

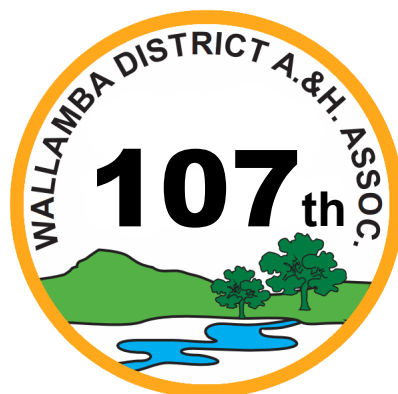
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Editorial.

Had a busy month with the show preparations and all of the "little" jobs that it required. Nearly finished, thank goodness

Dianne Lindsay is coming back at the end of the month for her annual Country Music show which I am sure, will please a lot of you.

The Show is looming so that should bring a few visitors to town and help fill some tills in the local shops as well as fill the Show's coffers.

Fingers, toes and everything else crossed that the weather holds out for the Friday and Saturday. As much as we are desperate for rain, not on those two days please!

I dropped into the Op Shop the other day and was surprised at how BIG the shed at the back has grown. You could virtually furnish your house from the goodies there. For young ones leaving home or newly weds, it is a good inexpensive way of getting furniture, kitchen goodies, electricals, etc. to set you on your way.

I remember starting married life with cast offs from relatives and friends and actually had an old fashioned "banana lounge" as a spare bed, used the ironing board as a combined coffee table/ironing table and suitcases as bedside tables in our first semi furnished flat. It was all good fun, before the era of having to have everything new and big and perfect.

Had a lot of fun with friends in the same boat enjoying our new lives. Nothing was available then, quite like the quality of the goods now in Op Shops.

Voting is on Show Day, so if you are coming, REMEMBER to vote before you get there. Don't want you fined for forgetting.

The article on young Bridie Kauter shows what amazing kids we have in the area, who think of others before themselves and how game is she to get her hair shaved off for the cause, especially with the colder weather coming on. Hope she gets some good fancy wigs to keep her head warm and show what she has done in making an effort to help others.

More new ads. Jitterbugs PreSchool has new owners who seem keen to let people know what they can offer your little ones while you have to work or just enjoy a day off getting your life back on track.

A new painter has joined the workers—I should do a page of each trade available so you have it on hand to readily call one if necessary. Might do that next month!

This issue is a little late—trying to fit in doing it while still trying to answer show calls, emails, etc. and now to remember how to operate the new printer without messing up too many copies.

*til next month,

**Lyn & Tilley Cat & the new horror,
Timidthy - (he isn't getting any better!)**



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WHAT'S HAPPENING MARCH, 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)	30th	8am to 12 noon
• Old Bar	(Last Sun)	31 st	7am to 1pm
• Pacific Palms	(Last Sun)	31 st	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

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

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HAIR by Shaz **N**abiac Hair & Beauty would like to welcome in March 2019. Another month has come and gone by so fast with school well and truly underway.

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Our product of the month, **Vita Five**, is designed for fine hair to give soft touchable volume.

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Enjoy the Nabiac show and we are a salon that works around you, the client, for appointments, whether 7.30 am in the morning or Saturdays for your convenience but please phone Shaz to secure your booking.

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Peter

~ It's On Again! ~

Dianne Lindsay

*Family Heritage Country
Music Show*



SATURDAY 30th MARCH 7pm

At the

Nabiac Showground Hall

DIANNE LINDSAY is once again holding the annual 'Family Heritage Country Music Show' at the Nabiac Showground Hall on **SATURDAY 30th March** at 7pm - back where the music and touring began for her family, country music legends **Reg Lindsay and Heather McKean**, many years ago.

Along with Dianne, the '**Bush Picker**' **Peter Simpson** and their band will be guest artists and the very popular duo '**Just Joken**'. Also featuring young, up-and-coming ballad guitarist **Anthony Baxter**.

The show is in good old country style with a light supper. There will also be lucky door prizes and still only **\$20 p.p. and children \$5.00**.

For further details and bookings phone

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NABIAC PHARMACY NEWS

EQUINE CORNER IS HERE!

Show season is upon us, so what better time to announce the launch of our new equine supplies section – Equine Corner!



We asked over 100 horsey families for their favourite products and we are so excited to let you all know that we now stock a lovely range of popular grooming and first aid supplies and supplements such as Cowboy Magic products, NRG Products, Hoss Gloss, Yellow Lotion, Chloromide, Quit Itch, Iodine spray, Salkavite electrolytes, Calm Paste, Razor Wormers, Elasti-Wraps and many more...

We also have last minute show supplies for your tack box – mane and tail rosette bands in various colours, body brushes, dandy brushes, NRG Proplaits spray and Oakwood Leather Conditioner.

Save on online shipping costs and shop locally!

Pop in and check out Equine Corner at Nabiac Pharmacy and if you don't see your favourite product please let us know, suggestions are very, very welcome.



Keep an eye on our Facebook page for another competition and giveaway to celebrate our newest section in the Pharmacy!



VALENTINE'S DAY COMPETITION WINNER!

Congratulations to the winner of our Valentine's Day Facebook Competition.....
Sandy McKinnon!

We hope you have enjoyed your hamper of goodies and thank you everyone that took part in the competition.

WAYS TO PREVENT GETTING SICK AS WEATHER TRANSITIONS

It seems like only a week or two ago that summer was in the air and the temperatures were in the 40's. Autumn is here and before you know it, you start to feel a scratchy sore throat and stuffy nose coming on. Here are some ways to prevent you from getting sick during the summer's transition to autumn.

1. Wash your hands – be conscious of handwashing, especially before eating, as it is one of the best ways to prevent getting

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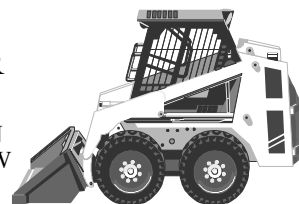
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KRAMBACH HALL HAPPENINGS

HALL MEETINGS: Monday following the Krambach Markets each month at 3.00pm. Next meeting on **Monday 18th March, 2019.**
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

NOTE FOR KRAMBACH MARKET GOERS

Krambach Rural Fire Service will be running the kitchen on Market Day at the Krambach Markets this March and the **Firefly Rural Fire Service** will be running it in April.

sick. If you are not always near a sink, hand sanitizer is your best option.

2. Gargle water – surprising, but this is a very simple way to wash out the bacteria that might be lingering in your mouth and throat.
3. Stay active – exercise is not only a great way to stay in shape but it actually may help prevent you from getting sick.
4. Sleep more – now that the temperatures are dropping and the days are getting shorter, it is important to make sure you keep a regular sleep schedule in order to avoid getting sick. Sleep habits and duration have a direct influence on both mental and physical health.

Enjoy the autumn weather!

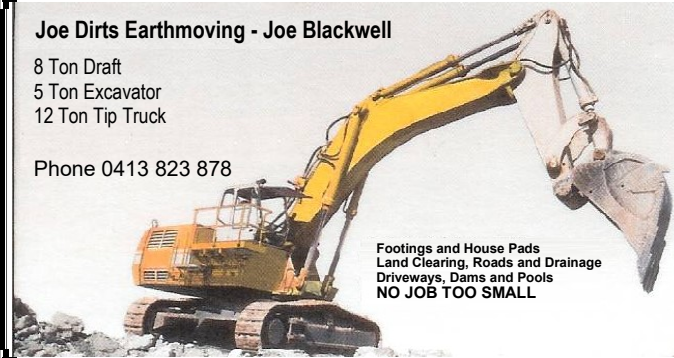
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Local History - The Wallamba — Another in a series of historical articles gleaned from the archives of the "Manning River Times" 1932 by *Bob Mann*

BULBY: After a long spell of drought, the rain has come at last and the season is now promising to be a good one. Mr *Sam Martin's* garden is looking very nice and promises a good yield of cauliflowers. We are pleased to know that Mr *Joseph Lynch*, of Bulby, is about again after a severe attack of flue. Tennis is all the rage out this way. The famous Bucca Wauka team motored to Bulby on Saturday and after a very strenuous battle secured a win over the home team by ten games. Miss *Minnie Murray* of Taree is spending a holiday with her Aunt, Mrs *J.J. Milligan*. Mr and Mrs *H Deer's* two sons, *Bill* and *Ross*, with two Sydney schoolmates are spending the vacation at Bulby. No doubt the two famous ponies, *Ajax* and *Harvey*, will be pleased when school days are over. A surprise party was given at the home of Mr and Mrs *E.W. Milligan* to their son, *Roy*, to celebrate his 21st birthday. Roy received some very nice presents. The next event of this kind should be the celebration of Mr *James Stevens'* 21st birthday and his many friends will be looking forward to a most enjoyable time. Mrs *H. Wright*, of Forster, and her two sons are spending a holiday with her friends Mr and Mrs *A.C. Paff*. Mr *Parson*, ex school teacher at Bulby, is the guest of Mr and Mrs *J. Sambell*. Little *Joan Paff* is an inmate of the NABIAC Hospital. We all wish Joan a speedy recovery. The local musical talents are making good progress with their community singing. The ballet is also in full swing. A very enjoyable evening was spent at the Bunyah Hall on the night of the 4th May. Mrs *Patfield* and her daughter *Shirley* are spending a holiday with her parents on the Paterson River. We are very pleased to know that Mrs *J.S. Sambell* has been appointed a delegate to attend a Country Party meeting to be held in Stroud shortly. We wish Mrs *Sambell* a safe return. Mr *H. Murray*, of Taree, is visiting his relatives and friends at Bunyah and Bulby.

The eagle hawks have been very destructive and are a menace to the rabbit trappers. Mr *Nisson* has had a very trying time battling with the hawks.

NEW CONVENT AT KRAMBACH: A ceremony in connection with the laying of the foundation stone of the new convent for the Sisters of St Josephs at Krambach took place on Sunday after the 10 o'clock Mass. The ceremony was performed by the most Rev. Dr. *E. Gleeson*, Bishop of Maitland, assisted by the Rev Father *Quigley*, Rector of Krambach and Rev Father *T. Mulcahy* and *J. McQuirk*, Taree. There was a big attendance on the occasion. The weather in the morning was

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threatening but remained dry until the ceremony was just over and then it rained all day. His Lordship, the Bishop, preached the occasional sermon.

The architect of the building was Mr *D.J. Gannon*, of Newcastle, and the contractor is Mr *V. Doran* of Wickham. The building is to be a single story brick one, the bricks being obtained from the brick yard of Mr *Strange*, Purfleet. It is of up-to-date design in every way. It will provide the nuns with a spacious verandah for recreation and out door sleeping compartments as well. In the building there will be rooms set aside for the nuns oratorys and there will also be an outdoor reception, community rooms, dormitory and dining rooms, kitchen, pantry, bathrooms and etc. The brickwork is nearing completion. It is expected that the structure will be completed in the next few months. It will be one of the most up-to-date convents for its size in the state. The convent will provide accommodation for about 6 sisters.

The opening ceremony will take place on the next visit of the Bishop to Krambach. The mothers house of the Sisters of St Joseph stationed at Krambach is at Lochinvar.

WANG WAUK - JUNE, 1932: In common with other parts of the district, weather conditions have been most unpleasant during the week. Cold conditions were followed by several heavy frosts. The forenoon of the 21st inst., when an inch of rain fell, was generally accepted as one of the coldest spells on record. Owing to the prolonged drought through which we passed, grass is getting rather short, while cattle are mostly in only fair condition.

Quite a number of entertainments have been held here lately. At Mr *J. Worth's* a social evening and dance were well attended and an enjoyable time spent. Mr *James Slater* recently attained his 85th birthday and in honour of the event a dance was held at the residence of Mr *G. Carter*, a very large crowd was present from the surrounding districts and a presentation was made to Mr Slater who is still hale and hearty despite his years.

Members of the "Glen Ken" and the "Maze" tennis clubs decided at their meeting on the 11th inst. to amalgamate and Mr *G. Gallagher* was elected President and Mr *E. Orth* Secretary and Treasurer.

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OUR EXPERIENCE  YOUR IMAGINATION

WALLAMBA CWA REPORT

The Branch met for the New Year in its new venue, the Uniting Church Hall, Nabitac and President Margaret Weller welcomed 11 members, a former member, Jean Price, who is now back living in Taree and has transferred from Merriwa and 2 visitors, Jenny Ang and Geraldine Carson.

Apologies were received from Beth Brewster (busy doing her duty with the Rural Fire Service) and Janette Jones.

Today members remembered the passing of Kerry Roos, Graeme Hammond- nephew of member Jill Hammond, and former member Norma Frieden's son and brother-in-law and Betty Coates.

Mary supplied the thought for this month's meeting and it was *'Grief can take care of itself, but to get the full value of joy, you must have someone to divide it with.'*

Jill (Hammond) will bring the thought for March's meeting.

Correspondence included invitations from Wingham CWA who are hosting the next Group Council Meeting combined with the Land Cookery and Handicraft Competition at Wingham Services Club on Wednesday 27th March. Numbers and names will be worked out at our March meeting on 12th March.

International Invitations are starting to roll in and the first of these was from Forster CWA who is holding their day on Papua New Guinea on Tuesday 19th March at Club Forster. Five members have accepted. The next International Day to be held is by Bonny Hill Branch on Wednesday 3rd April and this will be discussed also at the March meeting.

President Margaret Weller had received a lovely Certificate – **NSW Volunteers Of the Year Award 2018 for Wallamba CWA** and this will be added to our branch records.

International Officer Penny Britton advised that she is now a paid up member of Associated Country Women of the World and is looking forward to attending the upcoming Conference in Melbourne in a couple of months. During Penny's attendance along with our Handicraft Officer Merle Barber at the International Study School held in Dubbo, the ladies were given a well informed run down of the ACWW and were told that delegate Princess Azizah Pahang, Malaysia had resigned as World President as she had now become Queen of Malaysia. The ladies were told of the beautiful silk dresses that were worn at the coronation and Merle spoke of the beautiful rendition of "Abide with Me" by the PNG Ladies Choir at the Seminar.

Pam Muxlow showed off two colourful books she had on PNG and showed them together with her project book which she had done when CWA last studied PNG in the early 1990's.

Merle has a busy few weeks ahead as MNC Group Handicraft Officer as she prepares for the Group Day being held at Wingham and again reminded members of the Branch that she needs their items by the March meeting and these will also be entered in the Wallamba Show on Saturday March 23rd. The request put out at the December meeting by Merle for the ladies to bring along their apron creations resulted in

a total of 8 lovely items and these were secretly judged by the members during the meeting and results of the winners announced over lunch. The lucky winners were Coral, Mary and Jill – congratulations and well done. All the aprons were deserving of a prize.

Ag & Environment Officer Jill has been given a huge amount of information on Koalas our Fauna Project – thanks to the kind person who dropped a lot of cuttings and newspaper items at the Nabitac Nook. Our own members have also been collecting information so Jill will have plenty to speak about each meeting.

The Kurrajong Tree is the flora project and Coral mentioned how she had one growing in her garden.

Jill is looking forward to attending the Ag & Environment Seminar during March that is being held in Sydney.

Honey has been announced as our Primary Product and this should be an easy one as there are so many hobby bee keepers in and around the local area.

Cultural Topics talked about by President Margaret included the news that the great Aussie favourite "Kraft Vegemite", first formulated and made in 1923 by Cyril Percy Callister, was now back in Australian hands and being produced by Bega Cheese.

Coral gave members a report on her having seen the movie 'The Homesman' produced in 2014, which depicted the isolation woman and men suffered on their properties and said how sad it was.

Margaret spoke about the NSW State Government Special Award her sister in law Jenny Watts of Wingham had received for her dedication to the local Swimming Club and still is despite battling a serious illness.

A visit by Jill and her daughter Karen to Barangaroo Point Reserve in Sydney was talked about and Jill showed us a map of the area she visited.

Congratulations were extended to Coral's husband on his sculpture which is currently on exhibition at The Glasshouse, Port Macquarie which officially opened on February 15th.

The members who like photography were informed by Penny of what the various Sections are this year. **Section A for Seniors – Reflections** and **Section B for Seniors – Orange. Short story – 'A knock at the Door', 'The Telemarketer' and 'Are We there yet?'**. All these are items are due by November 5th, 2019.

Cookery Officer Margaret Weller informed members that the required recipes for this year's competition had been printed in the June, 2018 Journal and should be used as stated.

Members worked out who was cooking which cakes, and pickled pears and these will be entered at the March Council Day, Wingham.

By the time this is printed the Branch will have hosted the 2019 World Day of Prayer Service at St. Paul's Anglican Church, Nabitac which this year was prepared by the Christian Women of Slovenia. The service was followed by a bring and share light lunch. I will have more details in next month's report from CWA.

A trip to the Tuncurry Recycle tip is envisaged and the details will be

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worked out at the March meeting.

Congratulations were extended to member Norma Flood and husband *John* who would celebrate their 59th wedding anniversary on 23rd February, and they are looking forward to the Diamond Anniversary next year. Congratulations were also extended to Sec Pam Muxlow (yours truly) and husband *John* for their 45th wedding anniversary celebrated on Saturday February 9th.

Our meeting closed at 11.55am and the next one is set down for March 12th at 10.00am in the Uniting Church Hall – all interested persons are invited to come along.

Over lunch the apron winners were announced and they modelled their creations and a couple of photos were taken.

‘Pride in our Past – Faith in our Future’

Pam Muxlow
Secretary/Publicity Officer



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Clary sage is an essential oil that I quite often use. It does contain phyto-oestrogens, so sadly it's not really beneficial for the men! It has an odd but not

unpleasant perfume, sort of sweet and musky, which when balanced with some lighter essential oil fragrances, such as sweet orange, is pleasant and very therapeutic.

The books say that clary sage is well known for its euphoric action, perhaps a little overly optimistic, but it certainly helps to reduce anxiety, stress and depression. I find it particularly good for balancing female hormones, for relaxation and for reducing stress. As well as relaxing, clary sage strengthens chi, (your inner strength) and sense of well-being.

Because of its analgesic and anti-spasmodic actions clary sage helps reduce menstrual cramps. Clary sage is also recommended in the management of menopause. Blending it with geranium essential oil in a bath or foot bath can be helpful.

Clary sage is a very useful essential oil to use during labor. Research has shown that it has a beneficial analgesic and relaxing effect, helping the mother to ride the waves of contraction. It also has the ability to accelerate labor. Clary sage should never be used during pregnancy.

For conditions which may have emotional origin, such as some asthma, clary sage can help by reducing anxiety, and in the case of asthma it can relax bronchial spasm. While complementary therapies, such as aromatherapy, can be beneficial for many chronic conditions, it is important to always consult your doctor.

Remember this essential oil contains oestrogen so is not recommended for men.

An aromatherapy massage is therapeutic and very relaxing, making use of a number of acupressure points. I use Young Living Essential Oils which are good quality and mostly organic. I am available in Nabisac at Earth Body and Soul. Ladies will be treated to a mini facial. An auric/chakra energy assessment is also available. The cost is \$65. Allow between 1 and 1½ hours.

For an appointment phone 0419 604 605

Jane


“Just look at your report card!” stormed the angry father! “Your friend Robert doesn’t come home with C’s and D’s on his report cards!”

“No, but he’s different. He’s got smart parents!”

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**Nabiac Memorial
Neighbourhood Centre**

Assoc. Inc. &

Nabiac Village Futures Group



The Futures Group is a sub committee of the Neighbourhood Centre. The Futures Group requested the support of the Neighbourhood Centre committee in funding a BBQ and Picnic table project.

The Neighbourhood Centre committee agreed to apply for funding from NSW Community Builders Partnership program and to also donate funds to the project. The project is a partnership between the State government, Nabiac's Neighbourhood Centre and MidCoast Council.

Last month we reported that we had received an offer of only half of the \$10,000 we requested from the State government for this project. We are happy to report that the Neighbourhood Centre committee have stepped up and offered the additional \$5,000 for the project.

The project can now move forward to the signing of an agreement to accept the grant and have construction begin.

The revised budget is now

MidCoast Council.....	\$16,500
Neighbourhood Centre.....	\$11,500
NSW State Government.....	\$5,000

The details are

- Connection of water and power to the site
- Construction of a dual electric BBQ, with a roof
- Construction of a large picnic table and seats, with a roof
- All work to be carried out by MidCoast Council

NVFG have asked Council previously about installing a water bottle refill station. We'll be following this up along with shade for the playground equipment and additional shade for the pool. The Neighbourhood Centre are funding the security cameras for the pool once MidCoast Council has adopted a new policy for camera surveillance.

Nabiac Village Futures Group meets on first Wednesday each month, 7.30 pm at the Neighbourhood Centre. Participants are Kit Carson, Louise Collins, Bruce Weller, Jim McGovern, Helen Smith, Christal Pearce, John Butterworth, Phillip Costa.

Nabiac Memorial Neighbourhood Centre Association Inc. meets every second month on second Thursday, 7.30 pm at the Neighbourhood Centre. Committee:- Elected committee are Kit Carson, Ross Dearing, Colin Henderson, Louise Collins, Hannah Lindbeck, Graham Lindbeck, Ann Newlan, Carol Grace and John Baker.

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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.

Jillian Wood



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Vacation Care: 7am-5.30pm

QUILTING NEWS

February report from Mid Coast Community Quilters
A great start to the New Year, 102 quilts delivered so far.
We went down to Sydney to check out a bigger machine (Just dreaming) but the man (Thank you **Lou**) checked out our machine and now it is performing like a dream, so we think we'll work on striving/saving for a bigger frame. It is a delight to use and the quilts in need to be quilted are piling up.

MORE DETAILS ABOUT OUR APRIL RETREAT FOR SYRIAN ORPHANS

Venue: 2516 The Bucketts Way, Belbora
When: Friday, Saturday, Sunday and Monday April 5-8
Contact: **Anne** - 6550 2605 or **Jenny** - 6554 1201

All you need to bring is your sewing machine. We have been busy making quilt kits, and for those who don't want to work on something so big, we have a couple of projects that just involve making single blocks so it doesn't get boring.

There is a small charge for each day (\$7) and if you are staying for lunch bring something to share. If you really want to escape, there are 12 beds available!

It would be lovely to see lots of willing people there. If you want more information I will be sewing at the Show so hopefully I will be able to give you the correct information.

Jenny Fletcher.

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

Wow, What at start to 2019.

We have had so many new families starting with us and it has been great to get to know everyone.

All our children are settling into the year and starting to form some great friendships with their peers and teachers.

During this past month we have explored and learnt about Chinese New Year, which included some amazing and tasty cooking experiences. We are looking forward to learning about more cultural celebrations throughout the year.

Our Junior Preschool room is busy helping our younger friends settle into our preschool. They have enjoyed listening to older stories and nursery rhymes such as 3 little pigs, The Gingerbread Man and Snow White. The favourite songs like Baby Shark and Blippy still make an appearance at our music and movement time 😊

We still have some vacancies in our Preschool Room for children heading off to Big school in 2020. If you would like more information just give us a call or pop in to see us.

Nabiac & District Preschool is Nabiac's only Community Based, Not-for-profit, preschool and long day care centre.

Delivering for Nabiac

A further \$13,356,825 in Federal funding for MidCoast Council to road projects like the Stuart Street and Donaldson Street upgrades in Nabiac



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

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Between the Pages

Nabiac Library News



NABIAAC LIBRARY NEWS

The Library needs



to make a difference!

CALL FOR VOLUNTEERS!!!

Do you have a spare couple of hours a week?

Would you like to help our wonderful library members? Or work with friendly, helpful people?

Nabiac Library is in need of volunteers, particularly for our Tuesday mornings 9am-11am.

GRANT FUNDING FOR REFURBISHMENT OF NABIAAC LIBRARY

MidCoast Libraries was successful in applying for **\$58,449.00**, through the Regional Cultural Fund, for the refurbishment of Nabiac Library. This follows on from the very successful upgrade and redesign of Gloucester Library.

The Nabiac Library upgrade will take place over the next twelve months. It will include patching of flooring, replacement of carpet, internal painting, installation of new shelving and signage and updating furniture.

This is a great outcome for the Nabiac community.



LIBRARY SYSTEMS INTEGRATION

It's happening!!! All branches in the MidCoast Library system will be closed for an entire week, **Monday 18th – Saturday 23rd March** while the Great Lakes and Manning Valley library systems are integrated to one single library management system. Please borrow sufficient books, cds, dvds, magazines etc. (up to 20 items) to enjoy. We ask you not to use the afterhours returns bins during this week as there will be no access to the library systems until the integration is complete. Once again we apologise for this short but necessary inconvenience.

March Events:- for the complete list of events visit MidCoast libraries website.

Preschool Storytime

Hallidays Point Library, High Street, HALLIDAYS POINT Stories, songs and craft for pre-school aged children (3-5 years) are held school term time.

Cost Free event. Contact Library Events [6559 3066](tel:65593066) or library.events@midcoast.nsw.gov.au

Friday, 01 March 2019 | 10:30 AM - 11:30 AM
Friday, 08 March 2019 | 10:30 AM - 11:30 AM
Friday, 15 March 2019 | 10:30 AM - 11:30 AM
Friday, 29 March 2019 | 10:30 AM - 11:30 AM

Baby Rhyme Time

Hallidays Point Library, High Street, HALLIDAYS POINT

Cost Free event. Contact Library Events [6559 3066](tel:65593066) or library.events@midcoast.nsw.gov.au

Wednesday, 06 March 2019 | 10:30 AM to 11:30 AM

Mobile Device Support Group – Forster Library,
4 - 12 Breese Parade, FORSTER

If you need a hand figuring out how to use your tablet or smart phone, just come along, bring your mobile device, share your ideas and experiences with others. This is also an opportunity to learn and discuss the capabilities of your device. Or perhaps you would like to purchase a mobile device and want to learn about the pros and cons of each device.

Cost Free event Contact Forster Library [6591 7256](tel:65917256)

Thursday, 14 March 2019 | 02:00 PM - 04:00 PM
Thursday, 28 March 2019 | 02:00 PM - 04:00 PM

February's Farmers' Market Day found Nabiac Library filled with people playing chess, jenga, dominoes and various jigsaw puzzles or relaxing in bean bags reading.

Until next month, come and enjoy our wonderful Nabiac Library!!
Happy reading!!

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Krambach Garden Lovers News

A nice cool day for our monthly meeting which was followed by the AGM and a talk and display of fossil plants by **Ross Dearing**, a member of our club, who has been collecting these and other items over a period of years. Thank you Ross for such an informative talk and display. A wonderful lunch supplied by members followed the meeting, thanks to all for your contribution.

We welcomed another new member to our club today, welcome **Linsay**, we hope you will enjoy the friendship and fellowship of like minded gardeners. This now takes our number to over 80.

The display of pink flowers was amazing, so many shades of pink and so many different varieties it was hard to pick the one we liked the best.

What an amazing photo display for our first ever competition. There were 2 sections for our member to vote on. One for flowers in the garden and the other for visitors to the garden. It is hoped that we can make a calendar for 2020 from the entries.

For the flower competition next month we will have the colours blue or purple and, of course, the swap table will be there as well, so

check out the garden and bring these to the home of **Helina** and **Norm Jacobs** in Germany Lane, Krambach. Bring a chair a hat and enjoy a cuppa with other like minded people.

The following people were elected to the positions of

President - **Val Sonter-O'Neill**, Vice President - **Judy Bonnefin-Wright**, Secretary - **Deborah Knokes**, Assistant Secretary - **Jenny Ang**, Treasurer - **Kathy Winter**, Public Officer - **Tony Gough** and Committee members are as follows:- **Carol Murray, Sandy Taylor, Jackie Walker** and **Robert Knokes**.

Congratulations to all those members, we trust you will enjoy your time in these positions.

For more information about this growing club contact **Val** on 6554 9651 or **Deborah** on 6553 8040.

Happy Gardening

Val

A conscience is what hurts when all your other parts feel so good
A clear conscience is usually the sign of a bad memory
Depression is merely anger without enthusiasm

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'BALD IS BRAVE'

Hi everyone, my name is **Bridie Kauter**. I am a Year 6 student at Nabiac Public School. I am shaving all my hair off to raise money for Newcastle's Calvary Mater Hospital and the children's Charity, Variety. One hundred per cent of money raised will go direct to the hospital for Patient Comfort and Care and my hair will be donated to Variety to make a wig for kids with Cancer. If my hair doesn't happen to be long enough for Variety to use, they send it to Sustainable Salons for alternative uses.

My mum suggested I explain why I am doing this. Over the years people I've known have been diagnosed with Cancer, and I've come to realise - Cancer is a really big thing, a big change and people who have it are very brave. When it comes down to blood tests, losing your hair, it all adds up to one thing - 'having no choice'.

So I asked my mum how she would feel if I shaved all my hair off to raise money for Cancer. She said 'I would be very proud of you'! The next night we went to a friend's house for dinner and doing what most mums do, she brought up our conversation so then we talked about more true stories of those with Cancer. Our friends said 'we'll donate' and that's when I decided to definitely do this. Of course I am concerned about what people will think of how I will look but I will just remember - I'm doing the right thing.

Soooo, with your help, I can help! Will you please sponsor me?

Mum is taking over now with all the details of where, when and how...

All donations to **Bridie's Bald is Brave** campaign, no matter how big or small, are all very much appreciated... As a family we are so proud of Bridie for taking this step and having such a big heart to help.

You can donate by:

1. Meeting us! Bridie and I will be on the grassed area between Connect 3 Real Estate and The Greenhouse Café Nabiac on Sunday March 10 and again on Saturday March 16 between 10am- 1pm. Donations can be made using cash or credit card (we will have the forms with us) and a receipt can be generated by the hospital in need.
2. Direct to The Mater Calvary Hospital via their website <https://www.calvarycare.org.au/public-hospital-mater-newcastle/donate-online/> using the reference 'BALD IS BRAVE'. Where it asks 'REASON FOR DONATION', select Calvary Mater Newcastle, Patient Comfort and Care (*this is important to connect your donation to Bridie's campaign*). A receipt will be generated by the hospital and either sent or emailed to you.

Or come down on the day, Saturday March 30th to the Nabiac Farmers Market. From 8am, Bridie and I will have a stall and will be collecting donations along with any words of encouragement and support!!

Bridie's head shave will take place at Nabiac Farmers Market, 11am, March 30th. Would be great to see you there!

MICHAEL BOURKE PLUMBING

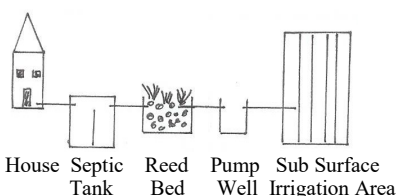
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This problem is hereditary and is not able to be identified with optical assessments, standardised educational assessments or medical tests.

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- ♦ Delayed Learning
- ♦ Concentration Difficulties
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- ♦ Frustration
- ♦ Find Copying Difficult
- ♦ Depth Perception Difficulties
- ♦ Eye Strain / Visual Stress
- ♦ Headaches & Migraines
- ♦ Fatigue after School or Work
- ♦ Low Self Esteem
- ♦ Anxiety
- ♦ Handwriting Problems

How would you like some beautifully
'sculptured hedges in your garden like these



WOOTTON NEWS

Wootton is looking great since we held a Working Bee for the community area. A big thankyou to people of all ages for helping clear up the storm damage, repairing ramps and steps, and other jobs ready for a busy month coming up in March and the Great Lakes Food Trail in April. Woottonites also had a great night meeting local artist **Ken Robb**, from Old Bar, showing his "encaustic" creations at the Brush Turkey café.

For March, we are lunching the *Taree & District Vintage & Veteran Motor Cycle Club*, hosting and catering for *Holistic Farming* training, and hosting a landcare field day and bushwalk "*Fungi for Farming and Forests*". There will be a bring-a-plate community dinner in the Hall on **Saturday March, 30th**.

Yoga is on every Wednesday in the Hall from 9.15, and Food Swaps are held on the second Saturday of the month, from 5pm in the grounds of the Hall. They are a constantly changing mix of local produce, just bring some home grown produce to share and join us for tea, cake and a chat.

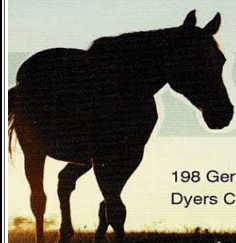
Wild dogs have killed many farm animals recently, and Woottonites are being invited to join other landholders in control programs being arranged by the Local Land Services.

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 Café, 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**. We have a new contact if you would like to arrange an event. **Susanne** is taking bookings phone 0402 742 226

Fred

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Artists of Wallamba Inspire ~ Create ~ Connect

Last week Artists of Wallamba installed a new exhibition in the Krambach Hotel dining room, so do drop in to have a look. Great views out over the valley and a relaxed place to chill with a drink and a bistro meal!

There are some excellent opportunities to exhibit locally coming up in the next few months including: **The Wallamba District A & H Assoc. Inc. Show's Art section at 'Nabiac Show'** with entry forms due no later than 15th March. Pick up a purple show guide in town or enquire with **Susie Oldfield** on 0439 241 301.

The 2019 Great Lakes 37th Open Art Exhibition and Sale. Entries close 15th March. Check the website for all details and entry form - <https://glas.org.au/glas/exhibitions/>

We will be running regular workshops for members beginning in March so if you are in the Wallamba area, and would like to run or attend a workshop and share new skills with members, please request to join our Facebook page.

What members say they have gained since joining the group: the chance to inspire and encourage each other, to learn new skills, techniques and materials, to exchange ideas and inspiration, to have met some fabulously talented people in the region and exchange friendship and knowledge, to have learned of more exhibition and competition opportunities,....and to share much good food, wine, tea and laughter!

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!



Krambach Pub installing our latest exhibition: Artists L-R: Susie Oldfield, Diane Willey, Carmel Spark, Gemma Stylz, Di Smith



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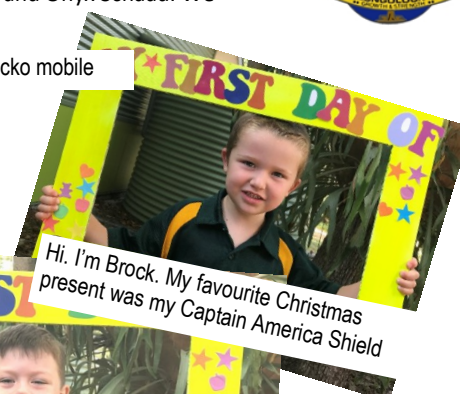
Welcome Kindergarten 2019

On Thursday January 31 our Kindergarten students of 2019 enjoyed their first day of school with lots of smiles and no tears. Welcome Kindergarten students Elijah Smith, Natalie Roberts, Brock Griffis, Xavier Thoroughgood and Onyx Schaad. We are very lucky to have these 5 new students join our other 25 students for 2019.



Hi, I'm Xavier. My favourite Christmas present was my new Lego

Hi. I'm Onyx. My favourite Christmas present was my cat crt gecko mobile



Hi. I'm Brock. My favourite Christmas present was my Captain America Shield



Hi, I'm Natalie. My favourite Christmas present was my toy pony



Hi I'm Elijah. My favourite Christmas present was my new bike



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Show News

Countdown is on. Only 17 days to get your entries ready for the Hall & Produce Sections!

Don't say you didn't know it was almost time. Flyers have been on display all around , Forster, Tuncurry, Gloucester, Taree, Coolongolook, Wingham and Nabiac since January.

Remember entries must be in between 7:30am and 11:00am on Friday 22nd, when the Hall doors close for the Judging to start.

If you haven't picked up a Hall Programme they are still available at Robb & Co, the Old Bank Building, the Nook and on line.

Check out the web page, nabiac.com/show, for all entry forms, waivers and programmes.

We will have two new attractions this year, the *Bucking Bull Ride*, which is separate from the Carnival Rides and **not covered by their all day wrist band**, you have to pay for the rides separately, and just before the Demo Derby, cars from the Derby will play a game of "Auto Soccer" at about 5.30pm, might be a tad later

The "Show Dogs" are moving from their small ring just down the hill past the horse ring to the football field behind with the entry in Show-ground Lane, unless we manage to get a gate installed in the connecting fence between the showground and the football field before 23rd. The Show Dog entries have increased to warrant a much bigger ring than their old one.

Ring side parking is available from Lauren Styles in Nabiac at \$10 per car (still have to **pay entry** for those **IN** the car) **paid in advance** so you have the ticket displayed on your dash to get in on show day. No ticket - no entry. She is contactable via the show Facebook page.

Entry tickets to the grounds are still \$10 - Adult, \$5 - Children 15years and under, \$30 - Family of 2 Adults and 3 children, Children under 3years entry is free. To save confusion at the gates the **\$5 Concession entry is for AGED PENSIONERS, VETERAN PENSIONS AND DISABLED PENSIONERS AND YOUR CONCESSION CARD MUST BE SHOWN**, so please don't argue with the gate keepers, they are just doing their job.

Everyone will be given a wrist band when they pay entry and it **MUST** be put on before you leave the gate. Please help the gate keepers by doing this, it only takes a second and you really are not in that much of a hurry to get into the grounds, are you?

We have our usual wonderful entertainers returning to keep you amused and the kids entertained.

Quenorie, the lovely **Face Painting Fairy** and her helper will be under the trees opposite the office.

Troppo Bob will be under the big tree opposite the Hall, amazing the little ones with his magic and also this year, show them how to make animals with balloons.

Griego the Great, with his identifying big black eye patch, will be roaming around keeping the adults wondering how he does his slight of hand tricks.



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Passion for Laughter, **Joe May** has something new up his sleeve, hasn't told me what but a hint was maybe stilt walking, to keep both adults and kids entertained and he could be in the area opposite the office or wandering around the grounds, depending what he is up to **Bob Withey** is back with his reptilian friends and this year some of them have **LEGS**, so worth a visit to his spot beside the Nabiac Street Fence.

And remember to bring your pets to go into the **Pet Competition** which is being held at 1:30pm just besides the goats. Fun for adults and kids alike.

We also have an **Animal Nursery** coming—Old MacDonald's Travelling Farm. See them opposite the office on the Showgrounds Lane fence.

There will be a map of the grounds with a programme of events available at the ticket offices and also at the office to let you know the times of the entertainers shows and also the times of the Ring events, etc. Pick one up as you buy your entry tickets.

Remember to buy a ticket in our great **RAFFLE**. Ten fabulous prizes and only \$1 a ticket. They will be on sale inside the hall and at the office. Going down the list the prizes are 1st. A **Quilt**, 2nd. an **Akubra Cattleman's Hat**, 3rd is a **Tri Corner Hoop Pine Stool**, 4th is **\$100 Voucher** from Bunnings, Forster, 5th is a **Bowen Treatment**, 6th, 7th, 8th are **\$50 Meal Vouchers** from Tuncurry Beach Bowling Club, 9th is a **Children's Painting** from PETA E at Forster 10th prize is **2 Australian Show Society Country Cook Books**.

We are having a **BAR** again this year and, for the ladies, white wine will be available, as well the normal beer and mixed spirits. It is located at the end of the Ring Canteen

REMEMBER THERE IS NO ALCOHOL TO BE BROUGHT ONTO THE GROUNDS. IT WILL BE CONFISCATED by Security and local Police will also be patrolling the grounds.

ABSOLUTELY NO GLASS IS TO BE BROUGHT ONTO THE GROUNDS EITHER. COUNCIL RULES!

The **Demo Derby** will start at around 6:00 pm ish and the **Fireworks** will close the show at about 8:00pm.

A quick note to local residents who live in the Showground vicinity, **REMEMBER TO LOCK UP YOU PETS BEFORE THE FIREWORKS GO OFF**. I know in past years some pets have taken a bolt away from home and caused heartache to their owners.

That's it.

See you on 23rd

Lyn Reid

Secretary

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MINIMBAH MATTERS



Minimbah Rural Fire Brigade has, like most other Brigades, been on high alert throughout February. It is almost impossible not to be aware of the long running fires in Tasmania and on the eastern seaboard. Mid Coast volunteers have been amongst those deployed to Tasmania, Queensland, Victoria and throughout New South Wales right from the beginning of the year.

These very impressive statistics from the fires around the Tabulum, Inverell and Tenterfield areas give you some idea of the effort and volunteer hours invested in just the northern portion of our State where over 73,000 hectares have been burnt.

Sadly Homes destroyed - 33 Outbuildings destroyed - 94
Incredibly Homes untouched - 398 Outbuildings untouched - 356

We say *incredibly, not luckily*, when referring to the *untouched* figures. As we have said before, fire fighting is not left in the lap of the Gods. You make your own "luck" and volunteer fire fighters undertake extensive training to ensure that "luck" is on their side.

Co-incidentally, and as a result of forward planning, one of our newer members had already registered to undertake the Village Fire fighter course this month.

Forward planning on the part of the NSW Rural Fire Service also includes, and highly depends upon, the positive response from the community with regards to completing a Bush Fire Survival Plan. In case you have not already prepared your **Bush Fire Survival Plan**, there is no time like the present, and no better web site to visit than www.rfs.nsw.gov.au.

For those who have made their plans, maybe a few years ago, and filed it away, we ask the question

HOW FIREPROOF IS YOUR PLAN?

Find out in 5 minutes at myfireplan.com.au

Daylight savings finishes on 7th April, and that is a regular trigger to check our **Smoke Alarms**. They don't last forever. A 10 year battery operated photo electric alarm is well worth considering if you are replacing/upgrading your current models. And remember that smoke alarms only last 10 years so now may be the time to upgrade.

Nabiac Show - Saturday 23rd March, 2019. We'll be there, up towards the top gate, so please come and visit us. **The Mid Coast Community Engagement Team** is a group of dedicated and qualified RFS members from all Brigades within our District and together with

representatives from Minimbah and Nabiac Brigades (and possibly members from some other neighbouring Brigades) will be operating an information booth during the day.

When the sun goes down and the noise of the Demolition Derby and the Fireworks kicks in, crews and trucks from the Minimbah and Nabiac Brigades will be on safety duty.

A few nice showers of rain recently doesn't mean we can all relax.

It is still officially *Fire Season* and **Fire Permits are required** if you intend to burn off.

Mid Coast Rural Fire Service District Office

1300 Mid Coast

That's 1300 643 262

The District Office is your one stop shop for information regarding the issuing and responsibilities associated with **Fire Permits** and also to request a **Bush Fire Survival Plan**.

Report all unattended fires on Triple zero (000)



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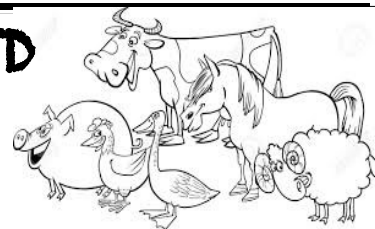
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GOT HORSES? DO YOU KNOW YOU MUST HAVE A PIC NUMBER?

Hunter Local Land Services is reminding all horse owners they must have a **Property Identification Code (PIC)** and in some circumstances require a **Transported Stock Statement (TSS)** if they are moving horses in NSW.

Transported Stock Statements and PIC numbers are important biosecurity measures and are critical for monitoring and reporting outbreaks of viruses such as Equine Influenza.

Hunter Local Land Services District Vet **Kristi Arnot** said it is a **legal** requirement to have a PIC number, and equine organisations and event coordinators are enforcing this at local events.

"With local agricultural show season underway in our region, horse owners attending these and many other equine events will find they are being asked to supply a PIC number," said Kristi Arnot.

"Ignorance is not acceptable, if a sick horse attends a local event, we need to be able to trace where it came from, and stop any disease outbreaks at the source.

"We are seeing increasing numbers of people contacting us wondering what it is all about – this is not a new regulation and horse owners must comply, even if you only own a pony for the kids.

"Even if your horse never leaves your property, you are still required to have a PIC."

Registering for a PIC is a simple process, undertaken by contacting Local Land Services, it can usually be arranged in under 24 hours.

Transported Stock Statements are available individually or in booklets from Local Land Services.

You are required to have a TSS on hand for all horse movements, unless you have:

- horses being transported to or from any agricultural show, exhibition, gymkhana, pony club meeting or similar function,
- racehorses or harness racing horses being transported from one

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- place to another,
- horses being transported to or from any place for use as working horses,
- horses being transported to and from a place for veterinary treatment.

Authorities may stop your vehicle and request to see your statement at any time.

"PIC numbers and Transport statements are crucial to maintaining Australia's enviable disease free status for so many dreadful viruses," said Dr Arnot.

"Please help ensure the health of your livestock and pets, by adhering to the regulations and doing your bit to maintain these systems.

"Our team at Hunter Local Land Services can set you up with a PIC quickly, and this will make it much easier for you to take your horse or pony to local events, and can also be crucial in an emergency such as fire or flood, so we know where animals that may need evacuating are located."

If you need to inquire about obtaining a PIC number or Travelling Stock Statement booklet, please call 1300 795 299, or visit your nearest Local Land Services office.



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REAL KULTCHA

Welcome to the Australian sporting world's equivalent of *The Bermuda Triangle* because nothing of any consequence happens now and anything that does is sucked into a vortex and disappears.

The cricket season is over and at best, I'd suggest Australia's report card would see us with a "C-" (I seem to recall we were beaten by South Africa and India but managed to beat Sri Lanka) but more likely it'll show us with a "D" (I need say no more than Smith/Warner to explain that) and there are many who'd suggest that rating is high! To quote Bett Britain (in a speech she made in late 1992 after one of her castles was fire damaged and several of her kids had marital problems) this cricket season could well be described as an *annus horribilis* and more could follow if CA reinstates the *recalcitrant pair* as if all is forgiven. It isn't and won't be for quite a while! And the football season hasn't started yet so we're adrift in a sea of boredom: we have a large screen TV, many cartons of beer, a comfortable chair and possession of the remote but there's stuff all to watch!!!!

Oh no! Yes, *MP*, there is lots of soccer to watch! Mate, we had this little chat earlier and while I've acknowledged the right of that game to exist and be played in this region I must "recapitulate back to what I said earlier" (to quote my hero, "The Moose") it's just not my bag. I should also mention the 2019 AFL Women's competition has just begun and not only am I'm amazed their season is so short but the ladies seem to be happy with that. I'm not, I think they should be playing the same number of games as the men in a full season but (if I were a cynic) I'd suggest the AFL is probably scared they'd drawn spectators from the men's comp. If pushed, I'd have to say I think it's just a matter of time before the Women's AFL competition expands and begins to present a real alternative to the established comp.

Golf of course, is also being played intimately at the moment and the format of the recent Victorian Open was of interest. Both gender Opens were played together on two adjacent courses at 13th Beach on the Bellarine Peninsula. I could tell you where that is but then I'd be contributing to your couch potato status and I know you'll remember it longer if you go look it up, so off you hop. Know where it is now? 'story. The two competitions were integrated and by that I mean, each group of 3 or 4 men were followed by a similar group of ladies for the first two days when the field was cut by about a half and this is the normal procedure in golf tournaments. The third day's play was confined to just one course but with the male/female groups still happening with another cut in numbers taking place at the end of the



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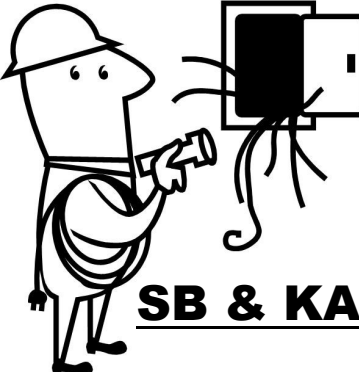
day's play. The final day's play then saw the best male and female players continuing the alternate groupings to the last putt where the prize money was the same for both the male and female winners! It was an interesting format that we might see some more of down the track.

The big sporting news (for me) for the month however, was Super Bowl 53 – or "LIII" as the Americans like to portray it. I knew the result early as it was in every news bulletin and also in one of those strips that creep across the bottom of our TV screens now a days. Anyway, I've managed to flick through my recording and will do so again shortly at a slightly slower pace, so I can appreciate the game better. It wasn't the blow out many of the pundits had predicted and as the roof on the Mercedes Benz Stadium in Atlanta was closed, the weather wasn't a factor. Here in Oz a wet field for a football match is bad luck but in the US recently, ice and snow have been the norm in many regions and mounds of snow could be seen beside several fields during the playoffs where it had just been graded off to allow the games to be played. Tom Brady (the Patriots quarterback) is 41 years old and in a sport where 35 is thought to be almost ancient, Tom is seen as a marvel and when he muses he'd still like to be playing at 45, folk are listening. He has played in 9 Super Bowls and won 6 of them! It's a fair bet the Americans have never heard of our Heather McKay and her run of squash wins but can you think of any other sportsperson who has had a run similar to Tom's.

Was quite surprised recently as I flicked idly through the sports section of my Sunday paper, to be confronted with a two-page spread on the 2019 Rugby season. Despite the thrashing the sport took (alright, alright, that's a bit harsh – I'll start again.) Despite the thrashing *The Wallabies* took during their recent tour, it appears they intend to go ahead and play the sport again this year! You gotta admire their puck. That said, you've also gotta question their sanity, but to each his own!

Talk at you later,

The Hillside Critic



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Permaculture in the Garden

SOIL! PART ONE.

Understanding soil is key to being able to create healthy garden eco-systems but what is soil? *'Technically soil is all the loose, unconsolidated mineral and organic matter in the upper layer of the earth's crust'* - Lowenfels, J.

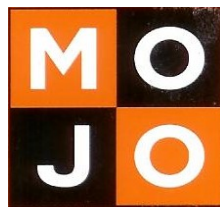
The mineral content is essentially your rock content while your organic content is broken down leaves, branches, dead roots or animals. Together these elements help determine soil texture and structure. Soil **texture** is the relative proportions of sand, silt, or clay while soil **structure** is the arrangement of these particles into groupings or aggregates.

Your soil structure and texture determine how your soil interacts with water (sand has too much drainage while clay has too little) and also how well it hosts microorganisms – the biology of soil which plays a HUGE role in plant health.

BIOLOGY OF SOIL.

It's ALIVE. Yep healthy soil is FULL of life! In fact, experts estimate that a tablespoon of healthy soil contains more life than people on this planet! There are those we can see and those we cannot and they all do an incredibly important job breaking down organic and mineral matter, feeding our plants and keeping them healthy but today I will focus solely on Bacteria.

There is no other organism with more members in soil than bacteria. They are so small in fact that anywhere between 250,000 and 500,000



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of these single celled organisms can fit in the full stop at the end of this sentence!

These guys - along with fungi - are what we call the 'Primary decomposers' of the earth and in the garden they particularly love decomposing still fresh material - vegie scraps, grasses etc. - they contain lots of sugars which are easy for them to break down. They process nutrients chemically changing them into plant available forms. - phosphorus becomes phosphates, nitrogens become nitrates and nitrites etc.

There are two types of Bacteria - the type that like oxygen (aerobic) and the type that don't (anaerobic). Ever left something outside sitting in a bucket of water and its gone bad? That smell is anaerobic bacteria. When you make a fresh compost or put scraps in a worm bin, Aerobic (oxygen loving bacteria) are the first on the scene. You know how a compost can get hot? That heat is made from the bacteria breaking down the organic matter. These bacteria give off sweet earthy smells and work with plants, living largely around the roots where the plants release exudates and in turn they feed and protect the plants' root systems from predator bacteria and disease.

This is just the tip of the complex role of bacteria in soil and there are some great books written about what they do. That's all I can fit into this article. Next month I'll tackle the wonder that is fungi and the good old earth worm but for now if you want any more info you can contact me on 0473 372 825 or freerangechange@gmail.com Lauren.

Lauren

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CARING FOR YOUR VEHICLE

Being as we are in a rural setting, often we look to 4wd or SUV type vehicles to provide that important transportation of our families about and the duties of the weekend workhorse.

This used to be a fairly easy decision, the venerable Hilux ute for example was the benchmark for so long that many of us forgot you could actually buy something else.

For others it was a Patrol or Land Cruiser, big strong vehicles built on a truck chassis that you just knew would get you many years of faithful service.

A 2" (50mm) suspension lift and maybe a more free flowing exhaust was about all the modifications required.

A bit over a decade ago, the world became increasingly concerned about the emissions produced by Herr Diesels engines, years before Petrol Engines were targeted and we saw the demise of Leaded fuels and the introduction of EGR systems, Catalytic Converters and Computers forever changed the humble motorcar.

The latest spec family diesel powered vehicles now rate in complexity just as, and in some cases, more advanced than their petrol powered relatives.

Generally, they perform very well given the engine capacity, are pretty frugal when it comes to fuel consumption and have gone a long way towards dealing with the black smoke long associated with a hard running diesel.

However, there's a whole market of companies fitting bigger exhausts, "flashing or chipping" the engine computers and claiming better power and consumption as a result.

If considering getting any of those modifications done, or, if you're buying a second hand vehicle that has had those modifications carried out, please do some careful research, as it is not all as it seems.

We recently had to perform some delicate and vital surgery on one of our favourite older cars, the owner asked if it maybe was time to update.

This is a question we get often and it's not always an easy answer; no one has a crystal ball, but if your car is seen regularly enough we can get a pretty good idea on how it's going and often can advise you on when a replacement may be due.

In this case there was no real advantage to update, in fact once the owner realised he was probably going to spend the next 12 months

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figuring out how to work the new infotainment system he quickly decided his old jigger would do him for a while longer yet.

Once again we're sponsoring the Produce Hall at the 107th Wallamba District Agricultural Show; despite the lack of good summer rains, I'm sure you talented gardeners out there will once again fill the Pavilion with colour and aromas. Good luck to all exhibitors and may the best Rosemary win!

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THREE EDUCATED WOMEN...

Three women go down to Mexico one night to celebrate college graduation.

They got drunk, and woke up in jail, only to find that they are to be executed in the morning, though none of them can remember what they did the night before.

The first one, a redhead, is strapped in the electric chair and is asked if she has any last words. She says: "I just graduated from Trinity Bible College and believe in the almighty power of God to intervene on the behalf of the innocent.."

They throw the switch and nothing happens. They all immediately fall to the floor on their knees, beg for forgiveness and release her.

The second one, a brunette, is strapped in and gives her last words. "I just graduated from the University of Illinois School of Law, and I believe in the power of Justice to intervene on the behalf of the innocent."

They throw the switch and again, nothing happens. Again, they all immediately fall to their knees, beg for forgiveness, and release her.

The last one, a blonde (you knew it), is strapped in and says: "Well, I'm from Texas and just graduated from Texas A & M with a degree in Electrical Engineering, and I'll tell all ya'll right now, y'all ain't goanna electrocute nobody if you don't plug this thing in."

I have learnt -

- * that you need to be nice to your children because they will choose your nursing home.
- * that a man who thinks he is smarter than his wife has a very smart wife.

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Lyn's Larder

I was trying to find something you could bake and enter in the show but these sounded too good to pass up

MARMALADE, GINGER & ALMOND SLICE

INGREDIENTS

90g unsalted butter, softened
½ cup (110g) caster sugar
1 egg
2/3 cup (100g) plain flour
1/3 cup (50g) self raising flour
1 cup (340g) orange marmalade
1/3 cup (60g) finely chopped glace ginger
1 egg, Beaten lightly, extra
1½ cups (120g) flaked almonds
½ cup (60g) ground almond
1 tbsp icing sugar

METHOD

1. Preheat oven to 160°C (325°F). Grease 20cm x 30cm rectangular pan, line base and long sides with baking paper, extending paper 5cm over the sides
 2. Beat butter, castor sugar and egg in a small bowl with an electric mixer until light and fluffy. Stir in sifted flours. Spread dough into pan. Combine marmalade and ginger in a small bowl: spread over the dough.
 3. Combine extra egg, 1 cup (80g) of the flaked almonds and ground almonds in a medium bowl. Spread almond mixture over marmalade; sprinkle with remaining almonds
 4. Bake slice about 40 minutes. Cool in the pan. Serve dusted with the sifted icing sugar.
- Store in an airtight container for up to a week. Makes 24

FLORENTINES

INGREDIENTS

¾ cup Sultanas
2 cups Corn Flakes
¾ cup Roasted unsalted peanuts, chopped
½ cup Coarsely chopped red glace cherries
2/3 cup Canned sweetened condensed milk
150g Dark eating chocolate (semi sweet) melted

METHOD

1. Preheat oven to 180°C/350°F. Grease oven trays; line with baking paper
2. Combine sultanas, corn flakes, peanuts, cherries and condensed milk in a large bowl
3. Drop rounded tablespoons of mixture, about 5cm apart on oven trays
4. Bake 5 minutes; cool on trays
5. Spread Florentine bases with chocolate, allow to set at room temperature

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George was a rock fisherman who was far too adventurous and eventually a huge wave washed him off the rocks and he was knocking on the Pearly Gates. "We can't let you I here," said St Peter sternly; "you've told far too many lies!" "Fair go mate," pleaded George, "Don't forget you were once a fisherman."



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GOOD MEDECINE

Everyone wants to be happy but what is happiness?

Here are some definitions:

- the state of being happy (dictionary) - sounds obvious.
- good fortune, contentment or satisfaction
- having positive emotions like joy, interest and pride
- *not* having emotions like sadness, anxiety or anger.
- the appreciation of life

Other definitions might include helping others or spending time in nature to slow down.

Chemicals in our brain also relate to happiness – serotonin, dopamine and oxytocin.

Mood-boosting *serotonin* comes from something as simple as getting some sunshine (vitamin D), going for a walk or thinking about things you're grateful for.

Setting a goal to achieve will increase *dopamine*, the pleasure hormone, even just making your bed!

Oxytocin, the love hormone, comes from physical contact, so hugs and massages work wonders.

Practising gratitude can also give us more joy, optimism and pleasure. Choosing to be grateful – *it could have been worse* – helps us not be overwhelmed by circumstances.

Suggestions to help our *attitude of gratitude*:

Start a journal; practise saying thank you or write letters – *a dying art*; think about what you have received and given; use prayers of gratitude, write yourself a note.

Be creative and look for new situations in life where you can express gratitude.

The counsellor



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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



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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

March Mass time is Saturday 16th at 6.00pm

April Mass time is 20th at 6.00pm

St Bernadette's Catholic Church, Krambach

March Mass times are: - Saturday 2nd at 6.00pm, Saturday 9th at 6.00pm, Saturday 23rd at 6.00pm, Saturday 30th

April Mass time Saturday 6th

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.

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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, Buckingham's Real Estate, Nabiac on 6554 1107

Gordon Foy, 2949 Bucketts Way, Belbora on 6550 2547 or 0417 290 874

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The 3 C's of life:

Choices, Chances, Changes.

*You must make the choice, to take a chance,
if you want anything in life to change.*

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★ freebie?
★

An announcement of a birth, birthday, passing?

Some personal message?

Do it on the back page to get full attention

Note to the Op Shopper who purchased a Moulinex Yoghurt
Maker a couple of weeks ago.

If you would like the instruction/recipe books that went with it, pop
back to the Op shop shed and they are waiting for you there.
Forgot I took them out to put with guarantees, etc.

Lyn

VOLUNTEERS NEEDED FOR FRAMBACH HALL

If you have an hour or two we occasionally need helpers for our
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Helen 6559 1211 or Fay 6559 1562

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