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## Editorial.

Winter has definitely arrived and brought some very cold weather with it. I have actually succumbed to fighting the fire and Tilley cat has partially moved back into the house of an evening to take up her usual spot right in front of it.

I have also been lucky enough to have had a lovely day, albeit freezing at the same time, of steady rain which has washed the trees, made what there is of the grass look green and put a little top up in the tank.

Apologies for the late issue of this edition. I have virtually lost the last two weeks curled up in a ball in agony with a little medical problem and really only just getting my act together. Couldn't concentrate on anything that required brain use and am slowly trying to catch up on a ton of paperwork now that I feel human again.

My brother who came up to watch his Sydney bowling club's Ladies Team competing in the big competition that took place in Tuncurry, Forster, Taree and Bulahdelah and ended up "baby sitting" me whilst here. Thank goodness for big brothers!

I understand the electric car battery charger has been officially turned on in NABIAC. Good idea to supposedly save the use/manufacture of petrol, but having to wait up to 40 minutes to charge it would put me off. Much prefer a five minute fill up at the petrol station and if there was a queue of people waiting to use it you would need to take a packed lunch and a book to fill in time while waiting. Maybe they will improve as technology gets better.

Very little seems to have happened in the area, that I am aware of, during the last month and I have struggled to find something for the front page. When Krumbach Golf Club was still with us, June was their fundraising month, with a big competition, so that fill the front page. Also had the Taree Sinfonia but haven't heard anything from them either. Still thinking while I type this!

Sad news regarding the deconsecration of St John Church at Dyers Crossing at the end of this month. The Ladies Guild used to do so much there with fund raising and their Fashion shows and Seafood Nights. Wonder if the building will remain or be sold or demolished. Could make a cosy little cottage for a small family if it was sold and renovated.

The Village Futures Group seem to be busy with ideas for improving NABIAC Village and area. The village has change so much from the peaceful little "country village" that I first was introduced to 40 years ago when the highway still ran through it. Getting to be a very busy place these days but I suppose that's progress. Think I'll stay up here on the farm in the peace and quiet until they cart me out in a box.

Keep warm, stay safe,

'til next month

*Lyn & Tilley Cat & , Timidthy*



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## WHAT'S HAPPENING JUNE, 2019

### Markets & Events.

• Bulahdelah	(1st Sat)	1 <sup>st</sup>	8am to 1pm
• Blackhead Bazaar	(1st Sun)	2 <sup>nd</sup>	8am to 12 noon
• John's River Country	(2nd Sat)	8 <sup>th</sup>	9am to 1.30pm
• Wingham Community	(2nd Sat)	8 <sup>th</sup>	
• Myall Quays	(3rd Sat)	15 <sup>th</sup>	9am to 1pm
• The Hub Taree Showgnd	(3rd Sat)	15 <sup>th</sup>	8am to 12 noon
• <b>Krumbach</b>	<b>(3rd Sun)</b>	<b>16<sup>th</sup></b>	8am to 2pm
• <b>NABIAC</b>	<b>(Last Sat)</b>	<b>29<sup>th</sup></b>	8am to 12 noon
• Old Bar	(Last Sun)	30 <sup>th</sup>	7am to 1pm
• Pacific Palms	(Last Sun)	30 <sup>th</sup>	9am to 1pm
• Forster Town	(2nd Sun)	9 <sup>th</sup>	8am to 2pm
• Halliday's Point	(1st Sun)	2 <sup>nd</sup>	8am to 11am -?
• Town Head	(every Mon)		8am to 2pm
• Mt. George	(4th Sat)	22 <sup>nd</sup>	8am to 2pm
• Forster Farmers Market	(3rd Sat)	15 <sup>th</sup>	8am to 12 noon
• Bobbin Community		— <sup>th</sup>	9am to 2pm
• Tuncurry Markets	(4th Sat)	22 <sup>nd</sup>	8am to 1pm
• Burrell Creek	(2nd Sun)	9 <sup>th</sup>	9am to 12.30pm

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

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

Phone Lyn on 02 6559 1811 Email: paulreid@iprimus.com.au

Production: Lyn Reid

Contributions To: The Editor, *Across The Fence*, 1 Barry's Road, Firefly, N.S.W. 2429 or c/- Modern Motors, NABIAC, N.S.W. 2312 - **please phone**

**WHEN you have left articles there to be collected**

Contributions should be submitted - in writing - by the 25th of the month for inclusion in the following month's edition.

**ALL ART WORK IN JPG ONLY**

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

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## HAIR by Shaz

Welcome to the month of June; we are heading into the cooler months, maybe a time for some warm colours in your hair whether it be a rich copper permanent colour or caramel highlights, or some Hot chocolate tones in foils? Now is the time to come into the salon and meet **TERESE** who is our newest team member.

TERESE has been a successful business owner herself, having her own salon in Forster-Tuncurry area and recently the Penrith area. Terese trained with one of the Australian Champions which gave her the best training with style cutting, Razor work & Barbering skills; she brings to the salon a huge amount of experience and hairdressing skills. So when you phone the salon and book a colour with Terese, she will offer you, the client, a 20% discount on the service (must mention offer at the time of booking) & only for 2 weeks.

We have **CASSIE**, our wonderful BEAUTY THERAPIST, who is offering a 45 minute Facial for \$45 or a 45 minute massage with a back exfoliation & finishing with a relaxing scalp massage for only \$75. Please call 0421 901 331

We have front to door parking, hot chocolate, hot coffee & tea so call in and meet the friendly girls here at the salon and let the team spoil you!

**INTERESTING FACTS:** If you think you know everything there is to know about your hair, think again. You may know how to style it or whether or not you want to finally get those bangs you've been thinking about at your next salon appointment, but there's a lot of weird stuff going on up there that we rarely give a second thought.

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These weird hair facts may just blow your mind, or at least make you rethink the extent of your hair knowledge..

Hair is made up mostly of keratin, the same protein animals' horns, hooves, claws, feathers, and beaks are made of. When wet, a healthy strand of hair can stretch an additional 30% of its original length.

Hair grows slightly faster in warm weather, because heat stimulates circulation and encourages hair growth.

All hair is dead, with the exception of the hair that's still inside the epidermis of your scalp. Hair contains information about everything that has ever been in your bloodstream, including drugs, and is one of the most commonly used types of forensic evidence.. The only thing about you that can't be identified by your hair is your gender - men's hair and women's hair are identical in structure.

Black is the most common hair colour. Red is the rarest and only exists in about 1 percent of the world's population, with blonde hair found in 2 percent.

As soon as a hair is plucked from its follicle, a new one begins to grow.

Hair is 50% carbon, 21% oxygen, 17% nitrogen, 6% hydrogen, and 5% sulphur.

Hair can grow anywhere on the human body with the exception of the palms of hands, soles of feet, eyelids, lips, and mucous membranes.

Goosebumps from cold or fear are the result of hair follicles contracting, causing the hair and surrounding skin to bunch up. The average number of hair strands varies by natural colour, with blondes having the most and redheads having the fewest.

Until next month stay warm....Nabiac Hair & Beauty 6554 1585.

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## NABIAC PHARMACY NEWS

### Top Tips for Winter Health

With the shorter days and colder weather there is a tendency to stay indoors where it is warm, becoming less active and eating more high fat foods.

*For healthy living this winter, make sure you.....*

- Choose amounts of nutritious food and drinks that meet your energy needs
- Enjoy a wide variety of nutritious foods from the five major food groups and aim to include 2 serves of fruit and 5 serves of vegetables in your diet each day
- Limit intake of foods containing saturated fat, added salt, added sugars and alcohol
- Keep hydrated – drink plenty of water
- Be active everyday in as many ways as you can
- Reduce sitting time in front of the TV and computer
- Include physical exercise in your daily routine

### Cover Your Cough.....

When coughing and sneezing, use a tissue to cover your nose and mouth, make sure you dispose of the tissue afterwards in the nearest bin and wash your hands

### Wash Your Hands.....

Hand washing is the single most effective way to reduce the spread of germs that cause respiratory disease such as colds and flu. After coughing, sneezing or blowing your nose, wash your hands with soap and water. Use alcohol based hand cleansers as an effective alternative if you do not have access to soap and water.



### Product of the Month

If you have been in the pharmacy lately, you may have noticed our demonstration ALE VapourMist steaming away.

### Why use "cool mist" over hot steam??

Cool-mist and hot-mist vaporisers/humidifiers are equally effective in humidifying the air. By the time the water vapour reaches your family's lower airways, it's the same temperature regardless of

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Julius Roos [rroos1@outlook.com.au](mailto:rroos1@outlook.com.au)

whether it started out warm or cool. The VapourMist uses ultrasonic technology, so there is no heating element, making it a far safer option for your family.

Cool mist units are highly recommended by health professionals, as traditional "heat/steam" vaporisers produce condensation in the room. This settles on walls and soft furnishings, and encourages mould spores to grow. Exposure to mould can have significant effects on your respiratory health.

### Benefits

During the Winter time, when central heaters are turned on and indoor humidity drops as low as 10% or less, the dry air can irritate your family's skin, nose and lungs. Using the VapourMist will put moisture back into the air.

### Loads of Features!

Cool mist – no heat element, minimise wet walls and room mould, 4, 8 and 12 hour auto shut off settings, 12+ hours of silent operation, digital touch operation, aroma case for essential oils, energy efficient, 7 LED colour night light, 2 year warranty.

We have a lovely range of In Essence essential oils perfect for the Vapour-Mist.

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Stay warm!

*Lauren*



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**Local History - The Wallamba** — Another in a series of historical articles gleaned from the archives of the "Manning River Times" 1933 by Bob Mann

**SERIOUS ACCIDENT AT NABIAC SHOW: MARCH, 1933:** An accident of a very painful nature and one which might have been easily one with much more serious results occurred at the NABIAC Show on Friday afternoon during the progress of the wood chopping event. Amongst the spectators were Mr McGibbon (dairy inspector) and Mr Dalglish - Senior Instructor in Dairying. One of the cutters who had his back to these gentlemen aimed a mighty blow to sever the log, but there was little thickness to cut through and the axe, after passing through, slipped out of the cutters hands between his legs and went hurtling towards the audience amongst whom were many children and women. Mr McGibbon very pluckily put out his hand in an endeavour to deflect the flight of the axe, but he had the misfortune to sustain an awful gash from near the wrist almost to the elbow. With the aid of the amplifying machine, medical attention was promptly forthcoming and a large number of stitches had to be inserted in the wound. Later in the afternoon Mr Dalglish took Mr McGibbon to his home at Kempsey where he will be for some time before he is able to resume his duties. The painful experience of Mr McGibbon should prove a warning to the public to keep a safe distance from the cutters in the contests for what happened at NABIAC can easily happen again. It is said that had Mr McGibbon not done what he did when he did the axe would have struck a number of women and children who would not have had time to escape.

**NABIAC SHOW SPECIAL SHOW AWARDS:** At the recent NABIAC show the winner of the Angus & Coote silver cup trophy for the most points trophy in the cooking and fancy work and jam section was won by Mrs J.W. Startin. The winners of the Messrs. Arthur Yates & Co medal for most points in the vegetables went to Mr Fred Pelley of Failford. The Australian Fertiliser Ltd. special of 3cwt of superphosphate for most points in farm produce section was won by Mr F.T. Cox of Kimbriki and 2nd prize of 2cwt of superphosphate by Mr F. Pelley of Failford. Mr Horace Basham (Avalon) won Mr Dave Hancock's tea set special. Mr Arthur Everingham was head hall steward and it was due to him that the hall was opened so early to the public. Constable Davey of NABIAC took great interest in every way possible night and day. His efforts were greatly appreciated and the smooth running of the exhibition was in a large measure due to his assistance. Mr Joe Woodward made a great success of the wood chopping events. They were successful financially and next year the events in that direction will probably be extended. He was ably assisted by Mr Ernie Woodward and Messrs. H Deer (Bunyah) and William Easton (Belbora) did great work in the matter of securing cattle. Mr C.H. Cook informs us that Mr C.H. Peel of Taree has measured the ribbon used in the length of ribbon guessing competition at the NABIAC Show and certifies that the length is 9ft 6¼ inches. Mr Jim Woodward gave

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the free use of his lorry to help the show. He drew a lot of gravel (?) the logs for the woodchop and also promised to renovate the ring with a view to holding trotting events next year. Mr Woodward is a very good worker, and it is expected that there will be good trots as well as wood chops next year.

**KRAMBACH SCHOOL OF ARTS - MAY, 1938:** The Public meeting convened by Mr Edwin Wright to discuss the closing of the School of Arts was well attended and many new members were enrolled. The selection of the committee followed and many of the new members now fill the vacancies of the old committee. They are already on the way with some alterations and improvements to help the public running dance socials.

A great shock was cast over the district in our midst when the sad news came to hand of the death of Mrs W.P. Easton and to make arrangements for the digging of the grave. For many years, with her husband and family, she lived at Belbora, and there was no other person more highly respected than the late Mrs Easton. She commanded the very highest respect. This was clear in the large number of relatives and friends who paid their respects to her at the gravesite in the Presbyterian Cemetery. It was one of the largest funerals seen in the district for many years. To Mr Easton and family we extend our deepest sympathy also to members of the Andrews family in their sad loss.

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## NABIAC RURAL FIRE SERVICE



Well' even though it is supposed to be coming up Winter, this warm weather is hanging around. However, the wind has been a bit willing the last couple of weeks; although fire season has officially finished please take care when lighting fires in your backyard or on your property. There have been a few incidents this month which have proved to be a bit of a challenge.

Remember you still have to give 24 hours' notice at least to your neighbours, mid-coast fire control and your local brigade captain.

This is also a great reminder that it is time to check your chimneys and flues of wood burning stoves. We want to meet you down the street, not be called to you in the case of an emergency.

Nabiac brigade meets on the 3<sup>rd</sup> Tuesday of every month at the Emergency Services Shed in Clarkson Street at 7.30 p.m. New members always welcome. Feel free to contact me on 0481 169 495.

**Brian Penton**  
 (President)

## NABIAC RSL



This month has been a tad quieter for the RSL than the previous couple.

With ANZAC day finished now preparations can continue in earnest for the **75<sup>th</sup> Anniversary** which is being held in August, 2019. Dates for this are **17<sup>th</sup> and 18<sup>th</sup> August**. We have a festival and military display on the Saturday morning and afternoon, followed by gala dinner with special guest speaker on Saturday evening. On Sunday 18<sup>th</sup>, in conjunction with Vietnam Veterans Day, we will be having a march and dedication service to the new plaques on the memorial.

This will not only be a great weekend for the town, but we are expecting over 500 visitors to attend the events over the weekend. Thanks to all who have supported us in our barbecues which we have been having around town and our weekly raffles at Nabiac Hotel to raise funds for this weekend.

Winner of the *Nurse Bear* raffle was **Bill Laurenson**. Also keep a look out for tickets in the major raffle which will be around town. First prize is 3 nights accommodation for 2 adults and 2 children in a spa cabin kindly donated by Smuggler's Cove Forster.

*Jennefer* (media liaison)

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## Nabiac Landcare



Most of the Nabiac Landcare group is currently doing follow up at the small reserve on the corner of Nabiac and Hoskin Streets. We first attacked a major privet infestation on this block five years ago and did follow two years ago. Over all we're quite pleased with the way this small patch of dry bush is regenerating but we were surprised to find some 'new' weeds. In particular, blue potato vine (*Solanum seaforthianum*) also known as Brazilian Nightshade and the ferny climbing asparagus. These are considered environmental weeds with the potential to become invasive. It is highly likely that they have been brought into the bush from local gardens, both have juicy red berries and are highly attractive to birds. It is possible that they are toxic to children and pets. If you have them in your garden it is recommended that you remove them.

The dry cold weather has slowed weed growth but the dry soil makes it harder to pull weeds. The roots of woody weeds and perennials will often survive and re-shoot if broken off below soil level. Remember if you are using poisons to control weeds, the weed needs to be actively growing and not stressed for the poison to be most effective.

Enjoy your local bush. Go for a walk, take the dog or the grandkids or spend some quiet time on your own. If you want to do more—join us.

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**

6554 3196

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## Krambach Garden Lovers News

Another beautiful Autumn day for the 44 members and visitors when we visited the garden of **Pam** and **Jim Moody's** home at Failford for our May monthly meeting.

Their 2 acres of gardens, lawns, flower beds and mature trees were very pleasing to the eye, as was sitting in the sun enjoying the wonderful morning tea made by so many of our members. A special thanks goes to those who provided all these wonderful goodies.

The display of mixed colours in our flower competition was amazing considering the dry conditions with no rain for so long and none in sight.

Once again our swap table overflowed with plants and other items; it's a wonderful way to enhance our gardens with pieces from other members gardens.



Eight of our members attended the Taree Garden Club Friendship day on May 23<sup>rd</sup> and it must have been our lucky day as 6 members took home either Lucky Door or Raffle prizes. We will be hosting this event next year and planning is well underway for this event.

The next meeting will be at the home of **Peter** and **Christine Heffernan** in Nabitac on June 24<sup>th</sup>; not only will morning tea be provided but there will be hot soup after the meeting which will warm us up on a cold winters day. The colour for our competition will be yellow, a nice bright cheerful colour for a winters day.

We trust that **Maria Harper** is on the mend after the horse riding mishap.

To find out more about our club and enjoy a delicious morning tea and, of course the hot soup, contact **Deborah** on 6593 8040 or mobile 0419 998 641 or **Val** on 6554 9651, you will be most welcomed.

Till next time happy garden and hope for rain

**Val**

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## KRAMBACH HALL HAPPENINGS

**HALL MEETINGS:** Monday following the Krambach Markets each month at 3.00pm. Next meeting on **Monday 17th June, 2019.**

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

**HALL MARKETS:** 3<sup>rd</sup> Sunday of the month. 8:30am to 1pm. Come and choose from a wide selection of craft, 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

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Vacation Care: 7am-5.30pm

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

We have had another busy month here at preschool.

The children have enjoyed looking at seeds and figuring out what type of seeds they were. They then planted seeds in paper cups so that we could watch them grow. We have started with some broccoli and beetroot so that we can investigate how they grow, how they are different and how quickly (or slowly) each one grows. When the seedlings are at a good size we will transfer them into our garden beds so we can continue to watch their growth and eventually taste them.

The seeds have been a great topic of discussion and exploration with the children this past month..... I wonder what exciting things we will learn about in the next month???

If you would like your child to join in on all the fun we still have some very limited 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.**



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## WOOTTON NEWS

**L**ocal families and visitors enjoyed a warm, sunny Mothers' Day in Wootton at home, at the Brush Turkey Café (combined with the community car boot sale) and at other events.

If you missed out or want to come back for more delicious Lemon Myrtle cheesecake on the June Long Weekend, the café will be open for morning tea from 10 to 11.30am on Sunday 9<sup>th</sup> June. You'll also enjoy the vibrant acrylic paintings of ocean and beach, landscapes and birds on show.

The dry weather means that dams are getting low and paddocks are drying out so we all need to take extra care with fires, remember to tell Fire Control and your neighbours, and keep fires attended.

The *Wootton/Topi Topi Sustainable Farming Group*, in partnership with Landcare, will be running a free workshop on chainsaw maintenance and safe use on Saturday 8<sup>th</sup> June; contact Joël Dunn on 0401 932 533.

Yoga is on every Wednesday in the Hall from 9.15, the Library is open Sundays from 10-12, and Food Swaps are held on the second Saturday of the month, from 5pm in the grounds of the Hall followed by supper in the café. The café is open for morning tea 10 to 11.30 on the second Sunday of the month.

The June community dinner will be a Trivia and games night in the hall, bring a plate and \$5pp from 6pm.

You can meet **Megan Griffiths**, new President of the Wootton Community Network, at its general meeting on Saturday June 1<sup>st</sup>, 3pm at the Brush Turkey Café. Nominations are open for a new Secretary and new members are always welcome.

Check your letterbox for the June-July "Wootton Valley News" and for more details on any happenings contact [WCN Wootton](mailto:WCN Wootton) <[brushturkey@live.com.au](mailto:brushturkey@live.com.au)>

Fred



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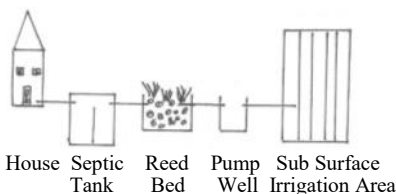
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### MINIMBAH MATTERS

Minimbah Rural Fire Brigade has a **Special Message for the Younger Members of our Community**. Minimbah Brigade has a Junior Member Coordinator, and she currently has no-one to coordinate. Sounds like a cushy position, doesn't it? We did have a Junior Member but age caught up with him. We congratulate him on turning 18 and becoming a full Member. This leaves us with a .....



#### Position Vacant.

A Junior Member of the NSW RFS is between the age of 16 and 18. This is an equal opportunity volunteer position.

Training is provided, some of which is Nationally Accredited. Uniforms and personal protective equipment are also provided. The RFS now has Male and Female uniforms – not the one-size-fits-all type they used to be.

You are part of a well-trained, community minded, emergency services team, which can open up career opportunities, build self-esteem, increase your circle of friends, and give you that *"I'm doing something very important and satisfying"* glow about you.

Rate of pay ... \$0/hr. Hours on call .... 24/7  
Howzat for a great deal?

If you are interested, or know a young local citizen who is interested, please call our Captain Bruce Weller on 0428 935 537 or email our Secretary on [minimbahRFB@hotmail.com](mailto:minimbahRFB@hotmail.com)

We hear about it on the television, and on the radio, so now you are reading about it here. Yes, the smoke that has been hanging around for the past couple of weeks is from hazard reduction burns being carried out by the Rural Fire Service (RFS) and other emergency service agencies. The weather has been perfect for the actual burns, but the lack of wind has left the smoke with us, which can be an issue for

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infants, the elderly and those people who have breathing difficulties. It seems that most things that are designed to help us, such as burning off to prevent or minimize bush fires, can also have an unpleasant side effect. Over the past month our Brigade was invited to help with a hazard reduction (HR) burn near Tea Gardens, and as this is being written, we have a crew involved with an HR burn at Possum Brush.

If you are planning on making the most of these ideal conditions to reduce the fire fuel on your property by burning off, may we remind you of some standard burning regulations.

- Prepare well, making sure you clear around the area to be burnt.
- At least 24 hours' notice is required to your neighbours, whether separated by a road, fence or river, and the **Mid Coast District Fire Control Centre**. The number to call is **1300 Mid Coast**. That's **1300 643 262**.
- Ensure you have sufficient personnel and equipment to contain the fire to your property.

Prior to lighting up, we encourage you to make a quick call to **1300 Mid Coast** to check that forecast conditions are still favourable. The Bureau of Meteorology /MetEye webpage is a handy and valuable tool. It shows the wind direction and speed, plus other weather factors such as humidity and predicted rain. Check it out ....  
[www.bom.gov.au/australia/meteve](http://www.bom.gov.au/australia/meteve)

You may have seen our fire truck out and about lately, but not with lights and sirens on. We have been taking advantage of some quiet time to meet with new residents, and familiarize ourselves with fire trails, locked gates etc. to ensure we know where we can safely and speedily access properties in case of fire. While a GPS is wonderful, it won't tell us where a gate has been locked, a new home has been built, or a gully recently washed out. You really can't beat local knowledge.

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## Between the Pages

## Nabiac Library News



**Welcome to Winter!** We have enjoyed a warm and balmy Autumn; sadly without much rain which we all desperately need. Now Winter has arrived with a few cold snaps already; it is time to look at how to entertain ourselves within our warm and snug homes, out of the cold.

MidCoast Libraries has much more to offer since the data base merger of all the MidCoast Library systems. We now have the luxury of borrowing, returning and reserving items from all 11 branches of this wonderful Library service. How lucky are we!!! If you are a duplicate member of the previous Manning Valley Library service and the Great Lakes Library service and have not visited the library since the merger of both services, you will be asked to select which member library card you wish to maintain the next time you visit one of our libraries. This is a relatively quick and painless process; it just means that all future transactions will be on the one membership card you choose! AND! That means you can borrow, return and reserve from any one of our 11 MidCoast branch libraries. That's pretty awesome!

### JIGSAW PUZZLES COLLECTION: A WINTER ENTERTAINMENT AND FUN FOR YOU OR THE FAMILY

You may have noticed when you visit Nabiac Library at the Nabiac Showground that we have a jigsaw on the table that is available for staff and members to work on. It is always a 'work in progress'. Mostly the jigsaws have been donated by volunteer staff members.

Well... the good news is that there are now over a hundred puzzles available for loan from Midcoast Library service which you can borrow. There is a small collection already available at Nabiac Library; but we and you can search the catalogue using Jigsaw puzzles as the subject search to find and reserve more. Once you borrow a jigsaw and hopefully are successful in completing it; there will be a slip inside each jigsaw for you to comment on the jigsaw.. if it was fun, challenging or sadly if there is a piece missing. We hope that you don't find that!

### **Did you know that.....**

"There's a quiet movement going on in this country, and it doesn't involve apps, data or the latest fad. Following the lead of vinyl record albums, colouring books and traditional board games, jigsaw puzzles are seeing a resurgence in popularity. Perhaps, because it's an opportunity to unplug and give yourself and family an escape from the information overload that is buzzing through the very fabric of our lives 24/7. Wrestling the kids (or yourself) away from screens, devices, even the television can be a nearly impossible task, but it's vital to our mental and even physical health. A jigsaw puzzle requires your full attention and therein lies the magic. Everyone from tweens and teens to millennials and over-worked parents to seniors are returning to this quiet pastime of childhood. Call it a retro revolution."

### NOW TO OUR NON FICTION COLLECTION

Our non-fiction section is another way to expand your mind, learn new skills and information and keep the brain active during Winter! However, you will find our non-fiction has a whole new look to it! Instead of following the old well-known Dewey classification system whereby

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you would find books by looking for the Dewey classification number in certain subjects; we have now moved into a new shelving system where books are shelved into collections by their genre (or main focus). This will hopefully make finding a book to suit your interests much easier. We just look for the sign on the shelf and symbol on the spine label. So for example, if you want a book about handicrafts, you look for a scissor symbol, if you want to find books about art and painting you look for a paintbrush; interested in cooking.. then look for the spoon knife fork symbol. When you find the correct genre collection, the books will continue to follow our old Dewey classifications. It will take a while for folk to get used to this new system, but hopefully it will make finding what you are looking for easier.

### FAMOUS AUSTRALIANS

Recently Australia has farewelled two prominent Australian citizens: the Bard from Bunyah, *Les Murray*, and Australian Prime Minister, *Bob Hawke*.

There was an interesting interview on ABC radio with *Chris Jones*, our Midcoast Library Manager, about his friendship with Les Murray through the Great Lakes Library Service; where I found out that Les Murray was an important patron of the previous Great Lakes Library Service. Chris and Les would enjoy sharing poetry readings together. How special is that! If you would like to learn more about this very special man Les Murray, who was born in Nabiac Hospital (which is now the Neighbourhood Centre) and learn about his life then come into Nabiac Library. We have a couple of his books, but can access many more from our databases. We even have a copy of his wife *Valerie Murray's* book "Tales from Grimm and Beyond"

Farewell Bob Hawke.. the Prime Minister who came from the ACTU to lead the country and ended up being the longest serving Labor Prime Minister to this date. Bob was an advocate of the people of Australia. If you would like to read and learn about Bob Hawke and his legacy to Australia come into the Nabiac Library to access his biographies and more.

### WHAT'S COMING UP IN OUR LIBRARIES?

#### **Company of Voices Concert: Love Notes**

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**Sat 22 June | 3:00-6.00pm**

For more events in our wonderful libraries go to our website - <https://library.midcoast.nsw.gov.au>

### NABIAc LIBRARY WINTER OPENING HOURS

Monday 3PM - 4.30PM; Tuesday 3PM - 4.30PM;  
Thursday 9AM - 11AM; Saturday 10AM - 12.

*We will be closed on Monday 10<sup>th</sup> June as it is a Public Holiday.*

We look forward to seeing you in our warm and friendly Nabiac Library. We are at the Showground! Come along and browse the shelves, read the news and enjoy expanding your mind!

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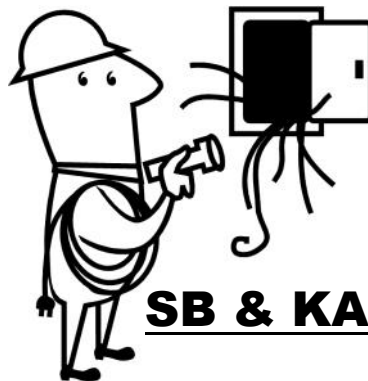
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#### A THANK YOU FROM KRAMBACH SCHOOL OF ARTS

All the Committee and members of the Krambach School of Arts would like to thank the volunteers who helped make sandwiches and provided refreshments for the **Relf** and **Murray** funerals.

We are grateful for your assistance which was both timely and generous.

Helen Legg, Hon. Secretary, KSA

Remember if you want to know what is happening in NABIAC, just look it up on the web - [nabiac.com](http://nabiac.com)

If you want to advertise an event, visit the web site and click SUBMIT

#### Letter to the Editor:-

#### DOING LES PROUD

As interstate travellers to the funeral of **Les Murray** at Krambach last Friday, we would like to offer thanks and congratulations to the women who put together the sandwich, cake and tea/coffee refreshments which followed the service.

After the very moving funeral at St Bernadette's, a large part of the attendees wandered a couple of hundred metres up the main street and into the Krambach School of Arts Hall, where the ladies (some of them direct Murray relatives as we learned) provided refreshments in the very best tradition of 'community' as espoused by Les Murray in his poetry and wider writings.

It was a wonderful, authentic and delicious experience. The ladies did Les proud.

Paul Cliff and Skye Blomfield, Hackett, ACT

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## WALLAMBA CWA REPORT

Apologies to my readers of this column for the lack of one in the May magazine.

There was an oversight on my part for not making contact with Editor Lyn before I headed off to Queensland.

However there is much to report in this one. Members have been very busy during May with attendance at the ACCW South Pacific Conference in Melbourne by our Branch International Officer **Penny Britton**, who had a great time and learnt so much during her stay.

**Jill Hammond**, our Ag and Environment Officer went off to Sydney for their seminar and also came home with lots of knowledge on our study subjects for this year, being Koalas, Kurrajong and Koi which she has related at the May meeting.

Early in May members **Merle Barber** and **Jill Hammond** took the long road trip to Albury for the State CWA Conference and were in attendance when the infamous egg throwing act on PM Scott Morrison took place. Merle, who is also Group Handicraft Officer MNC and a member of the State Handicraft Committee, had a busy time with her position and I hope to hear more at the June meeting, as I was absent for the May meeting due to my trip to North Queensland with husband **John** to visit our daughter **Fiona** in Townsville.

I must put in a good word for our accommodation in Townsville, which were the Qld CWA holiday units situated right on The Strand overlooking the Coral Sea towards Magnetic Island. The staff were great, and the units were very clean, comfortable and well situated in reasonable access of a number of tourist places and our view was fabulous as we looked out over the beach front with its Palm trees to the Coral Sea.

I returned home in time for the Branch's International Day on Papua New Guinea which was held on Tuesday May 21<sup>st</sup> at the Wallamba Show-ground Luncheon Room and was a huge success with over 60 MNC CWA Members and guests in attendance.

The room was very colourful with the table settings taking on the colours of the PNG flag of black, red, gold and white and this was evident in the table runners and serviettes, and programmes.

A wonderful display of artefacts belonging to members and our Guest Speaker, **Richard Pratten**, and wife **Anna** was much admired and photographed.

Guest Speaker Richard Pratten of Forster was most interesting as he related his early life when he worked as a young 23 yr old bank officer with the Commonwealth Bank in Papua New Guinea before their independence and a number of years after that.



—MNC CWA Group International Officer Fran Adams from Bonny Hills CWA with Anna Pratten and her husband Richard - L to R

It was in New Guinea that Richard met his wife to be Anna, whose mother incidentally

was a CWA member in PNG. After a very tasty meal of pork and vegetables topped of with tapioca & pineapple pudding served by the Wallamba ladies, MNC CWA Group International Officer, **Fran Adams** from Bonny Hills Branch, spoke of the work of ACWW and a wonderful response was received as the Coins for Friendship Bowls were passed around resulting in \$146 being raised for the International Work of ACWW.

There were some happy ladies from Bonny Hills, Port Macquarie and Forster who took home raffle prizes and others whose names were drawn out for the lucky door prizes. All in all a happy and friendly day was held and Wallamba

Branch thanks everyone, including the ladies from the local Wallamba organizations who attended making the day so successful.

At the May meeting held at the Uniting Church Hall, 11 members formally welcomed new member **Jenny Ang** to our ranks – this now gives us a total of 14 members. Jenny had been attending as visitor at a couple of our meetings and has decided to join and we welcome her and hope that she enjoys our time with us.

**Coral** provided our thought for May which was: "**Courage doesn't mean you don't feel afraid. It means you don't let fear stop you.**"

Quite a few more invitations for International Days, Ag & Environment Day & Show and Tell Day June 19<sup>th</sup> and MNC CWA July Council Meeting



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to be held at Bulahdelah on 31<sup>st</sup> July. It is hoped that Wallamba members will be represented at most of these functions which are always a lot of fun and learning.

President **Margaret** spoke about her Car Rally tour, with husband **Bruce**, to Lightning Ridge enjoying Chambers of the Black Hand which showcases some amazing underground sculptures and an underground opal shop. Coral also spoke on her trip to Perth to see family and of visiting Rottne Island and got to view the quokkas.

A presentation of CWA aprons were made by Merle and Jill to our President Margaret who is also our Cookery Officer and **Beth** who is our Catering Officer and they received a hearty round of applause.

Margaret also mentioned that the Nabiac Community now has a Defibrillator for emergencies and this has been generously donated by **DONKS** to the Nabiac Community and there will be signage in place to say where it is located.

Our next meeting will be held on Tuesday June 11<sup>th</sup> in the Uniting Church Hall, Nabiac opposite the Showground and will commence at 10.00am. All interested ladies are cordially invited to come along and maybe think about joining our Branch which has been going for just over 55 years since beginning on March 25<sup>th</sup>, 1964. A bring and share lunch is always enjoyed and gives the members a chance to enjoy friendship and catch up with happenings over the past month.

Wallamba CWA President Margaret Weller with MNC CWA Group President Del Robson from Bonny Hills at the International Day on PNG



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

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### The Nabiac Community - Second Chance Op Shop

Hello again friendly Op Shoppers, For those of you who have been in for a visit recently, you may have noticed new shelving in the shed. Thanks to the team for all your help in installing them.

New signage is up about the town to improve our visibility to the unaware.

Summer stock is out and winter woollies are on their way in.. and another big thankyou for all your support for our end of season sale which was very popular. Our tireless volunteers have been busy getting our winter clothes out of storage and onto hangers and shelves, ready for the Big CHILL?? Which brings us to the topic of National Volunteers Week - A big cheer and hugs go out to you!! So many volunteer in so many different areas that support and enrich this community, and this isn't just op-shop related. To all of you.. THANKYOU!! You make a difference.

As always at this time of year we ask for blankets and doonas, with colder weather and higher electricity costs blankets are always in high demand.

Welcome to our new volunteers, we look forward to your company. Remember if YOU have some spare time occasionally why not join us?

Thankyou again for all your support of donations, willing shoppers, funny banter and recommendations ... united we can help build a vibrant community. xxxxxx

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**FaceBook** page - **Nabiac Second Chance Op Shop**...please LIKE our posts and FOLLOW and SHARE.

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#### For the Kids!

Q. Why is it easy to weigh a fish?

A. Because it has its own scales.


Q. Why are ghosts so bad at lying?

A. Because you can see right through them

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## COOLONGOLOOK PUBLIC SCHOOL

Coolongolook Public School has been lucky to have **Jacob Martyn** join our school this year and kick off our 2019 Music Program. Our bank of musical instruments is slowly growing with many generous donations from various organisations.

A big thank you to **Beecroft Public School** who presented our school with six guitars when their band visited late last year and earlier this year our **P&C** donated a drum kit which has been keenly used by the children.

The school recently purchased an electric guitar and last week, **Terry** and **Carolyn Crowther** visited us from **Nabiac Hotel Social Club** to present our school with a cheque for **\$399.00**. This money was put to good use and an amplifier has been purchased to use with the electric guitar.

Coolongolook Public School would like to thank Nabiac Hotel Social Club for their kind donation and appreciate the ongoing support from our local community.



**Terry Crowther** **Jacob Martyn** **Carolyn Crowther**  
(Terry—Vice President of Nabiac Hotel Social Club on left & Carolyn on right holding the Thank You certificate from the school and the amplifier which was purchased in front of her)



**Terry Crowther presenting the cheque from Nabiac Hotel Social Club to & Jason Tindall—School Principal**

Guitars donated by  
Beecroft Public  
School

## ELECTRIC VEHICLE CHARGING STATION

Some may have witnessed that the electric vehicle fast charging station opposite the community centre is up and running.

This is a state wide program by the NRMA who are installing 40 such stations at selected areas throughout NSW and the ACT at a cost of some \$10m. The one in our village was an initiative by the Village Futures Group (VFG) some eighteen months ago when the NRMA showed interest in locating these in key areas from major cities, and is the first on the Mid North Coast.

There are probably no such vehicles in Nabiac. This was not the intention. The tech guy at the opening on Monday last (3rd), had driven from Homebush to Forster and then to Nabiac in a new basic Hyundai and had 20% range remaining. Fast charge here to 80% took about 40 minutes and he had plans of recharging at Tamworth. More expensive models have larger batteries and so longer range. Future battery development will no doubt extend this much further. Whatever way one looks at it, change is coming.

**NVFG**

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*"Hand Grown, Hand Baked, Hand Made"*



### ...Reap what you sow...

Shopping at your local Farmers' market is good for your community, the local economy, your health and the environment! The monthly Farmers' Market is the perfect place to connect with friends, growers and creators of unique produce and wares.

With an every-increasing interest in health, more and more people are realising the benefits of shopping locally. So, it's not surprising that Farmers' Markets are growing in popularity around Australia. The market enables socialising, job growth and access to healthy, quality produce.

Against the backdrop of sounds of the cattle and chattel sales, the exuberant buzz of stall holders and shoppers, captures the character of an Australian Country town.

Located at the Nabiac Showground, the market stalls sprawl through the Historic Hall and out into the areas surrounding the library and under the trees. The atmosphere is friendly and welcoming.

Sit and enjoy a plate from a wide range of ready-to-eat food and coffee, whilst enjoying the music.

Our thriving market springs up on the last Saturday of each month. The market boasts over 65 stalls; with a huge range of fresh produce, preserves, artisan wares and produce.

Some of the items available include: Fresh, seasonal and value-added produce; pasture-raised eggs; free-range meat; fruit; vegetables; kombucha; honey; wine; cheese; sour-dough; bread; preserves; gingerbread; specialty items such as turmeric and garlic products, hand-made pasta, sour-kraut, olives and cakes. Home, fashion and skin care also feature widely, with a lovely range of beautiful boutique clothing and textile items; scarves, handbags, felt items, quilting, soaps and natural skin products. There's a wide range of plants, including vegetable seedlings, shrubs, succulents, fruit trees and fresh cut flowers. This is a great place to buy gifts. You can pick up some chooks to take home, if you fancy having your own fresh eggs.

The Farmers' Market embodies the character of Nabiac and this Farming, creative community.

The website is nearly complete, so it will soon be easy to find out the market dates, special events and track down your favourite stalls.



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By patronising the local market, you'll be sowing seeds for the health and wealth of your community, and the rewards will be reaped well into the future.

The market has started as I write this, so I'm going to grab a basket and cool-bags and head off to meet some friends, buy Mum's present and food for the dinner tonight.

**Stall-holder applications are now open: for local producers, artists, crafts people and growers. Send applications to:**

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By Laura Pennington

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### News from NABIAC Memorial Neighbourhood Centre Assoc. Inc.



The last week in May was National Volunteers Week, celebrating the achievements of volunteers and thanking them for their efforts. What better time then to look at the Neighbourhood Centre's 78 members and the various groups operating under the NABIAC Neighbourhood Centre banner, all of whom are volunteers.

**NABIAC Second Chance Opportunity Shop** commenced in the mid '80s with its primary aim for most of that time being to raise money for the construction of NABIAC Swimming Pool. With the pool completed four or so years ago, the proceeds from the Op Shop now go into projects that benefit the local community. To date this year, the projects include security cameras for the pool, a desperately needed new horse for the local Riding for the Disabled and most recently helping NABIAC Team Penning with the purchase of new panels. The Op Shop is run by a team of about three dozen ladies and gents - too many to name here - who work 9.00am to noon on Mondays to Saturdays, receiving donations, sorting and pricing them and of course, selling them to the shoppers. The Shop is having its best year ever, thanks to the support of the public and the hard work of the volunteers. We think it is the best Op Shop going. Local member *Stephen Bromhead* called in at the start of the week with a Certificate of Appreciation for the Shop volunteers.

**CTC@NABIAC** is a community technology centre, providing computer and office services including weekly Seniors classes and printing, copying etc. every day. The hosts, *Sheila and Jillian* can be found in the **Tim Gething Room** in the Neighbourhood Centre on Tuesday mornings.

**NABIAC Neighbourhood Landcare Group** is a group of about 12 who turn out every Wednesday morning whatever the weather to work on a number of sites around NABIAC, including Lilly Pilly Bend and Bullocky Wharf. They regenerate the sites by removing weeds, planting new plants and generally improving the area. As President *Liz Rees* noted in her Annual Report, none of the group that gets down and dirty every Wednesday actually live in the village. Maybe it's *Leone Henry's* morning teas that keep them coming back but whatever the case, they're doing a fabulous job.

**NABIAC Village Futures Group** aims to oversee and implement the strategic plan for the village. The plan was first formulated in 2004 and has been updated three times since then. The plan is currently undergoing a minor revision. It is held up by Council as the model for strategic plans and groups managing them. The plan is important for a number of reasons, none the least being if something is not identified in the plan as being a priority for the village, there is little chance of receiving any State or Federal Government assistance through grant schemes.

**Aub Ferris Redevelopment** comprises a small group of people who aim to redevelop the Aub Ferris Sports Fields behind the Showground.

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The substantial funds required are being raised through weekly raffles at the NABIAC Hotel and were recently boosted by a grant from the NSW Government.

**NABIAC Farmers Market** commenced in 2003, an initiative of *Helen Smith*, to enable locally grown produce and locally made foods and crafts, under the ethos *Hand Grown, Hand Baked, Hand Made*, to be available for sale each month throughout the year. The Market, 8am - 12noon on the last Saturday of the month (except December) at NABIAC Showground, has since grown significantly in the number of stalls and customers (the community and visitors) to need a large band of 20 volunteers, rotating through the year, to setup and manage this popular event. The Committee meets once a month to assist coordination and administration. The volunteer run BBQ, using locally sourced meat, eggs and bread, helps raise funds for projects and organisations (e.g. Public Schools, Rural Fire Service and sporting groups) in the communities around NABIAC.

And lastly, the **Neighbourhood Centre Committee**, which is an elected group of nine members who meet every second month. This Committee has the responsibility to care for the Centre's buildings and land, to manage day to day affairs of the Association and to guide future development of the Centre.

What a great effort from all the people involved in all these groups and what a great contribution to our village and area.

RD

### NABIAC Village Futures Group News



**BBQ news** - Work begins any day now on construction of the new town BBQ and picnic table in the area near the children's play equipment. Construction will be by MidCoast Council. The work will include bringing power and water across to the area. Many families and community groups use this area and we expect that the completed covered table (with seating) and covered double BBQ will be very well used.

**Electric Vehicle Charging Station** - The official opening and switching on of the charging station will be held on Monday 3<sup>rd</sup> June at 10 am. NRMA and MidCoast Council will attend the opening. The charger will be free for NRMA member through a phone App. Non members can

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*Sunny & Rosie*

use it for a fee. I wonder who will be the first person to charge their vehicle? Perhaps a local person, perhaps a visiting traveler.

An application for funding for a Project called 'Active NABIAC' has been submitted through My Community Project. NABIAC has several facilities for sport and fitness. The Showground Precinct (including Aub Ferris fields) and the Recreational Precinct (which is the Oval and all the facilities from the Oval around to Memorial Park). As a community we need to participate in maintaining our facilities, working out how they could function better and to plan for additional facilities. The Aub Ferris Committee have recently been offered a grant for that area. We want to also seek funds for the Recreational Precinct.

We have called the application **Active NABIAC** and have identified 2 main actions needed to begin.

Firstly, **repairs to the surface of the NABIAC Tennis Courts** and secondly, **funding for a consultant to plan for a pathway from Memorial Park, past the Tennis Courts, around the Oval and up to the NABIAC School corner**. This would join NABIAC, Hoskins and Farnell Streets to the Clarkson Street pathway. There is also opportunity for the community to discuss how they would imagine this to be, including (but not limited to) **exercise stations, gardens**

and **shade trees**. Planning for this area is complex with existing infrastructure and facilities and drainage problems.

NABIAC people have a history of community volunteering to achieve the facilities they want. **Lionel Gilbert** wrote in the mid 1950's....  
*'On 30th November, 1886, an area adjacent to the school playground was notified as a "Recreation Reserve." However, the surveyor could not help noting: "low, wet land—tea trees and gum." The area was re-notified on 4th February, 1905. Behind Tonks's place an excavation still marks the source from which voluntary workers obtained filling material. The town tennis courts were built on the area, 1922.'*

We are hoping that NABIAC people will support this new application for funds. Have a look at the website and be prepared to vote for this application.

<https://www.nsw.gov.au/improving-nsw/projects-and-initiatives/my-community-project/>

To ask more about the project, message us on our Facebook page NABIAC Community.

**Louise Collins**

### Facts.

Panda cannot digest bamboo very well, but they still spend all day eating it - 98% of what they eat is bamboo

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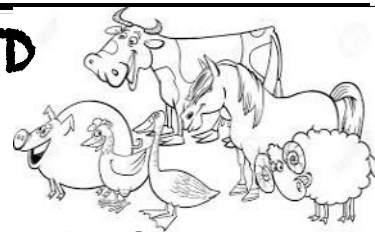
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The total weight of ants in the world is roughly the same as the total weight of all the human beings in the world



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## **Lyn's Larder**

With this cold snap that has just hit us I think it is definitely stew/casserole meal type weather

### **SWEDISH MEATBALLS**

- |                         |  |
|-------------------------|--|
| 250g                    | Very lean minced beef                      |
| 125g                    | Minced veal                                |
| 1                       | Medium onion, grated and squeezed dry      |
| 1/3 cup                 | Dry breadcrumbs soaked in 2 tbs skim milk  |
| 1/4 tsp                 | Pepper                                     |
| 1/4 tsp                 | Ground mace or nutmeg                      |
| 3 tsp                   | Unsalted margarine                         |
| 1tsp                    | Finely chopped thyme or 1/4tsp dried thyme |
| 1 cup                   | Low sodium beef stock                      |
| 1/2 cup                 | Skim milk with 1tbsp plain flour           |
| 3 tps                   | Low fat sour cream                         |
| 3 tsp                   | Low fat natural yoghurt                    |
| 1 tbsp                  | Finely chopped parsley                     |
| Non stick cooking spray |  |

### **METHOD**

1. In a large bowl, combine the beef, veal, onion, breadcrumbs, pepper and half the mace; shape into 4 cm balls
2. Lightly coat a heavy 25cm frying pan with the cooking spray; add the margarine and heat for 30 seconds over a moderate heat. Add the meatballs and brown, turning frequently, for 10 minutes. Drain the fat from the pan. Add the thyme and the beef stock; cover and simmer for 5 minutes. Transfer the meatballs and any accumulated juices to a plate. Cover with foil
3. Add the milk-flour to the pan and cook, stirring often, until thickened, about 5 minutes. Blend in the sour cream, yoghurt and remaining mace.
4. Return the meatballs and any accumulated juices to the pan. Spoon the sauce over the meat and heat through, about 2/4 minutes. Transfer to a warm serving bowl and sprinkle with parsley.
5. Serve with egg noodles, mashed potatoes or rice & greens.

Tip. To dry grated onion, place between two paper towels and squeeze until liquid is absorbed.

You can use ordinary milk, yoghurt and beef stock. This recipe was suitable for people watching weight or with salt problems.

### **Aging:**

Eventually you will reach a point when you stop lying about your age and start bragging about it. This is so true. I love to hear them say "you don't look that old."

**The older we get, the fewer things seem worth waiting in line for.**

Ah, being young is beautiful, but being old is comfortable.



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### **TESTIMONIAL FROM HELEN IRLÉN, IRLÉN INSTITUTE** **YOU'RE NEVER TOO OLD**

I have Irlen Syndrome and so do my adult children. I recently decided to be tested by a diagnostician and get my Irlen Spectral filtered lenses. This has made a world of difference for me. I was skimming over words when reading and had completely stopped reading books for pleasure because I couldn't focus on the words. I have prescription glasses, but they didn't help enough to keep me reading.

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bright fluorescent lights, but now (with my Irlen Spectral Filters) I am comfortable in rooms with fluorescent lighting.

**Melanie, - Reading Specialist**

**For more information, contact**  
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**0409653700 / irlentaree@gmail.com**

### **GETTING OLDER**

A distraught senior citizen phoned her doctor's office.

"Is it true," she wanted to know, "that the medication you prescribed has to be taken for the rest of my life?"

"Yes, I'm afraid so," the doctor told her.

There was a moment of silence before the senior lady replied, "I'm wondering, then, just how serious is my condition because this prescription is marked 'NO REPEATS'.."

An older gentleman was on the operating table awaiting surgery and he insisted that his son, a renowned surgeon, perform the operation.

As he was about to get the anaesthesia, he asked to speak to his son.

"Yes, Dad, what is it?"

"Don't be nervous, son; do your best, and just remember, if it doesn't go well, if something happens to me, your mother is going to come and live with you and your wife...."

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## DONK. DA OLD NABIAC KLUB

Four cars from *Donk* and 15 from *Taree Historic Motor Club* have returned from an 8 day old vehicle "mystery" car run. Each day new instructions were issued for that day's traveling. An enormous amount of organisation is involved. Accommodation, places to see, distances to travel (in MPH not kms) events to attend and stragglers to whip into shape.

Most of the vehicles attending are at least 30 years old, and apart from a few minor problems, all returned from the 4000km trip without drama.

From Lightning Ridge to St George in Qld, back to the northern areas of NSW with the last night at Uralla. Cold, and a taste of what winter is going to be. Some returning via Nowendoc and some the Oxley Highway.

All very entertaining and good fun with like minded vehicle owners, enjoying a toddle around our beautiful country.

A Nabitac entry and 108 others have returned from the most recent *Variety Bash* in NSW. Starting at Newcastle, the "bash" cars journeyed to Canberra, southern NSW, then to W. Wyalong, visiting children all the way, before returning to Newcastle. Some \$1.1m dollars over the seven days was raised to be donated to handicapped and disadvantaged children in schools and institutions in our State. Well done to all. A noble exercise.

Probably we will have had our Great Lakes Motorfest display on June 9<sup>th</sup> by the time this illustrious edition has reached your hands. This is always a good day with large crowds.

We will also have a display of several vehicles and old machinery doing all sorts of things and making those wonderful noises unique to these engines. This year the feature car is Morgan and around 30 examples should be there including three of a Donk member's collection and his new Aero 8. This alone is reason enough to be there.

**Make** a note on your calendar for **July 28<sup>th</sup>**. This is the **Nabitac Swap**, an ideal time to get that "don't know what it is but" item. Always a great day with good crowds with several visitors coming from interstate. Usually more than 200 stall holders are in attendance in an attempt to take your cash.

Mad if you miss it.

The future will see us at the *Forster Keys Fun Day in July*, and in August several members will be at the *Rusty Iron Rally* at Macksville, the largest machinery event on the east coast of OZ. This is also an event not to be missed. Always something large and noisy to things like small vintage hand operated rope making machines. This year there is an attempt on an Australian record of having the most stationary engines running at the same time. Well worth the trip.

This group of like minded machinery and vehicle nuts, meet at the museum the second Tuesday of the month. At the moment we are trying a start time of 4pm for the Winter months. Some will no doubt miss out on the Bold & Beautiful. Tough!



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

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

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



## NABIAC EXCAVATION SERVICES

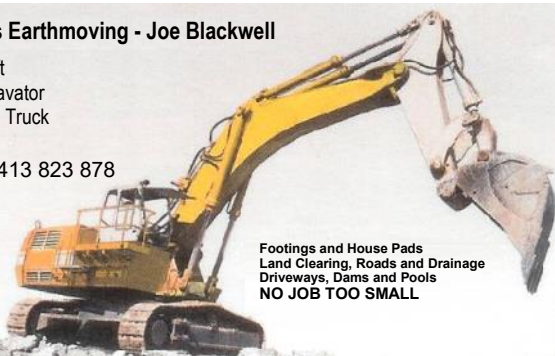
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### The Cat

We were dressed and ready to go out for a Dinner & Theatre evening. We turned on a 'night light', turned on the answering machine, covered our pet budgie and put the cat in the back garden.

We phoned the local Taxi company and requested a taxi. The taxi arrived, and we opened the front door to leave the house. As we walked out the door, the cat we had put out in the yard scooted back into the house. We didn't want the cat shut in the house because she always tries to get at the budgie.

My wife walked on out to the taxi, while I went back inside to get the cat. The cat ran upstairs, with me in hot pursuit.

Waiting in the cab, my wife didn't want the driver to know that the house will be empty for the night. So she explained to the taxi driver that I would be out soon.

"He's just going upstairs to say goodbye to my mother."

A few minutes later, I got into the cab. "Sorry I took so long," I said, as we drove away. "That stupid bitch was hiding under the bed. I had to poke her backside with a coat hanger to get her to come out! She tried to take off, so I grabbed her by the neck. Then, I had to wrap her in a blanket to keep her from scratching me. But it worked! I hauled her fat bum downstairs and threw her out into the back garden! She'd better not s..t in the vegetable garden again!"

The silence in the taxi was deafening.

### Marriage 1

Typical macho man married typical good-looking lady, and after the wedding, he laid down the following rules:

\* 'I'll be home when I want, if I want and at what time want -- and I don't expect any hassle from you.

\* I expect a great dinner to be on the table unless I tell you that I won't be home for dinner.

\* I'll go hunting, fishing, boozing, and card-playing when I want with my old buddies, and don't you give me a hard time about it.

Those are my rules. Any comments?"

His new bride said: "No, that's fine with me. Just understand that there will be sex here at seven o'clock every night...whether you're here or not."

### 2

Husband (a doctor) and his wife are having a fight at the breakfast table. Husband gets up in a rage and says, 'And you are no good in bed either,' and storms out of the house.

After some time he realizes he was nasty and decides to make amends and rings her up.

She comes to the phone after many rings, and the irritated husband says, 'What took you so long to answer the phone?'

She says, 'I was in bed.'

'In bed this early, doing what?'

'Getting a second opinion!'

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## REAL KULTCHA

If only I had been a better example to my children: but what's a bloke to do? I doubt any of them would know a Rugby League game if they fell in the middle of it so talking to them about *The Glorious St George* is an exercise in futility and as far as Oz Rules is concerned, they follow a plethora of teams as diverse as Collingwood (hoik-ptoo), West Coast Eagles and Geelong. And that's despite the hours of careful name-dropping, instruction and tales of the wonders and glory that would flow should they embrace *The Scintillating St Kilda!* But alas and alack, I have nothing to show for my efforts because even as I type this, both teams are headed for early showers to-day, they've already booked their spot in the loser's pool and any end of season trip beyond a harbour cruise (Sydney or Port Phillip) would surely be seen as wasteful. I am of course, thankful for small mercies and know both teams are well ahead of Penrith and Carlton respectively, but the gloss is somewhat lost if your teams are barely surviving mid table.

**PLEASE**, has anything of a happy sporting nature, happened anywhere? Well, Izzy Folau had his contract torn up but I said in my last epistle I thought that might happen. He hasn't appealed so it looks as if the whole mess is headed for a courtroom and Australian Rugby didn't need that! *The Galahs* have arrived in The Old Dart to take part in the Cricket World Cup and will follow that with an Ashes Series. So far so good but Smith and Warner are in the squad and I really do worry they won't be able to stop themselves from doing their own thing or white-anting the current captain – time will tell. I'd like to be able to say I've been following the A-League and US basketball finals but I can't – neither game excites me and I have no idea who played or won so if your team did come out on top – happy trails! *The Kookaburras* (that's our men's hockey team, if you were wondering) have just won a series against India in Perth. The Indians are no slouches when it comes to hockey so our team has done well. And finally, The Canberra Double on May 18<sup>th</sup> saw the Coalition come from behind and pip Labor in *The Reps Handicap* (surprisingly over the full 3 year trip) but at the time of writing, they're still trying to sort out the photo in *The Senate Welter*.

Alright, alright, settle down you mob! You might call it politics but to me its sport because: more money is spent on the runners (like soccer players in Italy or Spain) than is decent; we all have our favourites and will rubbish without mercy any opposition runner; scratchings occurred across the board for stupid reasons; the bookies (read

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### MINI DIGGER HIRE

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pollsters) have proven again they're hopeless (to use the vernacular, *they couldn't pick their noses*); big plunges (think Clive Palmer and his \$60 million) don't always get up; favourites (like Bill Shorten and Tony Abbott) are sometimes beaten; a nag that shouldn't even have been accepted to run (Barnaby Joyce) got up; a number of roughies saluted the judges on their first run (Zali Steggall, for instance); some so-called experts (former PMs for instance) should take a leaf out of my late grandmother's book – they might be seen but should definitely not be heard; although some may not like this result, we'll abuse all the winners equally (because that's what we do); and then we'll watch the field closely for (*maybe*) three years before we'll do it all again.


See, told you it was sport and as you're all involved you should start **NOW** to watch your local runner and how they perform because it's you who'll decide who the winner will be in the next running of The Canberra Double.

The sad case of Caster Semenya (the South African runner) has again surfaced. She's a woman but (as I understand it) her body produces too much testosterone (that's the male hormone) and so the world's athletic boffins have decided she must take drugs to lower this and so make her more female should she choose to run in races between 400 metres and a mile. She says she won't take them so who knows where this will end?

I know I shouldn't admit to being surprised but I was recently. Why? I knew the name Zali Steggall because she was an Australian winter Olympian but when she volunteered to stand as an Independent against Tony Abbott in the Sydney seat of Warringah, I quickly sought out her CV: married, a mother of 2 and a barrister. Hold the 'phone! That's not generally the after-sport-career we associate with our ex-sporties here in Oz! Too many footballers seem to graduate to being commentators (or dribblers, as I prefer) while some of them manage to become coaches. But to marry, have two children (which I have to assume was occurring while she was being an Olympian and studying Law) and then take silk is a whole new ballgame. To lift the bar even higher by beating a former Prime Minister in a rusted on Liberal stronghold is the stuff of legends. I hope the Warringah voters realise what they have in you Zali and stick.

Talk at you later,

*The Hillside Critic*



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## Permaculture in the Garden

### Compost Tea!

Hi Everyone, June already! Because I've been writing about soil and its microbes I thought it would be a good time to delve into the topic of compost tea. What is it and how is it made.

The simplest definition of Compost Tea is a brewed, water extract of compost. If made right, it can not only fertilise your soil with directly available nutrients but also act as a soil conditioner and bio-stimulant for the microbes already living in your soil. You can make it three ways. Aerating, not-aerating and anaerobic methods. Anaerobic (no oxygen) teas have foods (such as sugars like molasses) added and no aeration. This makes the organisms multiply rapidly but if left too long, beneficial organisms such as aerobic fungi, protozoa and nematodes will be lost and replaced with anaerobic yeasts and bacteria. Not-aerated compost teas are water and compost, with or without food added, however as the name suggests, still are not aerated. If a quality compost is not used in this method though the organisms are unlikely to be active (we want them active). I know it is commonplace in many gardens to soak weeds or manure in buckets however this method risks the spread of diseases and pathogens and if the tea is stirred high numbers of anaerobic bacteria are extracted.

Aerated Compost Tea (ACT) is the method I use and allows beneficial organisms to grow in high numbers and be active. As they become active they use up the oxygen available in the water hence why we



need to continue to oxygenate. The Bucket-Bubbler set up is perhaps the most basic. My set up at home is with a 60L flexi bucket and a simple fish pump. To make the tea half fill your bucket with water and aerate for 10-20 minutes before adding your compost. Add compost almost to the top of the bucket with enough space for bubbling but don't compact it. Add your other food sources but not too much otherwise the growth of the organisms will use the oxygen faster than the pump can replace it. Ideally it should be left for 2-3 days but whee that is not possible just leave it for a minimum of 12 hours. When its ready let it sit for half an hour and scoop the tea off the top and put the solids back in the compost.

You can really play with your food sources such as kelp or other fish products, molasses (sugars which bacteria LOVE) and plants that act as food fertilise such as Comfrey which is a bio-dynamic accumulator meaning it has a deep root that is able to reach places and nutrients and minerals other plants are unable to access. I'll often add some fermented comfrey tea to my mix.

So go get brewing and if you want any more information check out Elaine Ingham's 'The Compost Tea Brewing Manual 5<sup>th</sup> Ed' or email me at [freerangechange@gmail.com](mailto:freerangechange@gmail.com) or call on 0473372825. Lauren ☺

Happy gardening everyone!

*Lauren* ☺

# GOOCH

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## Locals Winners at Sydney Royal Show

Local producers have been very successful in the recent Sydney Show, a lot of time and effort has been well rewarded with the following results.

### SELWYN AND VAL WELLER, NABIAC.

- 1<sup>st</sup> place: Hereford Female, 15 to 18 months, *Welray Milky*.  
1<sup>st</sup> place: Hereford Female, 19 to 20 months, *Glenwarrah Lass*.  
2<sup>nd</sup> place: Hereford Bull, 20 to 24 months, *Welray Nickel*.  
2<sup>nd</sup> place: Hereford Sires progeny, *Tondara Uptown*.  
3<sup>rd</sup> place: Hereford Female, 30 to 36 months, *Welray Shirley*.  
4<sup>th</sup> place: Hereford: Breeders Group.  
Highly Commended: Hereford Bull, 18 to 19 months, *Welray Nashville*.  
Winner Hereford Junior Champion Female: *Glenwarrah Lass*.  
Winner Hereford - The F D McMaster Memorial Perpetual Trophy for the Junior Champion Female.  
Winner Hereford - Reserve Senior Champion Bull, *Welray Nickel*.

### PENNI SLOMAN AND KIM WELLER, NABIAC.

- 2<sup>nd</sup> place: Brahman Female, 9 to 12 months, *Blanco Ganado Miss Silvergum*.  
3<sup>rd</sup> place: Brahman Female, 9 to 12 months, *Blanco Ganado Snowie*.  
3<sup>rd</sup> place: Brahman female, 16 to 20 months, *Blanco Ganado Miss Razzle Dazzle*.

### PAUL AND JANELLE RELF, WINGHAM.


- 1<sup>st</sup> place: Limousin Female, 24 to 30 months, *Warrigal Foxy Lady*.  
1<sup>st</sup> place: Limousin Bull, 12 to 14 months, *Warrigal Proven Identity*.  
1<sup>st</sup> place: Limousin Dams progeny, *Warrigal Foxy Lady*.  
2<sup>nd</sup> place: Limousin Female 12 to 14 months, *Warrigal Wynnes Derby*.  
3<sup>rd</sup> place: Limousin Breeders Group.  
Winner: Limousin - Senior Champion Female, *Warrigal Foxy Lady*.  
Winner: Limousin - Grand Champion Female, *Warrigal Foxy Lady*.

### SCHNEIDER FAMILY, TIPPERARY SHORTHORN.

- 3<sup>rd</sup> place: Shorthorn 12 to 15 months, *Tipperary Porka*.  
3<sup>rd</sup> place: Shorthorn Bull 15 to 18 months, *Tipperary Nutcracker*.

### PAUL AND JANELLE RELF,

1<sup>st</sup> place for their middleweight pure bred Limousin Steer, *Warrigal Parker* and he went on to receive Reserve Champion Middleweight Steer.



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## NABIAC HOTEL SOCIAL CLUB - NOTICE

### RESULTS OF MOTHER'S DAY RAFFLE



I hope all the Mums in the community and surrounds had a lovely Mother's Day last month, and got very spoilt by their family and loved ones.

Our raffle was a huge success and was drawn at the NABIAC Hotel on Friday evening, 10<sup>th</sup> May. Results were:-

- 1<sup>st</sup> - Pink ticket G06 - Renee Schneider  
2<sup>nd</sup> - Apricot ticket J76 - Vilma McMahon  
3<sup>rd</sup> - Green ticket G03 - Rick Broniman  
4<sup>th</sup> - Blue ticket A26 - Kathy Mercer  
5<sup>th</sup> - Pink ticket D09 - Melinda Brown  
6<sup>th</sup> - Apricot ticket E91 - Pete Smith  
7<sup>th</sup> - Blue ticket A96 - Tanica  
8<sup>th</sup> - Purple ticket E79 - Bev Alberly  
9<sup>th</sup> - Green ticket G30 - Reed Wells

Congratulations to all our winners.

The club would like to thank **Tim** and the team at the NABIAC Pharmacy for their generous support with the beautiful donations. (The raffle was originally advertised with 6 prizes, but we were able to offer 9 due to the generosity of the NABIAC Pharmacy).

We are now happy to report that Coolongolook Public School was presented with a cheque to purchase an amplifier from 'Bass & Blues' Taree for their music class.

Our raffles are therefore imperative to achieve our goals of providing to local community causes.

So why not join our club and enjoy some fun social occasions as well.

Our regular Friday night seafood raffles resumed on 17<sup>th</sup> May. Hope to see you at the local.

Maureen



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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**

### GOOD MEDECINE

Do you have beliefs which are making your life miserable (MYLM)? They may be false. Here are twelve things you may believe which are guaranteed to MYLM.

#### The Dirty Dozen

- \* I must be loved and approved by all others
- \* Everyone should think the way I do
- \* I should never make mistakes or fail
- \* I should never let anyone down
- \* My life must be free of conflict
- \* I need to be accepted by others
- \* My life should always be happy
- \* Everyone needs to understand me
- \* Everyone needs to agree with me
- \* I need to perform to be loved
- \* No one can dislike/ hate me
- \* I can't change the way I am

*Note the can'ts, shoulds and musts.*

Btw, we can't change *others* but we can change ourselves - with help.

#### Summary:

My self - worth depends on how I perform  
 + others' opinions of me → much striving.

Here is a truer belief:

I am created in God's image

I am loved conditionally for who I am.

**Summary:** My self - worth = God's opinion of me  
 peace and joy.

*The Counsellor*

### St John's Anglican Church, Dyers Crossing and St Paul's Anglican Church, Nabiac

Sadly we have to announce that on 30th June, 2019 St. John's is being deconsecrated.

Until then all services will be held there as St. Paul's is being renovated.



## News From The News

### Nabiac Uniting Church

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

Holy Communion is celebrated with the service on the **3<sup>rd</sup>** Sunday.

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

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

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

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

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

### St Isidore's Catholic Church, Nabiac

June Mass time is Saturday 22<sup>nd</sup> at 6:00pm

### St Bernadette's Catholic Church, Krambach

**June Mass** times are Saturday 1<sup>st</sup> at 6:00pm, Saturday 8<sup>th</sup> at 6:00pm, Saturday 15<sup>th</sup> at 6:00pm & Saturday 29<sup>th</sup> at 6:00pm

**July 6<sup>th</sup>** at 6:00pm

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

### St Thomas' Presbyterian Church, Krambach

A Family Service is held on the **2<sup>nd</sup>** & **4<sup>th</sup>** 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 **1<sup>st</sup>** 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 **3<sup>rd</sup>** Sundays of the month.

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Hi everyone,

Barb is enjoying her well earned holiday, she will be returning on the 12th of June. Jess and myself are here, ready and waiting to take care of you all.

The saying of the month is as follows:

Always remember to fall asleep with a dream and wake up with a purpose.

Belinda & Barb & Jess ☺

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Stuart Weller on 6554 1904 (Nabiac)

Ray McDonald, 97 Stevens Close, Wang Wauk on 6550 2216

Diane Greig, Connect 3 Real Estate, Nabiac on 6554 1330

Jackie Buckingham, Buckinghams Real Estate, Nabiac on 6554 1107

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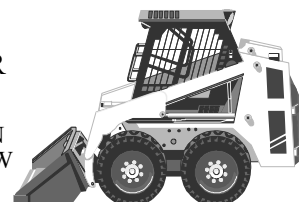
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