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ACROSS THE FENCE

ANZAC DAY

Thursday 25th April

Lest We Forget

A day to remember our Service Men & Women who have
died for us and those still serving to keep us safe

Details of Marchs page 5

*Happy Easter to all &
Safe Holidays Kids*

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Editorial.

Hooray, daylight savings is over and we can snuggle down for an extra little bit of rest under some warm blankets while it is still dark. There have been some very chilly mornings at my place during the last week.

Fire bugs can rejoice. We don't need a permit to light up the rubbish collected over the windy summer months, but I would say a lot of us now have damp rubbish to burn after the lovely showers we have been having. My dams are full, the tank is overflowing and the ground is wet for at least an inch under the grass. Great to see the trees green again and some grass growing but not the weeds that have overrun lawns, also going berserk. Remember, though, to notify your neighbours and the RFS. Don't want unexpected visitors arriving to put out legal fires and getting fined as well for wasting their time.

As I have not mown the lawn or paddocks since last summer, didn't have anything to mow, I am in for a month or so of clearing up. All prompted by the appearance of a brown snake that seems to have taken up residence near the house since the grass has started to grow.

Also prompted by the fact that the kid is coming to visit with kidlet and dog and friend and wants to CAMP OUT on the lawn!

The show is over and now we have Easter, the School Holidays and ANZAC day to fill the rest of the month. Busy, busy.

I was hoping to print the middle pages in colour but had too much trouble trying to work out how to do it then got a page jammed in the feeding slot so you have ended up with it just in black and white.

Dianne Lindsay's show was on again just after the show and I hope it was a success. Did any of you go to see it?

Shaz has hit the 7th anniversary in her 'new' premises and seems to be going strong - where does the time go?

ANZAC Day is also looming and the details are on page 5. A time to reflect on the stupidity of wars and the horrors and loss of lives that they bring. Don't think we will ever learn and I hope my family is never caught up in the horrors of one.

Once this issue is out, it is back to finish off all of the show's paperwork and find out just how fantastic our show was, because it was a fantastic day from all the reports back that I have heard. Hopefully next year, when I am on the other side of the counter I will be able to finally SEE a show. Been 13 years and I have never actually seen it.

Remember to put your clock back next Saturday night!

'til next month

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WHAT'S HAPPENING APRIL, 2019

Markets & Events.

• Bulahdelah	(1st Sat)	6 th	8am to 1pm
• Blackhead Bazaar	(1st Sun)	7 th	8am to 12 noon
• John's River Country	(2nd Sat)	13 th	9am to 1.30pm
• Wingham Community	(2nd Sat)	13 th	
• Myall Quays	(3rd Sat)	20 th	9am to 1pm
• The Hub Taree Showgnd	(3rd Sat)	20 th	8am to 12 noon
• Krambach	(3rd Sun)	21st	8am to 2pm
• NABIAC	(Last Sat)	27th	8am to 12 noon
• Old Bar	(Last Sun)	28 th	7am to 1pm
• Pacific Palms	(Last Sun)	28 th	9am to 1pm
• Forster Town	(2nd Sun)	14 th	8am to 2pm
• Halliday's Point	(1st Sun)	7 th	8am to 11am -?
• Town Head	(every Mon)		8am to 2pm
• Mt. George	(4th Sat)	27 th	8am to 2pm
• Forster Farmers Market	(3rd Sat)	20 th	8am to 12 noon
• Bobbin Community		— th	9am to 2pm
• Tuncurry Markets	(4th Sat)	27 th	8am to 1pm
• Burrell Creek	(2nd Sun)	14 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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direct on....0431 592 400....every Wednesday.

Shaz is working with appointments only, so please phone in advance
as she is usually booked up about a week in advance. 6554 1585

Please note the salon will be closed on the following days over the
Easter break

Good Friday 19th April
Easter Saturday- 20th
Easter Sunday- 21st
Easter Monday- 22nd
and **Anzac Day** 25th April

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NABIAC Landcare



Rain, lovely rain! Weeds, glorious weeds! It's becoming
beautifully green in our part of the coast but dig down
under the mulch on the forest floor and the dirt is still quite dry.

The obvious weed of the moment is the yellow flowering cassia
(Senna). If you're a gardener it's a bit of a shock to see it poking it's
bright colour out of a carefully weeded shrub or hedge. Senna is
considered an environmental weed. It's probably a garden escapee.
In the past twenty years it has spread through much of the area along
roads and in the bush. It has tough bean like seeds that are spread by
birds and moving water. The seeds can remain dormant in the soil for
up to five years and possibly longer. If you want to keep the plant in
your garden, please prune off the green seed pods. Smaller plants
pull easily. If using herbicide follow the label. If cutting and painting
cut as low as possible and paint quickly.

Now is a good time to walk through your patch of bush and play 'spot
the cassia'. Remember to check for babies around larger plants and
plan a follow up if you discover a large flowering cassia.

There is one local native species (Senna acclinis) but it is mainly in
coastal rainforest and fairly rare. If you live along the coast and are
unsure 'Google it' or contact your local weed inspector.

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.

Liz Rees
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NABIAC PHARMACY NEWS



Last month, to celebrate the launch of our newest section in the Pharmacy "Equine Corner", we ran a competition on Facebook to give away a fantastic gift pack of Equine Supplies to one lucky person.

Congratulations to Christy-Lee Towell, we hope you and your horses enjoy the products!

It's Easter Time!

With Easter only a hop, skip and a jump away we would like to let everyone know our trading hours. Having Easter so close to Anzac Day this year we will have extra staff in the Pharmacy to look after our customers during this busy time.

Easter Trading Hours ~

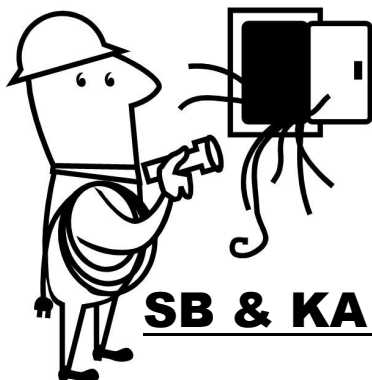
- 19/4/19 (Good Friday) ~ Closed
- 20/4/19 ~ 8.30am – 12pm
- 21/4/19 (Easter Sunday) ~ Closed
- 22/4/19 (Easter Monday) ~ Closed
- 23/4/19 ~ 8.30am – 5.30pm
- 24/4/19 ~ 8.30am – 5.30pm
- 25/4/19 (Anzac Day) ~ Closed
- 26/4/19 ~ 8.30am – 5.30pm
- 27/4/19 ~ 8.30am – 12pm



A lovely range of the very popular Darrel Lea Easter Eggs have hit the shelves and we are running a colouring-in competition for the little ones for some holiday fun!

Wishing you all a very happy and safe Easter!

Lauren



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ANZAC DAY - 25th March, 2019

ANZAC DAY MARCH AT KRAMBACH

The March starts at Leo Carney Park (near Tennis Courts) at 10.30 am, where a wreath is laid at that Memorial.

The March then proceeds to Krambach Hall Memorial where another Wreath Laying ceremony is held.

After the Service Krambach Hall committee provides a lunch at around \$7.00 per person payable on the day - contact *Faye Deer* to confirm for catering purposes on 6559 1562

NABIAC RSL



Well it is April already and planning is well underway for **ANZAC day on 25th**. The dawn service will again be hosted by the school leaders of Nabiac Public School commencing at **6:00 am**.

The main service will then start preceded by a march at **10:30 am** at Nabiac School progressing to Memorial Park for service at **11:00 am**.

We will again be joined by members of 44 Wing RAAF Williamstown. Members of the RSL will be around town selling ANZAC badges this year.

Thanks to the Nabiac Show Committee and the Bird family for allowing us to cater for your dog show this year. It was a great experience and has received a lot of positive feedback

Nabiac RSL is also in the process of organising their **75th anniversary** which will be held in **August 2019**. There will be a festival at the showground on Saturday 17th August with Army, Police, RAAF, Navy, RFS in attendance as well as market stalls. On Sunday 18th we will be joined by members of Karuah, Tea Gardens, Bulahdelah and other RSL veterans to mark Vietnam Veterans Day.

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NABIAC MOWER AND
TRACTOR REPAIRS

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

KRAMBACH - AUGUST 1932: The weather is growing nice and warm and all the farmers are busy preparing the land for maize crops. Some of the winter crops are looking very good in this district and hopes are held out for greater results at a later period.

Mr *George Easton*, of this locality, is a patient in the Mayo Hospital at present. Later reports say that he is better than he was a little time ago. We wish him a speedy and complete recovery.

A demonstration in the destruction of rabbits was given recently by Mr *W.S. Andrews* on the property of Mr *George Paterson* with a good party of interested men on the land paying close attention to the work.

There was a large attendance at the annual meeting of the Krambach branch of the Agricultural Bureau held in the local School of Arts. **Officers Elected:-** President - Mr *Tom Gallagher* (Jnr.), Vice President - Mr *Edwin Wright*, Secretary and Treasure - Mr *Jas. Kellaheer*.

A sample of the winter fodder trials that are being carried out here on the property of Mrs *P.B. Martin*, Orange Hill, and worked by Mr *Vic Martin*, was on show at the meeting and the eyes of the farmers feasted in plenty on this wonderful sample.

A great discussion took place on the rabbit and after listening to the very fine address given by Mr *W.S. Andrews* we feel sure the pest shall now have to clear to other parts to miss clashing with the farmers army which has declared war on the bunny. Mr *Andrews* offered a prize for the best essay on the destruction of rabbits to the members of this branch of the Bureau.

Dairying is now at a very low level in our district. The supply has not been as low for years and the price is keeping with the supply, but as is customary of the farmer he is hoping for the creation of records during the spring and summer months so as to balance the low prices he has received for his product.

KARKATT - AUGUST, 1932: A meeting was held by the Manning Shire Council in the Karkatt School of Arts last week on Monday night and was well attended by local residents who are keenly interested in further work being carried out on the Bucca Wauka - Tipperary Roads. Mr *C.H. Milligan*, president of the Manning Shire Council, was present and after apologizing for the absence of Crs. *Breckenridge* and *Martin*, who were unable to attend, explained the object of the meeting. He said that it was proposed to hold similar meetings in various parts of the shire in order to have petitions drawn up and forwarded to Sydney to procure some of the local relief money for expenditure on the necessary road work. He explained the efforts which the shire had made in the past to secure more money but the inevitable reply was no money available for the roads. He thought the idea of a petition would perhaps be more successful. Referring to the

Tipperary Road he suggested that the residents prepare a petition asking for a bridge in preference to a deviation as the cost would be much less and therefore the chances of securing a grant would be proportionably greater. It was finally resolved to prepare petitions as suggested and forward them to the Shire Council.

KRAMBACH - SEPTEMBER, 1932: At the home of Mr & Mrs *George Easton*, of Browns Creek, there was a big gathering of relatives and friends to celebrate the birthdays of both Mr *George Easton* and his son *Jim*, as they both had the same anniversary. The "Gloom Chasers" supplied the music for the young folk to enjoy themselves at dancing, and this was done in right royal fashion. During the evening Mr *George Easton* presented *Jim* with his own watch and chain which he was presented with 49 years ago by his own father, the late *Robert Easton*, of Dry Creek, Krambach, for his 21st birthday. This was a generous presentation from father to son and an historic one for the present recipient of the heirloom. We hope to see restored to his former good health and live long to enjoy it.

The spring sale day is the day of the year for the cattle men of our district and many were the pioneers who come out to see their stock sold and others to see their old friends. Notably among these were Messrs *Arthur* and *George Holstein*, *Robert* and *George Easton*, *Thos.* and *George Murray*, *Frank Schneider*, *Henry Paterson*, *Thos. Paff* and many others too numerous to mention. As is the usual practice, most of the pick of our classy beef were sold to buyers from the Dungog district. Mr *Donald Paterson* was a very busy man selling over 1,000 head in the afternoon. Most of these were of a good quality class, yet when one compares the yarding with other yards it can readily be seen what the swingover to the dairy stock is doing in cattle breeding here.

TENNIS: Our local tennis club played off their tournament on Sunday last when Misses *Livermore* and *Berriman* won the doubles prizes and Messrs *Holstein* and *Abrahams* were the successful gents. Mr *Holstein* was one of the previous winners here.

The annual School of Arts ball was held on the 7th inst. the attendance being very satisfactory and a good pleasurable evening was the result. The "Gloom Chasers" supplied the music and Mr *J.E. Gallagher* was M.C. who kept all hands busy, both players and dancers.

Mr *Edwin Wright*, of Avalon, had the misfortune to have his barn and contents totally destroyed by fire last Sunday night, and has suffered a big loss as a consequence. We all offer him our sympathy in his loss which would take him hundreds of pounds to replace as it was uninsured.

Matthew Absalom

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WALLAMBA CWA REPORT

Members are settling well into their new meeting venue at the Uniting Church Hall, NABIAC and President *Margaret Weller* welcomed 11 members to March meeting and received 1 apology.

Jill Hammond provided the thought for the meeting and it was **"Life is what happens to you when you are making other plans!"** Member *Pam Muxlow* will bring the thought for April's meeting.

After the opening formalities the members paused to remember the passing of former long time NABIAC resident *William 'Bill' Temple* who of late had resided in Taree. Also remembered were *Dane Sonter* of Halliday's Point, *Bob Forrester* and friend of Sec *Pam Muxlow*, the late *Bevan Nelson* of Bohnock.

Members reported on the success of the 2019 World Day of Prayer Service which, this year, was held at St. Paul's Anglican Church on Friday 1st March and was attended by 13 ladies; slightly down on previous years. The service had been prepared by the Christian women of Slovenia and everyone who was present participated in the service, by reading a segment of the service. The theme for the service was

'Come – Everything is ready'.

The offering for the day amounted to \$70 and this will be used to help the women of Slovenia. Next year's will be held at the Uniting Church.

It was great to welcome former member *Jean Price* back to the branch after an absence of almost 9 years as she and husband Kevin had been living at Merriwa, with Jean continuing her CWA association with that Branch.

Invitations are coming in at each meeting for the MNC Group's International Days and the first one of these was Forster's on March 19th, at Club Forster and was attended by 5 members – so we will hear a report at our April meeting. Also coming up are days at Bonny Hills during April and Gloucester in May.

The Group Council meeting was hosted by Wingham Branch on Wednesday March 27th and seven ladies attended with Group Handicraft Officer & Wallamba member, *Merle Barber* having a very busy time as this is when the Group Handicraft Competition including The Land Awards are displayed and judged. Hope to have some results in my next report.

A number of ladies entered into sections of Wallamba's Agricultural Show and acted as stewards or worked in the luncheon room. Our ladies are very versatile and community minded.

With our Country of Study being Papua New Guinea, Branch Officer *Penny* has been giving us lots of interesting facts etc. on the country and getting us ready for our own International Day on Tuesday 21st May which will be held at the Wallamba Showground Luncheon Rooms. Penny attended the study school on this country recently and will also be attending the ACWW South Pacific meeting in Melbourne early April, so will come back with lots more information and ideas no doubt.

Assistant Ag & Environment Branch Officer *Coral* had researched our Foe project – European Carp – and told members of some very interesting facts relating to their introduction into Australia, the

number of eggs that the females can lay and the damage they have done to the water quality, the effects on native plants and native fish species – we all learnt so much. Thank you *Coral* for your informative talk – it was great.

Our cultural segment included Penny showing us an article in the WOW Magazine on CWA National President *Tanya Cameron* who had received an OAM in 2019. Margaret also had a couple of newspaper article of women in the workforce and the equal pay question for women.

Members were pleased to hear that locally born (at Kew) the late Aviatix Lady *Nancy Bird-Walton* is to have her name given to the airport at Badgery's Creek in Western Sydney. Nancy also spent time in the Mt. George area and had been put forward by CWA sometime back as one of Australia's important women of the Century.

Cookery Report was presented by Margaret and the various entries for the Group Day at Wingham on March 27th were worked out and the following ladies had agreed to enter 'The Land Cookery Competition'. Jean Price to make the **Rainbow Cake**, Jill Hammond and Penny Britton to bake the **Date Loaf**, no one was prepared to have a go at the **Pickled Pears** (Margaret had tried but was happy with her result), but she was happy to enter a plate of **Gluten Free Lamington Fingers**, whilst Coral was going to make a **Chocolate Sponge Cake** and *Beth Brewster* was having her first attempt at the **Donna Latter Chocolate Cake**. I will have some the results of their efforts for you next month. Meanwhile our great strawberry jam maker, *Ruth Dawson*, will be sending some of her hopefully prizewinning batch off to State Conference in Albury in May.

Margaret's cooking tip for the month was when making a boiled Fruit Pudding and you can't buy suet, use *grated potato – 4 oz of grated potato to 1/2lb flour*.

Several members had attended the Seniors Concert in either Taree or Forster along with the Women's International Day at Forster which had a great display of clothing.

Happy 70th Birthday to our hard working Treasurer, *Mary Webber*, for her day on 6th March and from all her reports it went off with a bang as they say.

President Margaret reported that she hadn't heard anymore about the group of cyclists riding for Rotary during early May that were said to be coming through NABIAC.

I hear tell several of our members along with husbands/partners are planning on attending the performance of 'Banjo' that was being presented at Taree's MEC on Saturday March 30th – hope they all enjoyed it.

No further business the meeting was declared closed at noon in time for the usual tasty 'Bring and Share Luncheon'.

Members and those interested in coming along to a CWA meeting are reminded the next one will be held on Tuesday 9th April commencing at 9.30am for 10.00am at the NABIAC Uniting Church Hall.

Pam Muxlow
Secretary/Publicity Officer
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MINIMBAH MATTERS



Minimbah Rural Fire Brigade has been very busy this past month, with training being high priority. Extinguishing a fat or petrol fire and also a gas fire was informative and well worthwhile, but we hope we are never called upon to put it into practice at your place.



Tuncurry Fire Station was the venue for some group training with Members from Tuncurry, Krambach, Diamond Beach, NABIAC, and Rainbow Flat Brigades in an extensive pumping and water relaying exercise. The biggest challenge of the day was the mosquitoes. It is so rewarding to be involved in this sort of activity from both a social and an operational point of view. We learn and we laugh during these sessions because at training some funny things do happen, and they are all part of the learning process. Thank you Tuncurry for inviting us.

On the subject of training we now have another qualified Village Firefighter in our Brigade. Congratulations **Trev**.

Minimbah Brigade was fortunate enough recently to be at Mid Coast Water's (MCW) bore field and water treatment plant at the war time airstrip in Aerodrome Road. We were shown through this computer-controlled facility which was, at the time of our visit, processing 4 mega litres of water a day (it has a capability of 8 mega litres per day) and pumping it to the storage and distribution complex on The Lakes Way at Darawank. This supplements the water currently supplied to the region from the Bootawa pumping plant on the upper Manning River.

Subsequent to the disastrous fires in the area in 2017, MCW have provided a hydrant within their complex, for use by the Rural Fire Service (RFS) in an emergency. Thanks guys.



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Well the NABIAC Show was once more a raging success. Our compliments, congratulations and thanks to the Show Committee for all their efforts and wonderful results. The RFS stand was facilitated by Minimbah personnel who were joined by Members from NABIAC, Krambach and the Mid Coast Communications Brigades to help on the day. It was a District activity and it also demonstrated that not everyone in the RFS is an active fire fighter. There are all sorts of positions that don't necessarily involve getting down and dirty.

Trucks and crews from Minimbah and NABIAC were on hand for the auto soccer, demolition derby and fireworks. You can look at this as on the job training, community service or fire safety and property protection. Take your pick. We look at it as fun and experience.

On a personal note, we offer our congratulations to our Life Member *Jo Karsenbarg* on taking out First Prize, the Champion Award and the Show Stewards' Award for his wonderful hand carved wooden clock. NABIAC **was** amazed.

DATES FOR YOUR DIARY

Monday 1st April. The statutory Bush Fire Danger Period has ended in the Mid Coast District. There is no longer the legal requirement to have a fire permit before you tackle any burning off. There does remain, however, a legal requirement to prepare the area around your proposed burn site properly, to give to your neighbours and the RFS, at least 24 hours' notice of your intentions to burn, and to ensure the fire does not leave your property. Ignoring these requirements can have serious consequences. Would you be happy to have part of your property burnt un-necessarily; to have your washing smelling like a bush fire; to have a serious asthma attack; to receive a substantial fine for being negligent? Didn't think so. It's not hard – it's just consideration and common sense.

The number to ring to give notice of a planned burn, or to find out information, is

Mid Coast Rural Fire Service District Office
1300 Mid Coast
1300 643 262

Sunday 7th April. Daylight savings finishes. You get back that hour of your life that was withdrawn back in October last year, but only if you remember to **put your clocks back one hour**. This is the perfect time also to **check Smoke Alarms**.

Good Friday 19th April. Minimbah Brigade will be carrying out **Driver Reviver** duties at the Wang Wauk Rest Area. We wish everyone a happy and safe Easter.

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Nabiac Memorial Neighbourhood Centre Assoc. Inc.



Welcome to the Nabiac Farmers Market

Volunteers – At the February committee meeting we agreed to offer the Nabiac Farmers Market the opportunity to operate as a sub-committee of the Neighbourhood Centre. 17 Farmers Market volunteers have now become members of our Association. Other sub - committees include the Village Futures Group, CTC, Nabiac Landcare, Aub Ferris Sports Redevelopment and the Op Shop.

Our tenants are the Community Preschool, Petra's Pantry, Karuah Great Lakes Landcare, plus the Community Garden is up the back behind the Shed.

Riding for Disabled – we have donated the cost of purchase of a horse called *Georgia* who will become part of the much loved stable of horses at Riding for Disabled Manning Great Lakes at Rainbow Flat. It's a win-win, with our volunteers assisting another volunteer group.

We hope many people enjoyed the Fireworks last week at the Wallamba Show. Once again the Second Chance Opportunity Shop were the Firework's major sponsors.

After a very hot humid long Summer it was decided to install air conditioning in the front and side part of the Op Shop premises. As many would know, this part of our community building is the enclosed old hospital veranda.

Thank you everyone for continued support of the OP Shop. Our Volunteers and all those who donate and who shop are much appreciated.

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CTC@Nabiac

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

The centre is a non-profit organisation run mainly by volunteers.

The centre offers many services including internet use, printing, scanning, photocopying and faxes and IT training.

Photocopying & faxing is available 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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Nabiac Village Futures Group News

EV charging.....We are very excited to see the charging station take shape this week. You can find out more about using it at www.mynrma.com.au/ev and <https://www.mynrma.com.au/community/initiatives/electric-vehicle-fast-charging-network/how-to-use>. The website shows the other charging stations provided in the NRMA's Electric Vehicle Fast Charging Network Service. The service is free for members and located near the Tennis Courts and public toilets in Nabiac Street. The installation came about through one local person asking us to submit an expression of interest for Nabiac. The project was agreed upon at meetings with NRMA and Midcoast Council. The site had to be nearby to the Highway, toilets and shops. Nabiac's location also influenced the placement – 200kms south and north to other NRMA chargers and at the crossroads to Forster and Gloucester. The site has one parking spot dedicated for charging.



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Community Conversation....About 30 local residents participated in an evening meeting with some Councillors and staff from MidCoast Council on Thursday 28th March at the Showground. We listed and prioritised facilities that we want for Nabiac.

The number one priority was a complex project for the area around the shops, Village Green and Memorial Park. Residents wanted to increase pedestrian safety, slow speed of traffic and improve parking for cars and caravans. The Village Futures Group had taken the proposal to Council in late November.

Four other projects were then listed as second priorities. These are (in equal order)

Local Roads, # **Shade** – both shelters and trees.

Beautification, street improvements and village atmosphere, including the restoration of Town Creek

Community Space Masterplan – including Showground and Sporting Amenities.

A big thank you to all who participated.

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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Between the Pages

Nabiac Library News



Hello there to our wonderful Nabiac library patrons and friends and to those who still haven't realised yet what a wonderful place our little local Library at Nabiac Showground is. This year is flying by so fast! It is hard to believe that it is almost Easter and Autumn School Holidays!

March has been an extremely busy month for Nabiac, with the important database merger of all Mid Coast Council libraries; which necessitated the closure of all MCC libraries from the 18th-23rd March. Thank you to all our Library members for your patience and cooperation during this important time. See below for details on how this will now operate.

We also had the 107th Wallamba District Agricultural & Horticultural Show on Friday 22nd – Saturday 23rd March; which was a massive credit to all involved in the organisation and running of such a successful show. Huge congratulations must go out to the Wallamba District Agricultural & Horticultural Association and all those volunteers (many of whom are also volunteers or members of our Nabiac library) for their hours of volunteer contributions to ensure the Nabiac Show was such a huge success! Well done Nabiac and everyone involved!

NOW ONTO IMPORTANT MID COAST COUNCIL LIBRARY NEWS: **Mid Coast Council Libraries now are ONE!**

The Data Merge of all our Mid Coast Libraries is now completed. This is fabulous news! Please read below for further details from our Libraries Updates!

Great news as of 25 March one card one library!

Last week our software supplier combined all the library information from the former Gloucester/Great Lakes and Manning Valley library databases into a single MidCoast Libraries system.

This means from 25th March you will be able to go to any of our 11 library branches and use your current library card.

You will be able to borrow and reserve from over 135,000 items across the MidCoast Libraries network and have them delivered to your preferred branch. You will also be able to return library items to any of our 11 libraries.

Duplicate Membership (How do my previous membership cards work?)

There is a process in place if you have duplicate Library membership cards. If you have a Library membership card from the previous Great Lakes Library Service and a Manning Valley Libraries Card or Greater Taree Library card; you will be asked when you next go to the library to nominate which membership card you would like to maintain. The other card will then be deleted from the database after a

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check and transfer of information from the selected deleted card. This is an exciting time for Mid Coast Council Libraries as finally we can borrow, reserve and return to any library in our area! We congratulate staff involved in the merge! A huge job!

Nabiac Library is seeking Volunteers:

Did you know that Nabiac Library is run totally by volunteers for most of its opening hours?

We need you! Please help!

Due to the changing circumstances of our volunteers at Nabiac Library, we once again find ourselves seeking volunteers to keep our local Library open. We would love to keep us open! At present we need volunteers that could do Tuesday 9am- 11am; and also volunteers to be available on call for other days. If you would like to register as a Library volunteer we would welcome you. Please log in to:

www.midcoast.nsw.gov.au/community/people/volunteering

Then click on submit EOI form to register your application.

If this doesn't suit you just call into Nabiac Library and we will help you apply.

CHILDREN EASTER HOLIDAYS ACTIVITIES.

Nabiac Library will be running a children's Holiday Craft activity on Thursday 18th April which you will be able to register for online or just let us know if you want to attend. It will involve making some Easter crafty characters. Please let us know if your children would like to attend.

APRIL SCHOOL HOLIDAYS: EASTER CRAFT - NABIAC

Thursday, 18 April 2019 | 09:30 AM to 11:00 AM



Create some last minute Easter craft projects including a bunny mask and a decorative egg card to give to someone special. All materials provided.

Bookings essential. Ages 5+ yrs. Please note child's name must be provided on each ticket.

When: Thursday, 18 April 2019 | 09:30 AM - 11:00 AM

Where: Nabiac Library, 44 Nabiac Street, NABIAC 2312

We look forward to seeing you at Nabiac Library for all your reading and viewing needs.



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Krambach Garden Lovers News



A hot and steamy start to the morning for the 47 members and 3 visitors who attended the meeting at the home of *Helina* and *Norm Jacobs* in Germany Lane. The garden was much admired but the yellow flower which caught the eye of all had everyone baffled as what it was, no one could put a name to it not even Helina who had planted it some years ago.

What a delight to see so many little chickens enjoying the warmth of the sun and to watch the dog rounding up the escapee. It was amazing to watch. These are Norms pride and joy which he sells to others.

A wonderful display of Blue and Purple flowers for the competition, so many different types and colours on display. Once again the swap table was filled with plants and vegies ready to be shared by members.

Many of our members were successful at the show, congratulations to all the winners.

Thanks to *Jill* and *Brian* for their generous donation of plates and cutlery etc., it is much appreciated by the club.



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Our next meeting will be at the home of *Carol* and *David Murray*, Mulligans Lane, Kundibakh, where the flower colour competition will be White and of course the swap table will again be available to find that new plant for the garden; you bring one then you can help yourself to one from the table.

For more information about our club contact *Deborah* on 6593 8040 or *Val* on 6554 9651, all you need is a chair to sit on, a hat to wear in the sun while looking around the garden and a cup for the wonderful morning tea to enjoy the friendship of our members

Happy Gardening

Val

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““““NEWS FLASH”””” from BUNYAH April 2019

After many discussions, we have decided to hold a **‘SPRING CHARITY FAIR’ on Wednesday 4th SEPTEMBER, 2019 at Bunyah Hall.** This event will replace the ‘Biggest Morning Tea’ which we have held for 20 consecutive years and feel it is now time to donate **LOCALLY** on the Mid North Coast. As we fine-tune this event, you will be kept informed via this local paper and as we approach September 2019, Flyers will be available via letterbox drops and around various locations.

See our initial Flyer alongside this News.

We wanted you all to know that we are planning this **Spring Charity Fair and Cathy’s Crafty Crew** will still be involved with all their Quilts, Bags, myriad of sewn articles, pickles, jams, bric-a-brac that you have grown to love and buy for gifts and for yourselves.

Entertainment will still be a big part of the ‘Fair’ plus the delicious food, produce, pre-loved items for you to fossick through, Plants, Books etc.

If you have any items that you feel would be suitable for our tables, please drop them at Bunyah Hall on Wednesday mornings 9.00 till 12.00 noon. You can start now clearing out those cupboards!

Raffle Tickets for Quality Prizes including a Queen Size Quilt made by the **‘Dolphin Quilters’** of Old Bar will be on sale prior to and on the day.

We are excited to be doing something different and placing the funds raised, on the mid north coast knowing that no administration or any costs will be deducted from the total amount raised.

Please put this date WEDNESDAY 4th SEPTEMBER, 2019 on your calendar now!

An Arts, Craft & Activities Group has commenced at Bunyah Hall every second Friday from 1st March, 2019.

The group runs from 9.00am till noon at a cost of \$3.00 per head.


Bring your passion & skills to share with like-minded people. You may be doing something that other people would like to have a go at. Come for a look to see what people are doing and have a coffee/tea, you are very welcome!

BYO morning tea. Tea & coffee will be provided.

All enquiries please phone Beverley 0437 283 660.

Also for those who would like to form a group for card games, please contact Beverley on the above number.

A reminder that our **Library is open every Wednesday morning and every 2nd Friday 9.00 till noon** for you to borrow from a wide selection of books.



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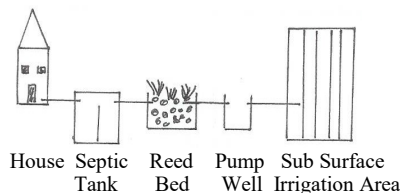
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You are also welcome to join us for **Tennis every Wednesday - 9.00 am till noon**; it is a mixed group of Ladies & Men and you are guaranteed a friendly, happy morning with plenty of laughs and chit chat. You don't have to be a great tennis player; it's a lovely relaxed atmosphere. Just turn up!

Neryl Simpson

BUNYAH NEWS FLASH

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ON WEDNESDAY

4TH SEPTEMBER, 2019

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NABIAC RURAL FIRE SERVICE

Thanks to all the Nabiac Community for your support over the past twelve months. Thanks also to those who came to the community stand at the Nabiac Show last week.



As president of Nabiac RFS, I would like to put a stop to the rumours being spread around the community regarding mergers between Nabiac and Minimbah Brigade. THERE IS NO MERGE and there will not be.

Nabiac Brigade meets on the 3rd Tuesday of every month at the State Emergency Shed on Clarkson Street at 7.30 pm. New members are always welcome and our Annual General Meeting is being held on 30th April at 7.30.

Any enquiries regarding Rural Fire Service please direct to myself 0481 169495 or *Simon Harkess* 0488 510 513

Brian Penton

President

KRAMBACH HALL HAPPENINGS

HALL MEETINGS: Monday following the Krambach Markets each month at 3.00pm. Next meeting on **Monday 22nd April, 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, 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

Firefly Rural Fire Brigade will be manning the kitchen in the Hall for the April markets.

Nabiac Second Chance Opportunity Shop

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The Nabiac Community - Second Chance Op Shop

Hello again friendly Op Shoppers, we have just a few things to report on this issue, and happily.. All positive!

We have grown from our humble beginnings 25+ years ago, and have the potential to develop even more with your help. Our aim is to support and help fund community projects for the future benefit of our district.

Recently we helped our wonderful show by funding for fireworks, we have helped RDA with funds for a replacement quiet horse, we are awaiting council approval so we can assist with security cameras at the pool and help develop the BBQ picnic areas in the park and tree planting around the cricket oval.. just to mention a few things. But this is where you can help...we need you.. YES..YOU!! We've grown, thanks to your support and donations.. but we need volunteers, men and women, just 1 morning a week or fortnight, to help sort, display, organise etc.. so please come in and have a chat and join our friendly team to help build a better future.

Due to a recent change in our insurance provider there may have to be a change in a few things we can accept as donations, so stay tuned as they will no doubt provide us with a list... we are constantly looking at ways to out source these items plus the goods that are surplus due to limited storage and still help others. e.g. Books to help disadvantaged western kids has been called for in the Karuah newspaper, so we have put boxes together and a volunteer has been dropping these off on his way past. We put together 17kg bags of clothing, shoes and toys that go to Africa and other developing countries, bras and some larger size clothing packages go to Fiji, we put emergency kits of clothing and toiletries together for the Pink Ladies to distribute at the hospital, formal and bridal attire are recreated by the very clever Angel Gown team for hospitalised children, we hope to be able to further assist the Woman's Refuge providing furniture and clothing packages to families in need. So if you know of an organisation we can assist then let us know or ask them to make contact, as we are trying so hard to share resources, reduce land fill and be responsible not wasteful whilst still raising funds to make a big difference here.

Colder weather is on its way, so soon demand for blankets and warm bedding will be in demand.. Just in case your having a cupboard clean out. Hint...Hint!

Come in soon for a look and a chat, grab a bargain or two, tell everyone you come across all about us, and think about joining our team of volunteers and help keep the Opshop moving forward. XXXXX

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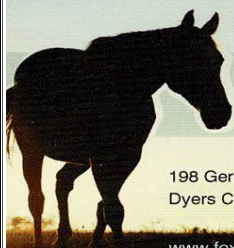
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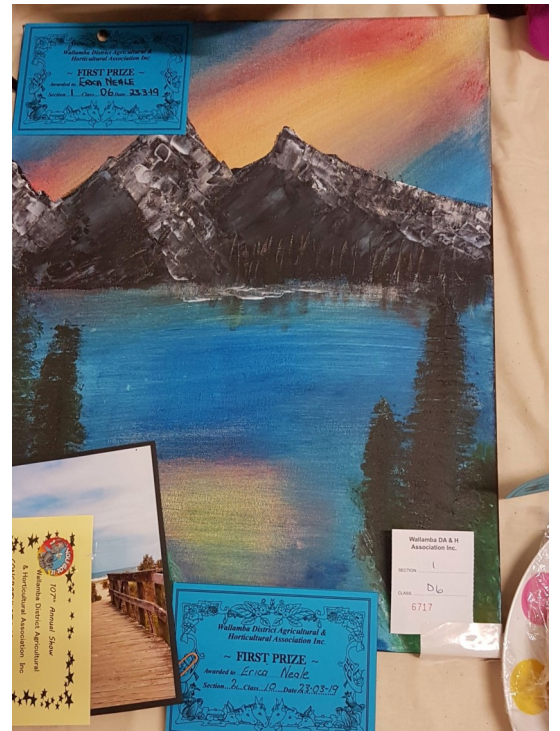
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Jean Paterson reading her award letter



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Show News

What a great day it turned out to be. I was concerned that it would be wet after the storm we had on Friday night, but it couldn't have been more perfect. Just enough rain the night before to dampen the grounds and keep the dust from flying.

The crowds were streaming through the gates all day and we had the best gate take in the all years that I have been doing it.

There were lots of new stall holders with a big variety of goodies to sell and from reports I have received they all want to return next year as they loved our show and the atmosphere.

From the little I saw of everything, don't get to see much being stuck in the office, everyone was happy, busy and on the move.

The new **animal nursery** went down a treat with the kiddies and I would have liked to linger a bit myself to see the baby animals.

The **Goats** were well presented again, as were the **Beef Cattle**. The **Beef Cattle** are increasing every year with the entries from Chatham High & Taree Christian College schools increasing, which is a good sign that the kids involved will, hopefully, stay on the land when they leave school and keep the industry going. They took out a lot of the Beef prizes.

The **Showjumping** was well represented this year. An increase in entries on the last couple of years and the **Horse Ring** events seemed to be well represented as well.

From the little I saw of the **Hall**, the entries there were taking up a lot of shelf space and from the photos I have to go on the web page, they all looked great.

The **Produce** had some fabulous entries, something we worried about because of the lack of rain over the last few months, and the size and condition of the produce made me a tad envious as I can't grow vegies, the birds and the possums beat me to any harvest, so I have given up.

We had a bumper number of **Poultry** entries, over 250 I am told. Must be hard to judge them all and the judge was one of the best.

The **Pet** show had a good turn up, picture of one of the dogs on page 14, all dressed up in Irish Green, and a diverse selection of pets it was. There was a goat, a ferret, a chook, 3 guinea pigs and 10 pooches.

The **Doggy High Jump** had an increase in numbers as well with 10 entrants. **Jenny Godbolt** took 3 of the prizes with her dogs. Seems like it will be a growing event at further shows and everyone cheers them on to higher heights.

The **Show Dogs** ended up down on Aub Ferris Oval as there were over 350 entries again this year, far too many for the small dog ring they usually use.

Troppy Bob, the Magician, and **Quenorie**, the Fairy Face painter kept the kiddies amused as usual and there were many fairy faced kids roaming around the grounds, all glittered looking fabulous.

Joe May brought his son as a side kick and showed us his new talent as a stilt walker. His son was confident enough to take off by himself.

Griego the Great did his usual slight of hand magic to entertain the

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adults and kids alike as he roamed around the grounds all day.

Two new attractions were the **Midcoast Mower Racing Club** and the **Car Soccer** game.

From the video I have seen, the Car Soccer game was an absolute hit, with two balls destroyed in the enthusiasm of the game. Saw a small clip of the excavator "goalie" sending the ball high in the air to the other end of the field. It was an enthusiastic game as two of the car "players" were wiped out and couldn't go into the Demo Derby.

Many thanks to **Jax Tyres Foster** and **Bears Tyres Tuncurry** for helping with the sponsorship of the Derby. Best number of entries we have had in years, thanks to **Judd Barkers** enthusiastic commitment to get it going again.

By gate entries, the Soccer Match and the Derby were both a big drawcard this year. Both are on the calendar for a repeat performance next year.

Apparently the Soccer Match idea has been snatched by the surrounding shows.

The **Mower racers** performing just before the Soccer were also liked enough to have them back next year as well.

There was a **Special Moment** during the Grand Parade when the President had the pleasure of presenting one of our LONG standing Ladies Committee ladies, **Jean Paterson**, with a special award/medal given by the **Royal Agricultural Society of NSW**, for someone who has made a significant contribution to their show over the years. Jean has been involved with the show for over 50 years working with the Ladies Committee in the kitchen and where ever else she could help out.

Our congratulations and thanks go to her from the committee. It was a grand moment to be able to recognise her for all she has done for the show.

Results for the show will be in May's edition. Not enough time to collate them all before printing this edition. Raffle results page 28.

Many thanks to you all for your support on the day especially the volunteers without whom we couldn't manage to hold it.

Lyn Reid ... Secretary

Comment on the Show

Could it have been the best show ever? No one alive of course to give that answer, but it WAS a boomer.

Record gate takings, great entertainment, good weather and a terrific atmosphere all day.

Of course none of this is accidental; hard work by many volunteers behind the scenes is necessary. It may not be entirely fair to single out anyone in particular but, special mention must be made for the contribution Lyn Reid has made over several years. This was Lyn's final show. She has been Secretary AND Treasurer for some time and has put a huge amount of personal time aside to attend to show business as well as printing this exceptional newspaper. No one could fault her commitment. Well done Lyn, take a bow.

Bruce Weller.

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Our Facebook group will be a great place to discuss opportunities and events, tips and techniques, inspiration and frustrations, and to nudge each other on! We also aim to post regular writing exercises to challenge each other and develop our craft.

Please call Kate Landsberry on 0402 287 244 or Valerie Wangnet on 0450 977 887 or for more details.

"A MESSAGE FROM THE HEAD HALL STEWARD."

On behalf of *Christine Heffernan* and myself, I would like to thank all our hall volunteers, both Stewards and Judges.

The hall exhibits went very well and a feeling of community warmth and spirit could be felt very strongly during both set up and pull down.

The help we received could not have been any more genuine.

Laughter was the noise that dominated the days and I sincerely thank you again and look forward to next year's show and hope that we can work side by side again.

Regards,

Mary Webber"

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Artists of Wallamba Inspire ~ Create ~ Connect

It was great to see Nabiac Show overflowing with creative work and several 'Artist of Wallamba' members receiving awards.

Congratulations to *Deborah Knoke, Diane Willey, Aimee Harkess and Gemma Stylz!*

Coming up is The **2019 Great Lakes 37th 'Open Art Exhibition and Sale'** at Lake Street Gallery, Forster - from 14 – 28 April. The Gallery has recently gone through stage 2 of refurbishment and will provide a fabulous contemporary venue for diverse artist works from the Mid North Coast and beyond. Judges are *Vicki White & Eric Lobbecke*, both highly respected artists. **Official Opening is Saturday 13 April at 6pm with a \$5 entry which includes wine, canapes and catalogue.** Should be an excellent event!

➔ **April Artist Profile: Susie Oldfield of Firefly on what it means to be an artist.** *"Being an artist allows me to tell how I see things in life. My practice is constantly evolving. I prefer drawing but also work with fibre, especially contemporary and indigenous styles, with heavy influence from Asian iconic designs and concepts. Since retiring I've found vital and inspiring local activity, and an ever-growing wealth of media and techniques. So enjoying the dynamic of Artists of Wallamba."*

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!



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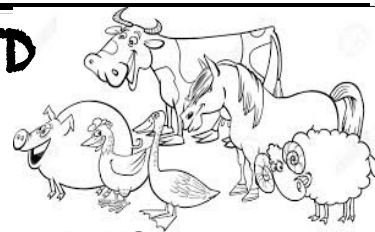
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REAL KULTCHA

At last, the real sporting season has begun! I must be getting old because at times it seemed so much like the days of my youth waiting for Christmas Day – you knew it would arrive but it seemed to take forever.

So, I'll clear the decks of a couple of minor matters before we look at the serious issues. First: the white flannelled fools have been packed off overseas and it appears they've found some form! What the heck happened? Well, I'd suspect it could have been the visit of the two cheaters on their way to stints in the IPL. Several of *The Galahs* have realised CA is in a forgiving mind, the two could get back in if they do well in the IPL and that would mean a couple of current players will be kicked to the curb! By golly, we'd better knuckle down! They did and the team's been winning. Hopefully the recalcitrant pair will have to fight hard to get back - and may they fail miserably. Second: *Winx* has just won her 32nd consecutive race and all the papers are blathering on about some kind of world record and I'm wondering about the hype. There seems to be only ever half a dozen horses in her races and why is that? I know nothing about the four legged lottery but if they can get 24 into the Melbourne Cup why isn't more in a race against *Winx*? I guess I could do some research, but it's a subject I have no interest in so why bother, they're just four-legged hay burners? To put it into context I could also do some research into what drives Rugby to continue to exist but again, it's a topic that defies all reasoning so why bother? And Third: saw some dribblers bleating on about the size of some of the contracts paid to several sports folk here in Oz recently. Given that lot of sports writers are ex-players you could expect there was some sour grapes behind their writing. I then read an item on the signing of Manny Machado by the *San Diego Padres* baseball club. Manny plays shortstop and they've signed him to a 10 year deal for (are you sitting down?) \$300 million. With that kind of money, they should make him play two positions! I used to play baseball and I became an International Sportsman in Singapore (OK, in 1983 playing Slow Pitch Softball) but I'm thinking of making a comeback with that kind of money being thrown about. My biggest problem though, is I recently gave my glove to my daughter-in-law so she can play softball and now I'll have to somehow, get it back!

The Heavenly Cohort (*St George*, for you late comers) have not started well this season but neither have a couple of others: *The Chooks* (after winning in the England) got blown away in the first match and



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The Sea Gulls are again down in the cellar – which is fortunate because they've trained hard for that position. The off-season has been marred by far too many examples of players being twelve year olds and there is serious talk about banning those whose actions land them in court. That would certainly bring a whole new level of control and supervision to the clubs. Will it happen? Don't know. Would it be a good thing? Yes, I think so. Players need to understand they occupy a high profile position in the public's eye and need to act accordingly.

Down south, the AFL has only just begun and as I write this, The Heavenly Cohort *St Kilda* are about to run out against the *Gold Coast Titans* and we true believers have high hopes for 2019. There are signs it will get better and though I don't believe in reading the tea leaves, I do take notice when last year's grand finalist *Collingwood* got belted by Geelong. There is a God and he doesn't like black and white!

The AFLW competition is nearing its end (and I wonder how long it will remain this short?) and would you believe it, *The Blues* (that's Carlton) are in the grand final! They were the wooden-spooners last year (yep, Carlton's two teams – the girls and the boys - grabbed the double with both wooden spoons) but this year they've made the big dance and will play either Adelaide or Geelong next week. It's been a big turn around for the club and in particular Tayla Harris. She was subjected to a vicious online troll attack in the week leading up to the game and that she was able to ignore it and concentrate on the game was nothing short of commendable. The internet is a tool that now forms an important part of our life and our society but there are vermin out there hiding in the shadows who need to be dragged screaming into the light of day. Because they can hide behind fake names and addresses they're "very brave" but in fact they're cowards and the sooner they can be located and punished the better it will be for all of us.

Oh, yes, and now there's talk of culling teams again from the Super Rugby competition and they want to move another League side out of Sydney to Brisbane! Oh, my head aches!

Talk at you later,

The Hillside Critic

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Permaculture in the Garden



SOIL! PART 2

Last month I began an article soil and the role of microbes, focusing on bacteria. This month I'm going to tackle my favourite microorganism FUNGI which is an incredibly important organism for the garden (helps improve soil quality) and for many other things in our lives!

So far, we know of around 100,000 different kinds of fungi (this includes moulds and yeasts) and some suggest that there are over a million more we're yet to discover.

While most people think of mushrooms when they think fungi, these are actually just the fruiting body of the bigger organism that generally stays under ground. If you've ever been in the forest or garden and swept back some leaves to find a network of white strands...you were looking at Mycelia which is the rest of the organism. These networks can cover huge amounts of distance and the largest organism in the world is thought to be the honey fungus spanning 3.8km across the blue mountains in Oregon, US.

While bacteria like the fresh green scraps, fungi really love the woody stuff (lignin) like sticks and logs and branches. That's why you'll often see fungi growing on logs lying on the ground. This makes them particularly helpful in the garden helping to break down bigger, thicker stuff. While a lot of fungi likes wood, certain types of fungi will eat deadly chemicals and even oil! In fact, trials using fungi to clean up oil spills and other contaminated sites have been very



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successful. "6 ways fungi can save the world" by Paul Stamets is a fascinating short video about this and can be found on youtube.

There are lots of different types of fungi but Mycorrhizal fungi is one of the most interesting. This type of fungi live in and around the roots of the plants in a symbiotic relationship with plants essentially as an extension of the root system. One organism can be connected to many different plants which creates a network. The plants can talk to each other through the network, sending messages and swapping (or stealing) nutrients. Dying trees can send their nutrients to young saplings, species can send out warnings when they're under attack from predatory insects and whole species have been found to support new species when changes to the climate mean they can no longer grow in that environment. This network is called the wood-wide-web and we are only just beginning to understand it.

Not all kinds of fungi are our friends in the garden. I'm sure many people have struggled at some point with fungal disease but if you have healthy soil with plenty of organic matter and a healthy soil eco-system your microbes should keep each other in check.

This is a big topic for a small article and I've only just touched on the role of fungi in our garden without even mentioning their many medicinal properties so if you would like any more information, send me an email or give me a call! freerangechange@gmail.com
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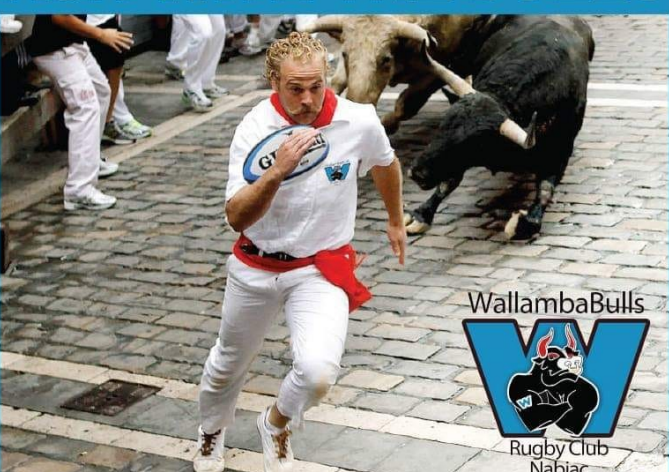


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DONK (DE OLD NABIAC KLUB)



DONK, our home grown old engine and vehicle group in Nabiac have been about a bit.

Did you see us at the Show? A great day for us with a continual flow of visitors looking and asking so many questions. All good, but so many of our younger generation find it hard to believe that modern technology came from the very old stuff we have running, nothing new really.

Wingham Show on the 30th and Gloucester the following week.

Busy time and a couple of old car shows coming up.

The observant amongst you, as well as a crowd of school children, may have witnessed a couple of old blokes in a "horseless buggy" chugging about the village. This is one of two on display at the Museum and is a 1909 Sears, manufactured at the very beginning of motorised transport and, believe it or not, uses a simple form of variable ratio transmission, or VRT, found now on many new cars. They are being prepared for a gathering in September of many similar vehicles involved in a four day rally in Victoria.

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People are often unreasonable, illogical and self-centred;
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If you are kind you might be accused of selfishness, having ulterior
motives;

Be kind anyway.

If you are successful you will make some false friends and some true
enemies;

Succeed anyway.

If you are honest and frank people may cheat you;

Be honest and frank anyway.

What you spend years building someone could destroy overnight;

Build anyway.

If you find serenity and happiness people may be jealous;

Be happy anyway.

The good you do today people will often forget tomorrow;

Do good anyway.

Give the world the best you have and it may never be enough;

Give the world the best you've got anyway.

You see, in the final analysis, it is between you and God;

It was never between you and them anyway.

Mother Teresa

Dr's Dilema

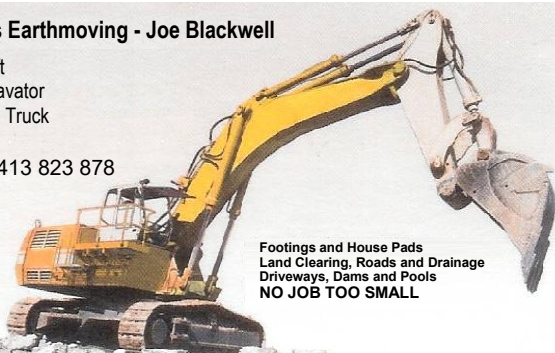
1. One day I had to be the bearer of bad news when I told a wife that
her husband had died of a massive myocardial infarct.

Not more than five minutes later, I heard her reporting to the rest of
the family that he had died of a 'massive internal fart.'

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Lyn's Larder

With the cooler weather starting up, I thought a warm, light soup
might be called for as a quick meal or lunch.

CORN CHOWDER WITH PRAWNS AND RED CAPSICUMS (Readers Digest)

INGREDIENTS.

2 tbsp	Olive or vegetable oil
1 lge	Onion, finely chopped
1 lge	Potato, peeled and diced
1	Bay leaf
½ tsp	Dried marjoram
⅛ tsp	Ground nutmeg
1¼ cups	Chicken stock
1 can	Creamed corn (420g)
300g	Frozen corn kernels, thawed
1¼ cups	Milk
¼ tsp	Black pepper
250g can	Red capsicums (pimientos), drained and thinly sliced <u>or</u>
250g	Roasted red capsicums, skinned, cored, seeded & sliced
500g	Large green prawns, shelled and deveined.

METHOD

1. Heat the oil for one minute in a large saucepan over moderate
heat. Add the onion and sauté, stirring, until it is limp - about 5
minutes.
2. Add the potato, bay leaf, marjoram, nutmeg and stock and bring to
a boil. Lower the heat to moderate, cover and cook at a gentle boil
until the potato is just tender, about 10 minutes.
3. Add the creamed corn, corn kernels, milk and black pepper and
bring to a rapid boil. Lower the heat to moderate, add the red cap-
sicums and prawns and boil gently, uncovered, until the prawns are
just cooked through - about 3 minutes. Remove the bay leaf and
serve.

Serve with crispy "biscotte" or fresh baguette slices.

Serves 6. To keep the prawns tender serve this Chowder straight away.
If you must reheat it, do it gently over a very low heat.

STEWARDESS is the longest word that can be typed using just the
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Across Aromatherapy

This month I thought that I would write about some of the benefits of using essential oils as part of your skin care regime.

Many years ago a speaker at a conference on aromatherapy said “If you can’t eat it don’t put it on your skin.” I must say I was surprised, but went away and thought about it, and he was right. The skin does rapidly absorb anything put on it, and this is taken up by the blood stream and distributed around the body, much as food once it has been digested would be. There are some medications that are used by putting a patch on your skin. The message is only put quality products on your face but that doesn’t necessarily mean expensive!

Essential oils can be used to make beautiful skin care products. Start with any good oil, such as coconut or sweet almond oil to use as a base. (Olive oil is too heavy for your face, but ok on hands and legs.) Alternatively you can buy a base cream and add essential oils to it. Other oils that can be used as a base include Evening Primrose and Jojoba. Jojoba oil leaves a protective layer over your skin, so if you are working in the garden or walking along the beach on a windy day, jojoba oil will protect your skin from the elements. Evening Primrose in a 5% strength is particularly good as it helps with age spots, dry skin and acne.

Some essential oils that you can add to your base include:

- * *Sandalwood* (Indian not Australian) essential oil softens dry mature skin, reduces wrinkles and soothes sunburn, it’s also a good anti-oxidant. (Australian Sandalwood has anti-inflammatory properties and is quite a different oil.)
- * *German Chamomile* essential oil can be helpful in reducing facial redness. It is expensive, but you can buy 3% German Chamomile and just pat a drop on your skin.
- * *Rose* essential oil is also a lovely oil to use on your skin. Using a base cream or oil add German Chamomile, 3% Calendula and Rose to make a good combination for those who have skin that reacts to everything. Pure Rose essential oil is very expensive, but Rose Absolute or Rose Maroc is more affordable.

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

No Mass will be held here in April as it is the Easter weekend and the church deemed too small to hold visitors and the normal congregation.
It is being held in Krambach



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Floral oils such as German and Roman Chamomile, Jasmine Absolute, Neroli, and Rose Absolute or Rose Otto are recommended for dry skins. Personal preference is important, so other essential oils you could consider are Geranium, Lavender, Palmarosa, Rosewood and Sandalwood. Remember that regular massage (which you can do yourself) will increase circulation of the capillaries that nourish the skin, so is beneficial for dry skin.

For an oily skin a combination of equal parts of Lavender and Geranium can be particularly beneficial in a base of apricot or jojoba. Take care to leave this on your face for a short period only, then remove it with a cleanser. Geranium will regulate the sebum in the skin and is known to have a balancing effect on the endocrine system, while Lavender is antiseptic, healing and calming on the skin. Never use harsh soaps on an oily skin. Other essential oils you can consider are cypress, geranium, grapefruit and cedarwood.

Acne may be cleared up using Palmarosa essential oil. Take a hand towel and using warm water with a few drops of Palma Rosa sprinkled onto it make a compress and place it over your face 3 times a week. Persist as it may take a couple of months to clear!

Reference: Salvatore Battaglia. *The Complete Guide to Aromatherapy*. 2nd Edition. International Centre of Holistic Aromatherapy, Australia. 2011.

An aromatherapy massage costs \$65 and lasts 1 - 1½ hours – the essential oils I use are very good quality, most are organic and the massage itself makes use of a number of acupressure points and is very relaxing as well as therapeutic. I work from Earth Body and Soul in Nabiac and can be reached on 0419 604 605.

Jane

St Bernadette’s Catholic Church, Krambach

April Mass times are: - Saturday 6th at 6.00pm, Saturday 13th at 6.00pm, **Saturday 20th at 5:30pm**, Saturday 27th at 6pm

NB. Extra Liturgies are being held during Easter Week at Krambach. Check times with Helen Legg.

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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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

SHOW RAFFLE WINNERS

- | | | |
|-----------|------------------------------------|----------------------|
| 1st prize | Quilt | Diane Fury |
| 2nd | Akubra Hat | Brad Blunt |
| 3rd | Stool | Cheryl Connal |
| 4th | \$100 Bunnings Voucher | Maria Batista |
| 5th | Bowen by Diane Voucher | Diana Walker |
| 6th | Tuncurry Bowling Club Meal Voucher | Marj Salt |
| 7th | Tuncurry Bowling Club Meal Voucher | Matt Stark |
| 8th | Tuncurry Bowling Club Meal Voucher | Chris |
| 9th | Painting by Peta of Forster | M. Young |
| 10th | 2 Agricultural Show Cook Books | Ray Corner |

Thank you everyone who entered. Better luck next year.

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

Barb, Jess and I would like to wish everyone a wonderful Easter with your family and friends. Don't eat too much chocolate, and always travel safe.

Just a reminder that Barb is having a holiday at the end of May, so book soon. Jess will be available Monday's and Friday while she is away. I leave you with the saying of the month.

"We make a living by what we get, but we make a life by what we give"

Happy Easter everyone.

Belinda & Barb & Jess ☺

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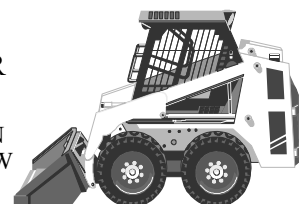
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