dinners on the last Saturday of the month. February will have a **"Rice is Nice"** theme in the *Brush Turkey Cafe*, and March will be our usual bring-a-plate dinner in the Hall. Later in the year we are planning the annual Bushdance in September.

Food swaps are continuing through 2019 on the second Saturday of the month, from 5pm in the grounds of the Hall. They are a constantly changing mix of local produce, even through the heat, and are very relaxed, just bring some home grown produce to share and join us for tea, cake and a chat.

We have a new contact if you would like to arrange an event, **Susanne** is taking bookings phone **0402 274 226**. Yoga is on every Wednesday in the Hall from 9.15; we are enjoying hosting and catering for Holistic Farming training, and looking forward to lunching the Taree & District Vintage & Veteran Motor Cycle Club in March.


The next Wootton Community Network meeting will be on Saturday, March 9th, at 3pm. This volunteer group now manages all of the Crown Land containing the *Brush Turkey Cafe*, Community Hall (old school), principal's cottage and facilities, and March 9th will be the last meeting for retiring President and Secretary, **Jim** and **Fran**.

Fred

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MINIMBAH MATTERS



Minimbah Rural Fire Brigade wishes you all a Happy and Healthy New Year – stress free would be great, but because we're not greedy, we will settle for Happy and Healthy.

We were delighted with the turnout at our Community Christmas Party when we met and welcomed more newcomers to the area. It is so encouraging to meet residents who have recently made the move to Minimbah and who are keen to find out about our Brigade, our neighbourhood and what they should be doing to prevent, or at least minimize damage to their property in the event of a bushfire.

At the request of one couple we took the opportunity to use our January training day to carry out an inspection of their secluded property and offer some low cost and very doable ideas that could reduce the danger of ember attack on their home. We did make some suggestions with some minor changes to their water supply which may come in handy if a fire was to break out. All part of the service. It's far more pleasant to make these visits when things are calm and smoke free, rather than with lights and sirens blaring as a response to a Triple Zero call. The return trip to the Fire Station was via several fire trails and private roads that we are now more familiar with. Not quite bush bashing – just exploring and familiarizing.

We are not Boy Scouts, but we still promote the motto "Be Prepared".

You can imagine that it would be a trifle difficult to get fire insurance when the fire is coming up your driveway. Similarly, it is very unwise to have to make a potentially lifesaving decision, in the middle of a crisis, without any previous thought. A Bushfire can be a crisis, depending on the severity, the location and many other things. Panic, Panic! Do we leave or do we stay? Do we evacuate to the chook house, set the horse free and then jump in the dam, and the list goes on.

So, what do you need? ... **A Fireproof Plan.**

When do you need it? ... **NOW.**

One of the most recent topics of conversation has been the NBN service, or rather the lack thereof. Well **if the power goes off** then many of us have no house phones, no water pumps, no news updates if relying on TV or electric radios, and you can't recharge the mobile phone. This is not a pretty picture, but if you are well prepared, and everyone, including the kids, knows what to do and when to do it, then life isn't nearly as stressful.

HOW FIREPROOF IS YOUR PLAN?

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Turn TV off, check it out, get the family together and follow the prompts. You'll find heaps of information there and answers for questions you possibly never thought of asking.

Report unattended fires to Triple Zero (000)

Minimbah had a couple of calls to a fire near a large pine plantation at Tea Gardens recently. A great experience for those newer Members who were not used to an overnight patrol, making the perimeter safe and filling up out of cattle troughs and hydrants in the sewerage treatment plant at Hawks Nest. A lot of fun??? We were also busy over Christmas running the Driver Reviver on several occasions. This is always a very satisfying endeavour. Visitors to Oz are not used to getting something on the highway for nothing and invariably want to know how it happens – who supplies the coffee and biscuits? what does a Fire Brigade have to do with it? etc. etc.

Fire Permits are still required, but currently they are suspended due to the savage weather we have been experiencing. For information regarding the issuing and responsibilities associated with Fire Permits and also to request a Bush Fire Survival Plan, please call

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Hello friendly Op-Shoppers

In November the volunteers met for the first time in a while, we had a chance to air any issues we had and also put forward any new and exciting ideas.

On the 14th of December the volunteers gathered at Nabiac Hotel. Many thanks to **Matt** and **Jodie** who always make our gatherings a complete success.

Most of us finished up on the 22nd December for a break over Christmas, however some volunteers went in to sort out any donations. This wasn't any easy task as we had quite a few volunteers away but as usual we got the job done.

We are now well into Summer so our Op Shop has everything you need from frocks to go to the races to your everyday outfit or perhaps some swimwear to cool off in our fantastic Nabiac pool.

We have had so many people coming from near and far to use the pool which has been great to see especially with this extreme heat we have been having.

Something that needs to be expressed regarding our pool is this... **If bad behaviour is witnessed please press the RED BUTTON.** Bad behaviour will not be tolerated as this pool is in our lovely town as a result of the hard working volunteers over the past 24 years at Nabiac Op Shop. On Monday 14th January we started a \$5 bag sale which will continue until further notice.

Wishing everyone a great 2019 and thank you so much for all your continuing kind support

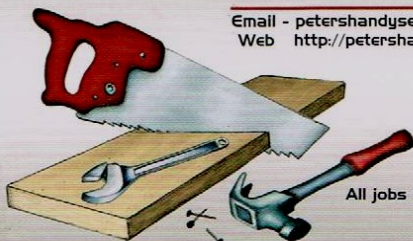
The Volunteers enjoying their meal at the Nabiac Hotel



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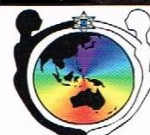
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BLUE BLOCKING GLASSES: MISCONCEPTION



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Recent research from Brigham and Women's Hospital (BWH) suggests that the use of light-emitting electronic devices – tablets, some e-readers, smart phones, and laptops – in the hours before bedtime can negatively impact the circadian clock, which synchronizes the daily rhythm of sleep to external environmental cues. "We found the body's natural circadian rhythms were interrupted by the short-wavelength enriched light, otherwise known as blue light, from these electronic devices," said Anne-Marie Chang, PhD, corresponding author and associate neuroscientist in BWH's Division of Sleep and Circadian Disorders. "Participants reading a light-emitting e-book took longer to fall asleep and had reduced evening sleepiness, reduced melatonin secretion, later timing of their circadian clock, and reduced next-morning alertness." Because the blue light that emanates from technology is linked to suppressed levels of melatonin, it can negatively affect your ability to fall asleep. **Consider blue-light-blocking glasses only if you're glued to your phone in the evenings, and struggle to sleep through the night because of it.**

If you suffer from repeated eye strain from staring at computers or electronic devices all day, blue-light-blocking glasses **aren't the best solution**. Doctors recommend instead that you take breaks from looking at your computer (some advice 20 seconds looking away for every 20 minutes of work). The best solution for those who suffer with eye strain, headaches and other physical symptoms when staring at a computer or electronic device all day are Irlen Spectral Filters. Irlen Spectral Filters allow you to stay on these electronic devices for extended periods of time without experiencing physical symptoms. They work by blocking out the exact colours of light which are causing physical symptoms and reading difficulties. The tint is individually determined so as to provide optimum brain function and maximum protection for the brain, while protecting health and well-being throughout the day.

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Artists of Wallamba

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Artists of Wallamba continues to grow. It's exciting now to have over 50 local artists and artisans, with such diversity of skills and experience joining the group! We learn so much from each other. We've had some interesting discussions on the definition of 'artist'. In the end we agreed that as artists, we each in some way arrange or rearrange elements we choose, in order to express our thoughts, beliefs and emotions, or to share how we experience some aspect of our world. Our medium can be anything we choose: a piece of wood or metal, an iPad, a paintbrush or chisel, a violin, a camera or a pen. It seems that it is what the artist does with the tools and mediums that makes Art. Whatever we do it's just about creating. We look forward to running workshops in 2019 for adults and children in our community who may like to try something different. We recently exhibited as a group at **Lake Street Gallery** in Forster and our current exhibition '**Inspired**' is on show at **The Krumbach Hotel**. So drop in to the pub to view the work, have a drink and a great meal at the bistro! A number of our artists share their work: at **Nabiac Markets**, last Saturday of the Month, and **Blackhead Beach Bazaar**, first Sunday of the Month, is where you'll find their artwork, original eco-dyed clothing and screen printed clothing, and handmade jewellery. If you are a local artist and would like to join our Facebook Page,

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Phillipa Bird,
Simon Bird



please send a request. It's a great space to share ideas, upcoming competitions and exhibitions and to get feedback on our current work.

We get together for a face to face gathering each month, looking at local projects, ideas, exhibitions and inspirations. January's meeting was excellent with various members speaking about their creative process – what takes them from initial idea to finished artwork. Fascinating process and very different for each person!

Please call **Carmel Spark** on 0419 273 849 or **Kate Landsberry** on 0402 287 244 for more details. We love to welcome local artists and art supporters and guarantee creative company, delicious food and warm hospitality!



L-R (in Focus Manning Great Lakes Focus Magazine December/January) Susie Oldfield, Carmel Spark, Kate Landsberry, Ariane Bell in front of photography by Diane Willey

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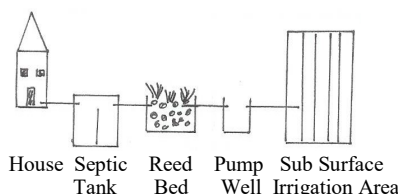
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Show News

It's almost that time of year again - our local show is looming and things are getting organized behind the scenes to make it a magic day for all. So, mark your calendars with a big cross on the **23rd March**. Three weeks later this year, so should be a tad cooler to spend the day looking at the animals and events and checking out the handicraft in the hall and trying out the different trade stalls with their variety of goods for sale.

With the heat our area has been having I hope all the chickens still have their feathers and that the produce has all been kept watered, alive and grown beautifully. Maybe we might get another giant pumpkin to go to the Sydney Royal!

Programmes have been distributed about Nabiac and you can collect them at the Nook, Old Bank Building or Robb & Co. Horse programmes are going to be a tad later as there was a slight error in them and they are being reprinted.

Krambach can collect theirs from the Service Station and the Post Office. **Coolongolook's** will be at the service station with the windmill this coming week.

They are all to be found on the nabiac.com web site, in the show section along with entry forms & waivers (use the right one or it will be invalid) for each section.

A favour if you will, from those entering animal events—could you **please** use your double sided print application when you print them out? They have to be kept for up to 18 years, and we are drowning in paper.

The children should all have been given their programmes at school last week so they can get stuck into the marvelous things they make to bring in. There is a new special prize for the **Most Successful Exhibitor** in the Children's Section. He/she will get a ribbon and \$25 kindly donated by *Cindy Dearing*.

Don't forget the special prize, kids, in the photography section as well.

The **RAFFLE** is on again with similar great prizes to last year. 1st Prize is a **Quilt** donated by Mid Coast (NSW) Community Quilters, 2nd is an **Akubra Cattleman's Hat**, donated by Yarads of Forster, 3rd is a **Tri**



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I am hoping we can top the sales we made last year, a whopping \$774.00 and clear \$1000.00, so please, put your hands in your pockets, they are only \$1.00 a ticket, a lolly is dearer, and help us over the bar!

Tickets are available in Nabiac from Nabiac Chemist, the Nook, Robb & Co, Connect 3 Real Estate, Cindy Dearing at the pool. In **Krambach** from the Post Office and the Hotel; **Dyers Crossing** - the Post Office; **Forster** - Yarads Mens Wear. They will be on sale at the show on Show Day as well.

We are having the **Dog Jumping Competition** again and hope to see a few more entries than last year.

Get your pets pampered and primed for the Annual **Pet Competition** being held at 1:30 down near the Goat Pavilion.

Remember, all pets must be securely contained with dogs on leashes as we don't want any getting away or hurt. **Scotty's Pet Barn** is again sponsoring it. Wonder what variety of animals will turn up?

We have our regular entertainers returning, so the kiddies can have their faces painted by **Fairy Quenorie** and her helper, be entertained by the wonderful **Troppo Bob** and his magic tricks.

Greigo the Great will confuse the adults with slight of hand tricks as he roves around the grounds and **Joy May** will surprise us with his varied changes of persona.

More next month
Lyn Reid, Secretary

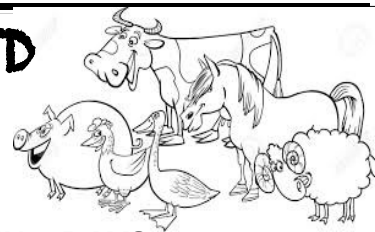
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Nabiac Community Garden Update

The community garden has grown its ambitions thanks to great support from locals. We have 7 out of 8 raised bed edges constructed (original proposal was for 4 beds), 3 beds placed and filled with soil, and the remainder to be put in place at our next major working bee with a machine on Feb 11th, 8.30am-12.30pm.

The Neighbourhood Centre has prepared a base for the garden shed as promised, and this will be installed in coming weeks.

We have had very hot, dry conditions, and are not in a hurry to start planting. The plan is to be planting in March once irrigation setup is in place, and we hope for a good break in dry conditions by about then before we plant fruit trees.

Please contact **Joël Dunn** on 0401 932 533 or joel.dunn@glcr.org.au if you would like to come along on February 11th, or to join the Community Garden mailing list.

If you would like to make a donation of garden related materials, please contact Nabiac Neighbourhood Centre Secretary **Louise Collins** on 0409 585 635. We are currently on the look out for star pickets, and two inch/50mm poly pipe (old/leaky is fine) – these will be used to support the garden beds' long sides and provide the base for poly-hoop crop protection netting.



FEATURE WEED – COCKSPUR CORAL TREE

Weed officers are targeting this spiny feral ornamental tree, which can become a major weed of waterways and other moist environments. Look out for its pretty red flowers, which are out now and will finish in early autumn. A deciduous tree, it is bare and less obvious in winter.

Established trees can be difficult to get rid of, and they can re-establish from small amounts of rootstock, or branch fragments in ground contact. Weed workers have been successfully experimenting with a basal bark herbicide technique.

For more information, see the entry on [NSW Weedwise](#).

If you have seen this weed on your place and would like technical assistance with its control, please call **Terry Inkson** on 6591 7222.

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An excellent free opportunity to hear from a veterinary parasitology expert on parasite management in ruminants.

Session 1 - Taree 9-10.15am 12/2/19 for Sheep goat and alpaca producers on drenching and worm control (Dr Matt Playford)

Session 2 - Taree 10.45 -12.15pm 12/2 19 - for Dairy Producers (and cattle) on Drenching and worm control - (Dr Matt Playford)

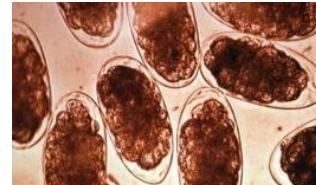
Session 3 - Gloucester 3pm 6pm 12 2 19 for cattle producers Drenching and worm control for Cattle producers and Pestivirus management (Dr Matt Playford and Dr Lee Taylor.).

RSVP essential to: Kim Harriden: 6553 4233 or

kim.harriden@lls.nsw.gov.au

More information contact Dr Lyndell Stone on 0429 532 855 or

lyndell.stone@lls.nsw.gov.au



RECOGNISING WATER WEEDS COURSE

Tuesday 26th February, 9am-4.30pm, Bulahdelah

This free one day course is designed for weed professionals or people working within the natural environment, including landholders or Natural Resource Management staff.

Attendees will receive a range of resources including a workbook, resource CD, Plant Identification Field Guide and Survey Guidelines.

Morning tea, lunch and afternoon tea provided.

You can RSVP via [this link](#)

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or charles.mifsud@dpi.nsw.gov.au



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REAL KULTCHA

How many helpings of turkey, steak, trifle and pavlova can a person eat over Christmas? In my case, apparently, too many! I suspect it's going to take 'til next Christmas to get my body back into shape and that'll be just in time to do it all again!

And speaking of doing it all again, Boxing Day saw two events begin that have now become institutions, on our eastern seaboard anyway. Do Perth, Adelaide, Darwin and probably Brisbane take any interest in the Sydney-Hobart yacht race? Probably not but the Cricket Test at *The G* would, I'm sure.

I was front-and-centre to watch that Test and it wasn't long before I realised why the mute button is a godsend because with cricket come the dribblers! At lunch the coverage skipped northward to watch the start of the Sydney-Hobart and as a helicopter/drone flew east and low over The Bridge, one of the dribblers blurted out: "Ah, the Sydney Harbour Bridge. Paul Hogan helped build that!" Oh Good Grief! You may have been a test cricketer in your day but I doubt you ever graduated from sand box! The Bridge was opened in 1932 and Paul wasn't even a glint in his mother's eye at that time. He was born in 1939! Paul did work on the bridge later but off-handed comments like that drive me crazy and I begin to think some of the dribblers may have been hit on the head by bouncers a few too many times.

The race started on time and the big boats were up the harbour, out The Heads, made the right turn around the furlong buoy and were off Wollongong or possibly even Jervis Bay before the smaller boats had even made it through the spectator fleet and to The Heads for their date with the right turn buoy! The race record stands at 33 hours, 15 minutes (and change) and you'd have to think it'd take longer than that to just dry the sails after the race! So here's my suggestion. Why aren't the big boats sent out to round the New Zealand North Island, navigate The Cook Strait and then head back almost due west to join up with the pack as they begin their slog up the Derwent? To my way of thinking it would achieve three things: First, the big boats would get a real workout of 2 or 3 days; Second, it would create a greater spectacle having more boats working up the Derwent at the same time; and Third, it would actually give a reason for the existence of New Zealand! In short, it's a Win/Win. Just remember, you heard it here first.



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Meanwhile back at *The G* one of the dribblers mumbled (as an Indian batsman clobbered a ball) "*Agarwal has moved into the 30s.*" No, actually Agarwal's score at the time was 40 and if the dribbler had been paying attention he'd have known that. There were far too many comments along those lines so I hit the mute button. And so it remained until a small grandchild – with puzzlement aplenty across its face - wanted to know, "*Poppy, why are you watching the TV with no sound?*" Ah, the innocence of a child! Its fair to say this one is going to find out about reality soon enough and while I was tempted to say something like, "*I'm saving on electricity*" or "*Because the Indians are playing in this game it's being broadcast in Hindi*" or (and I thought this one was the best) "*Because Nanny and Poppy live in the country, the TV stations don't always broadcast the whole of every programme to us,*" but I didn't. I de-muted and was just in time to see Mitch Starc clean bowled as he tried to lift the pill into the third tier of *The G* beyond long off when caution should have ruled. Into the vacuum this development created a dribbler then said, "*At least he kept his head down over the ball!*" Where do they get these cretins from, the bargain table in *The Reject Shop*?

But *The Galahs* did win one Test against the Indian team and I think they did well to achieve that but what are we to do when the Sri Lankans arrive? Many of the dribblers felt they had the solution saying things would look up when *The Three* had served their time and came back into the team. Don't get me started! **THEY'RE NOT COMING BACK! THEY DON'T DESERVE TO COME BACK!**

Never let it be said though, that I was selfish and not prepared to go on record with a solution. Many of the current players in *The Galahs* need to have their minds focussed on the task in front of them be it batting (a monumental must), fielding or bowling so I ask, are you familiar with horse racing? What does a trainer do when a young colt can't or won't focus on his task? Well, for the good of the Oz team I propose contacting Justin Langer with the suggestion and (if asked) I'll even provide the razor blade and the bottle of metho so he can set about gelding a few of them. I think that's our best and possibly only chance in the long term.

And *The Fed* is back in town and doing well!

Talk to you later,

The Hillside Critic



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Permaculture in the Garden



Permaculture. Maybe you've heard the word mentioned somewhere, maybe you know someone that is involved in permaculture. Maybe you're already practicing aspects encompassed by permaculture and don't even know it. Many people are. But what is it actually?

The term comes from the words *Permanent* & *Agriculture* and was coined by its' founders *Bill Mollison* & his student, *David Holmgren*, in the 1970s. Bill Mollison perhaps described it best in his book 'Permaculture: A designers Manual' as being "*The conscious design & maintenance of agriculturally productive systems which have the diversity, stability & resilience of natural ecosystems. It is the harmonious integration of the landscape with people providing food, energy, shelter & other material & non-material needs in a sustainable way*".

At the very heart of Permaculture lies three ethics that anyone involved in the practice will strive to embrace at all times and reflect in all decisions.

Earth Care
People Care
Fair Share

These three ethics along with 12 principles are the guides which we use to help us turn this concept into action. The 12 principles are notions such as *Use small and slow solutions*, *Use & Value Diversity*, *Catch & Store Energy*, *Use and Value Renewable Resources & Services* & *Integrate rather than Segregate*. By applying these principles we can find creative solutions to energy, waste management, building, water, animal systems, forestry, food production, economics, community development and any other challenge we are facing today or will face in the future. Permaculture encourages creativity and applied solutions for each particular situation and is a mixture of new and old technologies. It incorporates systems that have been used for thousands of years such as terracing to slow water down in hilly landscapes, companion planting or composting, whilst also embracing new technologies such as solar.

It recognises that there is a lot we can learn from nature – she knows what she's doing - and if we take the time to observe and interact accordingly, we can create "*Consciously designed landscapes which mimic the patterns and relationships found in nature, while yielding an abundance of food, fibre and energy for provision of local needs*" *Holmgren (2002)*. Holmgren will also tell us that Permaculture is not



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the landscape but merely the 'organising framework for implementing the vision' and that we the people are central to this implementation. It is a social movement as much as agriculture-based concept and the principles and ethics are ones to live by and apply to all aspects of life.

At the end of the day, who doesn't want a healthier life and landscape, to work less with more productivity and a brighter future for our kids and our grandkids? This is all completely possible through concepts such as permaculture (among others). If you're interested in any other information about permaculture or learning more about the principles check out permacultureprinciples.com, you can email me at freerangechange@gmail.com or contact me on 0473 372 825.

Lauren

KID'S VIEW ON THE ELDERLY

While working for an organisation that delivers lunches to the elderly, I used to take my 4-year-old daughter on my afternoon rounds. She was unfailingly intrigued by the various appliances of old age, particularly the canes, walkers and wheelchairs. One day I found her staring at a pair of false teeth soaking in a glass. As I braced myself for the inevitable barrage of questions, she merely turned and whispered, 'The tooth fairy will never believe this!'

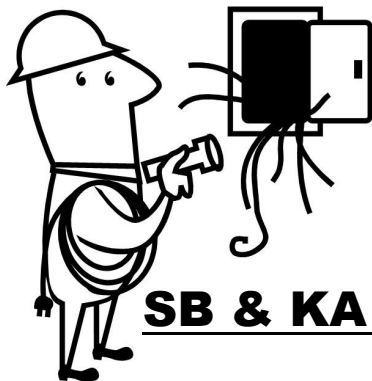
POLICE

It was the end of the day when I parked my police van in front of the station. As I gathered my equipment, my K-9 partner, Jake, was barking, and I saw a little boy staring in at me. 'Is that a dog you got back there?' he asked. 'It sure is,' I replied. Puzzled, the boy looked at me and then towards the back of the van. Finally he said, 'What'd he do?'



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Nabiac Tennis Club



The Nabiac Tennis club would like to inform all those interested that the A.G.M is being held on Tuesday, February 12th at midday at the Tennis courts. All are welcome.

We have spent 2018 trying to get the faults to the courts repaired and now thanks to the generosity of the Neighbourhood Centre Committee we anticipate that this can be achieved this year.

We wish all the community a Very Safe New Year and welcome any newcomers. We always hope that they may be interested in playing tennis.

Sue Dixon.



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HUNTER FARMERS LOOKOUT FOR LOCUSTS

Hunter Local Land Services is reminding landholders to look closely at any grasshoppers on their properties, following confirmation of Australian plague locust populations on six properties in the Upper Hunter.

There are numerous types of locusts and grasshoppers common at this time of year, many of which regularly occur in our region, but farmers are advised to be aware of plague locust populations.

Hunter Local Land Services Biosecurity Team Leader Luke Booth said if farmers suspect they have Australian plague locusts on farm, they should report it to Local Land Services immediately.

"These locusts are uncommon in our region, and there has not been a known outbreak in more than a decade, and with farmers trying to sustain pastures for livestock during the drought, we want to keep it that way," Luke said.

The identified locusts are considered to be in poor condition due to the ongoing hot dry conditions and lack of available feed, which is hoped will lead to a high mortality rate.

However landholders are being urged to watch for any swarms, to ensure control measures can be implemented quickly before second generation hatchings can begin.

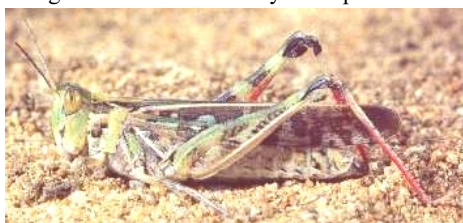
"We are encouraging any landholders who suspect they may have the locusts on their property to join with us in identifying this pest to enable proactive control programs," said Luke.

"We are working with the Department of Primary Industries and affected landholders to develop effective control programs for the identified populations around the Upper Hunter."

Adults of the Australian plague locust can be readily distinguished from other species by the large dark spot on the tip of the hindwings and distinctive scarlet hindleg shanks. Adult body colour is variable and can be grey, brown or green. Adult males measure 25-30 mm long while females are 30-42 mm long.

A good guide to learn about the different locust and grasshopper types can be found at: http://www.agriculture.gov.au/pests-diseases-weeds/locusts/about/about_locusts

If you suspect Australian Plague Locusts or have any other pest sightings or impacts to report, please contact your nearest Local Land Services Biosecurity Officer on 1300 795 299



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Across Aromatherapy



I haven't written anything for Across the Fence for some time, so I thought that I would go back to basics for this article. People often think that aromatherapy oils are just "nice perfumes". Not so! Aromatherapy

(or essential) oils are therapeutic, that is they have an effect on the physical body as well as the emotions. Some are very powerful antibacterial, anti-fungal or anti-viral agents, some (such as frankincense) are antidepressants, while others are analgesic (wintergreen can relieve the pain of arthritis or a sprain). I find that essential oils are particularly good for stress. I liken them to herbal medicines, where part of the whole plant is used to make a medicine, in aromatherapy, the oil is removed from the plant with all its therapeutic properties.

Always use good quality essential oils, they will be labelled "therapeutic". There are many things that unscrupulous companies can do to cut costs, such as by adding synthetic compounds or by reducing the time while increasing the temperature during the process of obtaining the oil from the plant. By adulterating the oil it loses some of its therapeutic effect.

Keep your essential oils in a cool dark place, they are expensive so worth looking after. Always store them in glass, over time plastic will absorb the essential oil. And remember, like ordinary kitchen oils, they can go rancid over time if not stored properly.

Lavender is a good essential to have on stand-by – excellent to put neat on wound to promote healing and prevent infection, it can also be used to treat burns as it promotes tissue regeneration and it has a calming effect so is good in a diffuser or oil burner. I like to tell the story of my horse, Rosie, who was pregnant and not happy about it as she had lost her best friend in a foaling disaster. Then she scraped her nose down to the bone. I had just started my journey into aromatherapy so decided to trial lavender morning and evening. After 2 or 3 days the wound started to close in, everyday a little bit more. Amazingly her anxiety reduced and her behaviour and attitude to her pregnancy changed. Her nose healed over - no infection and no scar, and she subsequently had a lovely little colt. She still loves the smell of lavender!

An aromatherapy massage is therapeutic and very relaxing. I am available for aromatherapy massage at Earth Body and Soul in NABIAC. Allow 1 to 1 ½ hours, cost is \$65.

Jane

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GOOD MEDECINE

Am I Good Enough

Are you a perfectionist? When I read one definition, '*continual re writing of a two sentence email*' I decided to take myself in hand.

Perfectionism is not necessarily a bad thing – with positives such as being reliable, responsible and persistent. Negatives can include anxiety, unrealistic goals, procrastination and approval seeking.

If your parents were perfectionistic you may have inherited the trait.

We all have a certain amount of perfectionism, but be aware of the dark side such as taking everything personally, over - defensiveness or (continual) procrastination – *note to self*.

Some **strategies** to reduce negative traits:

a. *Share your anxiety/ stress with someone – we've all heard that a trouble shared is a trouble halved.*

b. *Repeat affirmative statements such as -*

- *Nobody is perfect*

- *All I can do is my best*

*Making a mistake does not mean I'm a failure
Everyone makes mistakes*

c. *Practise asking yourself questions like*

Are there other ways to look at this?

What would I advise a friend in similar situation?

d. *The big picture ...*

- *What is the worst that could happen?*

- *If the worst happens, can I survive it?*

- *Will this matter tomorrow or next week?*

e. *Practise making mistakes ...*

- *eg. in an email*

- *Leave part of the house messy – get the children to help*

- *Admit when you feel tired or other 'weak' feelings.*



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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



NABIAC HOTEL SOCIAL CLUB

ANNUAL MEMBERSHIP IS ONLY
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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

News From The News

Nabiac Uniting Church

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

Holy Communion is celebrated with the service on the **3rd** Sunday.

For information regarding the Uniting Church, Nabiac please contact Margaret **Weller** (6554 1212), Jill **Hammond** (6555 7747)

St John's Anglican Church, Dyers Crossing

A Contemporary Service is held on **2nd** Sunday of the month at **10:00am**. Families & children most welcome

Services of Holy Communion will be held at **10:00am** on the **4th** Sunday of the month.

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

St Isidore's Catholic Church, Nabiac

December Mass time is Saturday 15th at 6.00pm

January Mass time is 19th at 6.00pm

St Bernadette's Catholic Church, Krambach

February Mass times are: - Saturday 2nd at 6.00pm, Saturday 9th at 6.00pm, Saturday 23rd at 6.00pm,

March Mass time Saturday 2nd

Could be subject to change - check with Helen **Legg** on 6559 1211

St Thomas' Presbyterian Church, Krambach

A Family Service is held on the 2nd & 4th Sunday of each month at 9:30am. Everyone is welcome to join in. Any enquiries please phone Robert on 0400 310 357.

St Paul's Anglican Church, Nabiac

A Contemporary Service is held on **1st** Sunday of the month at **10:00 am**. Families & children most welcome

Services of Holy Communion will be held at **10:00 am** on the **3rd** Sundays of the month.

Every Week Day Before and after school care by **KIDS SHACK**

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Call **Joy** on 0438 273 360.

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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

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

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Belinda available Monday - Wednesday - Friday

Barb available on Monday - Tuesday - Wednesday - Thursday

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

Happy new year everyone. Hope you all had a great Christmas.
Barb, Jess and I have our saying for the month, a good start for the new year.

Behind you, all your memories.

Before you, all your dreams.

Around you, all who love you.

Within you, all you need.

Belinda & Barb & Jess ☺

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Some personal message?

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