

and it's FREE, too!

ACROSS THE FENCE

COUNTRY MUSIC DAY Krambach

SUNDAY 25TH AUGUST
10:00AM TO 4:00PM

Krambach Hall
Local & Visiting Artists
Starring Jan Condon the Yodelling Cowgirl
Details page 2



Sinfonia
MNC

Your Community Orchestra playing at
Gloucester and Taree
Presenting "August Dreaming"

Details on page 9

PUBLIC NOTICES

Annual General Meetings being held
this month

Wallamba District A & H Assoc. Inc.
Show

13th August @ 7:00pm Details page 15

Wallamba District A & H Assoc. Inc.
Ladies Committee.

13th August @ 1:30pm Details page 15

Nabiac Hotel Social Club

25th August @ 2:30 pm Details page 27



Jack Hamilton Photos

News from the Wallamba Watershed is a





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Editorial.

A lot going on this month

We have 3 AGMs, a Country Music Day & Sinfonia Concerts
Krambach Hall has another one of its Country Music Days happening later in the month to raise money for the Krambach Hall. From what I hear, they are always great days with lots of talent appearing.

The Manning volunteer Sinfonia orchestra is also doing the rounds and you can catch a local venue on either the 11th at Gloucester or 25th at Taree. Have a good look at the photo of the tuba and try to pick out the reflections in the centre of it. Hope it prints well enough for you to see it. It is great.

Neryl Simpson is touting for goodies for their upcoming Spring Fair in September. All for a good cause, as usual, the Cancer Council, but keeping the funds in our area for local people to benefit from.

If you have anything to donate contact her on the number in her article. It will be very much appreciated. They are hoping to top their last years collection figure, so get in and help out.

The Show Committee is holding its AGM on 13th at the Showground Hall, details on page 15. Dave Reeve is stepping down as President after serving for more than 15 years and I am retiring from my positions as Treasurer and Secretary after 13 years. Need a break and looking forward to going to the show as a patron and actually SEEING everything that happens on the day. I have never actually seen it as a visitor, so have missed heaps of things over the years.

The Show Ladies Committee is also holding their AGM on the same day but in the afternoon. Note, these are TWO DIFFERENT meetings.

The NABIAC Hotel Social Club is also having their AGM on 25th.

We have a new "reporter" joining the paper to do articles occasionally on Team Penning, to keep those interested in the sport up to date with the local club.

The dry weather has, as always, brought the Fire Bans in early again, and naturally, I haven't managed to get my burning done. Will have to see how the weather goes and apply for another permit. If it stays cool and moist, as it is today, should be able to get one done next week.

Also we now have an international "reporter" sending in articles while she is located in America for a while. Publication has spread. Our little area is being touted in both England and America.

I expect, like me, you are all looking forward to Spring and some warmth of a morning and evening. The days have been relatively lovely but that chill still gets into my bones.

Keep warm, stay safe, 'til next month

Lyn & Tilley Cat & , Timidthy



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WHAT'S HAPPENING AUGUST, 2019

Markets & Events.

• Bulahdelah	(1st Sat)	3 rd	8am to 1pm
• Blackhead Bazaar	(1st Sun)	4 th	8am to 12 noon
• John's River Country	(2nd Sat)	10 th	9am to 1.30pm
• Wingham Community	(2nd Sat)	10 th	
• Myall Quays	(3rd Sat)	17 th	9am to 1pm
• The Hub Taree Showgnd	(3rd Sat)	17 th	8am to 12 noon
• Krambach	(3rd Sun)	18th	8.30am to 1pm
• NABIAC	(Last Sat)	31st	8am to 12 noon
• Old Bar	(Last Sun)	25 th	7am to 1pm
• Pacific Palms	(Last Sun)	25 th	9am to 1pm
• Forster Town	(2nd Sun)	11 th	8am to 2pm
• Halliday's Point	(1st Sun)	4 th	8am to 11am -?
• Town Head	(every Mon)		8am to 2pm
• Mt. George	(4th Sat)	24 th	8am to 2pm
• Forster Farmers Market	(3rd Sat)	17 th	8am to 12 noon
• Bobbin Community		— th	9am to 2pm
• Tuncurry Markets	(4th Sat)	24 nd	8am to 1pm
• Burrell Creek	(2nd Sun)	11 th	9am to 12.30pm

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

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

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

Production: Lyn Reid

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

WHEN you have left articles there to be collected

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

ALL ART WORK IN JPG ONLY

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

ADVERTISING COSTS

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HAIR *by Shaz* **T**he team at NABIAC Hair & Beauty salon hope you have all enjoyed your winter hibernation and are ready to shake off the cold with some August winds. Now is the time to come into the salon and pamper yourself now that the holidays are over and you can have a little ME time ☺ Our salon stocks a number of product brands, so there is no need to go into town for your products.....If we don't have it in we will order it in for you. In stock now is the very popular Hair Straightener H2D. This product is fast taking over the GHD for better value.

RRP \$230.

It is also the time to Restore Moisture and hydrate your hair after winter with the Vita 5 Hydrate Moisture Shampoo and Conditioner then follow it up with the very popular Hydrating Booster leaving the hair shiny and smooth.

Rich Auburn tones, along with Ginger and Cinnamon Spice to name a few and Coffee Chocolate are the lovely tones to add some change to your hair. This can be achieved with Splices of foils or an overall colour with variation in reflects or levels.

Dry hair from the cold winter and heaters will be revived with our Extensive deep cream treatment which goes under the dryer.

We have been stocking the new range of low Sulphate Shampoos and conditioners from the VITA 5 range and the below comment is a review from a new client .{thankyou for your feedback }

Vita 5 is fantastic...The CPR phase one leave in conditioner is excellent, especially when blow-drying...it protects it from the heat....every hairdresser I've been to before coming here to your salon uses heavy styling products that leave my hair flat and dull, but when you used this before blow drying my hair I was amazed, how it tamed my hair and felt so soft, I've been using the shampoos and conditioners that you suggested to buy and they are excellent...Also the leave in shine sprays and protection sprays for after styling are fantastic. They smell beautiful .

Cassie our wonderful Beautician is also available so phone her direct on 0421 901 331

Until next time

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NABIAC PHARMACY NEWS

Tendon and Ligament Pain

Pain in the tendons or ligaments are often caused by injuries, including sprains. This type of musculoskeletal pain often becomes worse when the affected area is stretched or moved.

Joint inflammation (arthritis) is a common cause of pain.

Tendons are thick cords that join your muscles to your bones. When tendons become irritated or inflamed, the condition is called tendinitis. Tendinitis causes acute pain and tenderness, making it difficult to move the affected joint.

Any tendon can develop tendinitis, but you're more than likely to develop it in your shoulder, knee, elbow, heel or wrist.

Our Product of the Month!

Inflamax Spray

Inflamax Spray is a highly concentrated topical anti-inflammatory that provides effective temporary relief from acute muscle, tendon and ligament pain by reducing inflammation.



- ♦ Local back and neck pain
- ♦ Sport injuries
- ♦ Sprains
- ♦ Tendinitis
- ♦ Bursitis

Inflamax Spray contains the active ingredient diclofenac, a non-steroidal anti-inflammatory drug commonly used for the treatment of pain associated with inflammation. It also contains lecithin, which enhances the penetration of diclofenac into the skin.

The innovative spray system allows for a quick and easy application to the site of the pain. Each spray delivers 8mg of active ingredient, which allows you to apply the recommended daily dose of 120mg diclofenac without product wastage.

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No extensive rubbing required, Inflamax Spray dries quickly on the skin, is non-greasy and non-sticky.

To help relieve muscle inflammation, try the below tips in conjunction with Inflamax Spray:

- ♦ Rest and take a break from any activity that may cause pain, as continued use can delay the healing process.
- ♦ Ice helps reduce pain and swelling. Apply an ice or cold pack for 20 minutes every 2 or 3 hours.
- ♦ Compression can decrease the swelling. Wrap the sore area with an elastic bandage. Avoid wrapping too tightly.
- ♦ Elevate the sore area while sitting or lying down. Try to keep it at or above the level of your heart.

New Product in store!

Ammeltz Cura- Heat Neck and Shoulder Pain



Ammeltz Cura-Heat Neck and Shoulder Pain are air-activated heat packs that provide targeted, warming relief to muscular, joint and abdominal aches and pains.

The heat packs provide up to 8 hours relief. They are flexible and uniquely shaped to contour to the neck ensuring warm relief to both the back and sides of the neck and shoulders.

They can be attached to the skin at the site of pain, heat radiates through increasing circulation, decreasing stiffness and relaxing sore muscles.

With no heating required, Ammeltz Cura-Heat Neck and Shoulder Pain patches are portable and easy to use. The patches are fragrance free, non-medicinal and so thin they can be discreetly used anywhere.

Til next month,

Lauren

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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, by Bob Mann

GOLDEN WEDDING AT NABIAC - JANUARY, 1936: On the evening of the 21st December, 1935, at the home of Mr and Mrs **G Holstein** of Rockdale, Nabiac was the scene of a very happy gathering. The day was the 50th Anniversary of the wedding of an old and honored couple mentioned above. The function took the form of a surprise party and presentation when all the family, with their wives and husbands, assembled for the happy occasion. The breakfast provided by the ladies spoke volumes of the standard set by the honored guests of the evening. The cake, which was set with 50 miniature candles and other decorations, was both beautiful and delicious. When everyone had done justice to the choice joints and delicacies and the toast for the occasion had been honored Mr **Charles Holstein**, oldest son of the guests, in a neat speech of well chosen words, presented the bride and groom with a pair of handsome arm chairs on behalf of the family and hoped they would be long spared to use them. The remainder of the evening was spent in song and mirth including "for they are jolly good fellows" and "Auld Lang Syne." At 11pm the party disbanded and left for their respective homes, conscious of having made their venerable pioneer parents happy and most comforted in the restful hours of their old days.

KRAMBACH: Krambach has at last put on its green coat with so many storms of late. This part has experienced a long spell of dry weather and the tillers of the soil are not going to be caught short of fodder as they were last year. The severe long winter caught many.

The Krambach Public School has lost its teacher, Mr **W Wootley**, who had been appointed to Rozelle. He was given a rousing farewell prior to leaving. Mr **Purten** is to be the new teacher and we offer him a sincere welcome to the district.

The Sisters of the Saint Joseph Convent School have been successful in piloting a pupil through for a State Bursary, the successful being the son of the popular baker, Mr **Wilde**. Mr **Wilde** has been recipient of many messages of congratulations to his teacher and himself. We also offer our congratulations and trust this success will be followed with even greater deeds. Next year I understand he is going to continue his studies at a city college where we will keep an eye on his future. Master **Frank Mullen** is also going to St Josephs College at Hunters Hill. He is the son of Mr and Mrs **H.S. Mullen** and to him we wish a successful course.

The death of **Alex Ross** cast a gloom over our district. He has been known to the people of our district since his boyhood days having been engaged in the shop keeping business in its many and varied changes prior to going on the land. He was popular with the young and old alike and his passing will be keenly felt by many. To his

sorrowing wife, we offer our sincerest sympathy in their loss. The health of the district is fairly good, though the pioneers are not much as well as they would wish. Mr and Mrs **Theo Paff** (senr) are better than they were some time ago, Mr and Mrs **Tom Gallagher** (senr) are better than they were since the cooler weather. Changes have arrived. Mr **H. Berriman** is still about and after his daily paper despite his 86 years. Mr **Matt Maher** was a familiar sight in a bathing suit during the holidays on the beach, where he is having a well earned holiday. He has left 87 years behind him. It is a pity these good people ever get old. We wish him continued good health throughout the year.

KRAMBACH SCHOOL - JUNE, 1936: Mr **C. E. Bennett**, M.L.R. has been notified by the Minister for Education that repairs and renovations to the Krambach Public School and Teacher's Residence will be carried out by the Department day labor staff as soon as possible.

At the M.S.C. meeting held on 8th June, the following business was discussed. Wallamba Branch of the P.P. Union referred to the proposed bridge across Cowan's Crossing and settlers to be asked what donations are available as promised. Wallamba Branch of the P.P. Union asked that carpet grass be declared a noxious weed. Received. **D. Hancock** asked for part payment in respect to culvert in front of his premises. The Main Roads Department drew attention to condition of main road to Wang Wauk. Metal had been noticed. Indicator signs could be used, with advantage on sharp points. It was asked that the causeway at the Wallamba River be put in order. Referred to engineer.

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COOEE... Won't you come!!!! Nabiac RSL Sub-branch is turning 75!!!!

17th August 2019

Nabiac Showground 10 am – 2 pm

Artisan Market Stalls

Food, Drink and Coffee available

Showground Hall Nabiac

6.30pm \$75.00 per head

Canapes and drinks on arrival

3 course fine dining meal including

beer, wine and soft drinks

Entertainment through the night with local band

"PAST MASTERS"

Guest Speaker Rear-Admiral the

Honourable Peter Sinclair AC (ex-governor NSW)

Tickets: Joanne Penton 0478830846

Sunday 18th August 2019

Vietnam Veteran Day March and Commemoration

March commencing 1030 at

Nabiac School Clarkson Street Nabiac

Commemoration service commencing 1045 at

Nabiac Cenotaph Memorial Park Nabiac.

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NABIA RURAL FIRE SERVICE



There have been a few incidents this month including assisting in an animal rescue with VRA and Fire and Rescue.

Winter is a time when we are all thinking about keeping warm and heating our houses. Please don't forget to check your chimneys before lighting fires.

Also, bar heaters and oil radiators are not an alternative to clothes dryers. Please don't have clothes too close to your heater as they will easily catch fire and the results can be tragic.

Thoughts must go to the family in Singleton who tragically lost several child members of their family. Remember **PLANNING TO MAKE A PLAN IS NOT A PLAN**. All members of the family must be told what to do in the case of smoke detectors alarming.

DUE TO CURRENT WEATHER CONDITIONS AND NO RAIN IN THE FORESEEABLE FUTURE, THE FIRE DANGER SEASON HAS BEEN BROUGHT FORWARD TO AUGUST 1ST AND PERMITS MUST BE OBTAINED.

Brian Penton

NABIA RSL

Now the year is half over already and the **75th Anniversary** is only a matter of weeks away.

SATURDAY 17th AUGUST 10 am - festival in showground to celebrate all military and emergency service personnel. We will be having a market in the showground as well as this with Artisan stalls and displays of military memorabilia. Barbecue lunch and drinks will also be available.

SATURDAY NIGHT - Gala dinner in Showground Hall to commemorate **Nabiac Sub-branch 75th Anniversary**. Commencing at 6:30 pm. Event is **Black Tie**. Guest speaker will be **REAR ADMIRAL, THE HONOURABLE PETER SINCLAIR AC**. Tickets are available from **Joanne Penton 0478 830 846** and are \$75.00 per head for 3 course meals and drinks inclusive. Entertainment on the night will also be provided by **Past Masters**.

SUNDAY 10:30 Vietnam Veteran March and commemoration service at Cenotaph in Memorial Park. We will also have the unveiling of the newly renovated cenotaph on this day. Lunch will then follow at Nabiac Hotel Restaurant. Tickets Joanne Penton \$15.00 for lunch.

Hope to see as many townsfolk around to support the local sub-branch over this weekend and show visitors to our town just what a great little town Nabiac is.

Jennefer Trott-Penton

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Krambach Garden Lovers News

A beautiful sunny day for the 46 members and
visitors who attended the Krambach Garden Club
meeting held at the home of *Robert and Deborah Knokes*
Cocumbark Lane Krambach. The talk and display by *Susie Oldfield*
was both interesting and informative, she showed us how to use things
from your garden which can be used to make baskets, string from day
lily leaves and other items of interest.

It was with much sorrow that our wonderful Secretary Deborah has
had to step down, we will miss her greatly and now have welcomed
our new Secretary *Cindy* who will be a valuable asset to the team.

What a beautiful display of so many different red flowers, they
certainly made a great show. Deborah wanted a huge swap table and it
certainly was that. What a swap table; it has so many different items
to choose from, gardening books, fruit and vegs and of course lots of
different plants. Well done to all of our members who contributed.

After the walk around the garden and a chat to *Jack*, the steer, who did
remember his previous owner *Pam*, our members enjoyed a sausage
sizzle with BBQ onions and coleslaw. Many thanks Robert - your
BBQ skills are amazing.

Our next meeting will be at the home of *Margaret Burton*, Avalon Rd.
Krambach on the 26th August and hopefully we will have had some
rain by then. The colour orange will be the competition colour for this
meeting and of course the swap table will also be available so why not
come along with your chair, mug and a hat and enjoy the friendship of
others.

For more information about our club contact Cindy on 6554 1916 or
Val 6554 9651

Till next time happy garden and hope for rain

Val

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1678. Email enquiries to hamishtb@hotmail.com

KRAMBACH HALL HAPPENINGS

HALL MEETINGS: Monday following the Krambach Markets each
month at 3.00pm. Next meeting on **Monday 19th August, 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



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After school care: 3pm-5.30pm

Vacation Care: 7am-5.30pm



Children—Too Precious to Profit

NEWS FROM BUNYAH

It is now only 4 weeks until **BUNYAH'S 1st SPRING FAIR** being held at our Hall on **Wednesday 4th September, 2019** commencing at **9.30 am until around 12 noon**. See the Poster alongside this News.

For those of you, who have supported us over the 20 years that we held our fundraiser for the Cancer Council, we look forward to hosting you at our new function, raising money for Cancer & Palliative Care on the Mid North Coast.

We will have all of the great stalls that you have grown to love with the same great bargains. **Cathy's Crafty Crew** will be there with their huge variety of Quilts, bags, every type of sewn article which are perfect for gifts or a treat for yourself, together with bric-a-brac, books, plants - the list is endless and you're sure to find something that takes your fancy!

The Morning Tea will be as sumptuous as ever and it never disappoints; the only problem is choosing what to eat next! **Morning Tea will be served continuously from 9.30 am; a Donation for which would be much appreciated as every single amount received from this Event will be handed over to Cancer & Palliative Care on the Mid North Coast; all costs, as we have always done, are borne by our Group.**

The **Dancers from 'Annie Rose Academy of Dance'** will be performing again with all new routines; they are always a welcome highlight!

Also attending for the first time will be **'Rattlesnake Willie'** who plays & sings Country Music & Golden Oldies.

Our Raffle will include a Queen Size, handmade Quilt from the Dolphin Quilters of Old Bar, a framed, under glass water colour painting from local artist *Louise Turner* and many other quality prizes. Raffle Tickets (\$2.00 ea) will be on sale at the event and also prior to the day.

We are looking forward to making this event as successful or if not, more so, than our previous efforts of the last 20 years; we hope you can assist us in achieving a new milestone in knowing that all funds raised, will be for our Mid North Coast residents. See you there!

Neryl Simpson

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plus
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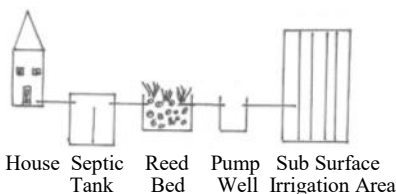
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presents *August Dreaming*

Sinfonia, your mid coast volunteer orchestra, will be travelling the region again in August. We will be performing in Tuncurry Memorial Hall on Sunday 4th August, then off to **Laurieton on Saturday 10th** for our concert in the School of Arts, at **Gloucester High School Auditorium on Sunday 11th**, winding up as ever at St John's, **Taree on Sunday 25th**.

Our 2019 Quaver Foundation Scholarship Recipient, **Cooper Twemlow**, will be playing with the orchestra in all these concerts. Cooper has many musical talents, he commenced on piano, then moved to flute, but Sinfonia is particularly happy that his abilities as a bassoonist are available for our orchestra. His instrument will add depth to the subtleties of tonalities in many of the pieces we will be playing.

So what will we be presenting in *August Dreaming*? And why that title? Well it is August and we are covering the spectrum of dreaming, both of country through Peter Sculthorpe's *Earth Cry* which so well evokes the Australian landscape and incorporates the melodic sequences of Aboriginal music, and fantasy through Felix Mendelssohn's *Fantasia on A Midsummer Night's Dream*, exploring Shakespeare's dream fantasy world of Titania and Oberon. We hope Puck will not be performing any of his tricks at our concert!

We also look towards the dreams of longing for lost loved ones through *Allerseeelen*, music written by Richard Strauss after "All Souls' Day", a poem by Hermann von Gilm celebrating the one day in the year when the dead can return to their loved ones.

And then we have the ultimate American dream of an idyllic (if boisterous) cowboy life where the Cowgirl gets the Head Wrangler during the *Hoe-Down*, instead of the Rancher's Daughter. What fun!

And of course there will be more. But you will have to come to hear us! All concerts will start at 2pm and tickets will be available at the door. For more information please check us out on our Facebook page or on www.sinfoniamnc.com.au.

Tickets \$25.00 adult, \$20.00 FoS

10 or more \$20 each

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WALLAMBA CWA REPORT

Wallamba CWA had a special guest at our July 2019 meeting when Mid North Coast CWA Group President **Del Robson** (a member of Bonny Hills CWA Branch) joined us and would later give an outline of re-structures and changes that were to be discussed by Head Office, Sydney at the end of July.

Our morning began with the meeting declared open at 10.00am with the singing of the National Anthem, followed by CWA Motto and CWA Prayer followed by the official welcome to Group President Del.

Members paused to remember departed family members - Mrs **Lynette Pepper** (nee Weller) cousin of President Margaret Weller's husband Bruce, and friends of Secretary **Pam Muxlow** as follows, **Ken Frost** of Tinonee, **Tom Plunkett** of Taree (former Commodore of MRVS Sailing Club) and **Alan Sutherland** of Scotland – one of the UK's top 10 modern portrait painters (brother to the late Dr **Iain Sutherland** of Wingham).

Attendance today was good with 11 members present and apologies received from 2 members.

Member **Beth** brought along our thought today and it was **"It's OK to cry when there's too much on your mind. The clouds rain too when things get heavy"**.

Merle has agreed to bring along August's meeting thought.

Functions attended by some of the members since the June meeting included Gloucester's Combined International Day and a good time was had by all and our members were most impressed with the performance of the school children who entertained with items from *"Les Miserables"* that they had performed at the Annual Taree & District Eisteddfod. Another great International Day on PNG was staged by Wingham Branch and they provided an excellent speaker by way of **John Chapman** OAM who had worked in PNG for a number of years as a teacher, so he had a great collection of colourful photos made into a slide show showing the people, cultural events and landscapes etc.

Group Show & Tell at Bonny Hills was another great day – as the ladies said they 'had a blast of a time' and thoroughly enjoyed the various presentations from Handicraft to bees and their pollination by presenter Anna.

By the time this is published several members will have attended Pt Macquarie's 90th Birthday Luncheon on 1st August, which will have followed on from the Group Council Meeting hosted by Bulahdelah CWA at their local Golf Club. Bulahdelah branch then fronts up again the following week when they host their PNG International Day on

Wednesday 8th August at the Bowling Club on this occasion, several members have booked to attend. August is certainly a busy month with Thursday 15th August set down for the Group International & Cultural Day at Eungai-Stuart's Point.

A letter of thanks was received from the Wallamba Show Society for the Branch's donation of prize money for the 2019 show.

Merle gave her report on the Show & Tell Day hosted by Bonny Hills and thanked everyone who helped her with the display. President **Margaret** described the history of a wedding jacket dating back into the late 1800's which belonged to her late mother-in-law's mother. Well done to our member **Coral** who won 1st Prize with her Bilum Bag, (these are the bags that the PNG women and men both use to carry their goods in). Well done to **Coral** who also created an appealing needle felted Koala sitting in the fork of a real piece of timber and received a prize at the Show & Tell. **Merle**, **Penny** and **Jenny** are planning to head to Mudgee early September for a special workshop so there will be lots to learn for the girls.

The trip to Tuncurry Tip Re-cycling organized by member **Jill Hammond** finally took place with 10 folk going and finding out all

about the right and wrong way to recycle items and many thanks to Council presenter **Megan Griffiths**. An important tip to remember when recycling aerosol cans is to remove the nozzle before disposing to save them exploding. Council also had compost bins that you can apply for at a reduced cost.

Pam brought up an item she had read in the "Wingham Chronicle" how the senior students at Wingham High School were collecting plastic bottle tops in various colours providing they have the number 2 or 4 on them to assist a project called 'Envision Hands' which is producing by a 3D process prosthesis limbs.

Penny spoke about the recent premiere showing of *'The Ghindaring'* a locally produced film about the Yowie Legend in the Upper Manning and how most of the actors were from Taree, Wingham and Mt. George. The evening was a sell out and well done to producer **Greg**



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Mansfield.

Margaret's cookery tip for the July meeting was a very timely one with all our fresh citrus being harvested – it was **'Before grating oranges or lemons, dip your grater in cold water, and the rind after grating will slip off very easy'**.

Happy birthday wishes to member Coral for her day on 5th July – hope it was a great one for you.

With no further business for discussion President Margaret then invited Del to give her visual presentation and talk about the proposed re-structures which were to be discussed at HO at the end of July.

Our members asked Del a number of questions which she gave her view on and this helped make the situation a little clearer for all.

Del and the members then enjoyed the 'bring & share' lunch and lots of friendly chatter – Del made the comment she would come more often if such eats were on offer and complimented the ladies for the lovely lunch.

The next meeting of the Branch will be held Tuesday 13th August 2019 commencing at 10.00am at our usual venue of the Uniting Church Hall. All members and interested persons are most welcome to come along and join in.



President Margaret Weller & Treasurer Mary Webber listening to MNC CWA Group President Del speak about the upcoming re-structures planned for NSW CWA.

Pamela Muxlow
Publicity Officer
Wallamba CWA Branch

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Nabiac Landcare



Which plant is a weed? It's very much in the eye of the beholder. Ask a gardener, a grazier, a farmer, an ecologist and a bush regenerator about the same plant and you'll probably get at least six different opinions! Just ask a lawn proud home owner and a grazier about their opinions on clover.

Some gardeners complain when the local weeds officer says they should remove certain plants from their garden. Good gardeners can and do grow plants that are environmental and agricultural weeds safely, however, I have seen several examples of these same plants getting out of hand when properties change hands and the new owners are not conscientious gardeners. If a plant has only one 'baby' a year that escapes into the bush and it's offspring do the same, in ten years you can have a sizable problem. If you want a challenge play around with the maths.

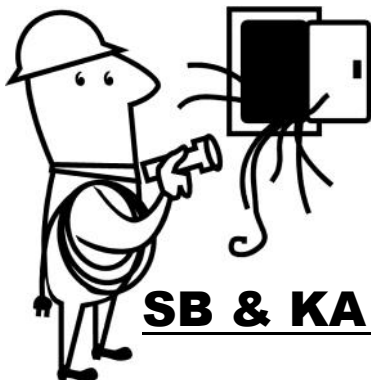
A weed to be looking for this month is Mother-of-Millions. Look it up on the NSW Weedwise website. Our local weeds officers have also been highlighting it in the local media. You may see it at the moment along the road-side flashing lovely orange-red bunches of flowers on a long straight stem. Do not blame the council that it is still there. The plant is rarely noticed unless it's blooming. Do not be tempted to take a bit home!!!! **All parts of the plant are toxic** and full grown cattle can die if they eat enough of it. It is difficult to kill and spreads very rapidly when conditions are favourable. If you are new to the area and don't know Mother-of-Millions make it a point to find out about it. Contact your local weeds officer for assistance if you have a bad infestation otherwise, pick up and bag small amounts and place in your red bin. Be vigilant, check back every few months to ensure total removal. Just remember its name—that is a warning!



The coming months are the best time to work in the bush so if you've got a bit of spare time, consider joining us. Make some new friends, learn some new skills and enjoy a great morning tea.

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. Training, tools and safety gear supplied. Give us a ring if you are interested.

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Between the Pages

Nabiac Library News



Hello Nabiac Library members and friends.

Winter school holidays are now over and our students are back into Term 3! We had a fabulous enrolment for our Winter School Holiday Craft activity morning which was held on Thursday 18th July at Nabiac Library.

The concept of making Dream Catchers was eagerly anticipated and participants were not disappointed. Sadly, as we only have space for up to 10 participants; we actually had to turn away some late arrivals on the day. Our apologies to those who were unable to join in. However, we thank you for your interest and for staying and enjoying our beautiful country library facilities anyway. We look forward to you joining us for our Spring School Holiday activity.

Watch this space! Please note that it is important to book into these events prior to the date to ensure your involvement. Go to <https://library.midcoast.nsw.gov.au/Events> and search Nabiac.

Winter School Holiday Dream Catcher Workshop

Our participants these July holidays were mainly students of primary school age and they had a wonderful time, weaving yarn and 'yarning' at the same time; sharing ideas of design and stories of what their dream catcher may capture. They gained their inspiration from the beautiful samples provided by Yasmine (our lovely Nabiac Library Coordinator) and the vast array of yarns, wools and decorations our library service provided, courtesy of Yasmine and the Nabiac Library. They then used these ideas and materials to create their own dream catchers. Here are some photos from the morning. As you can see, we all had a great time!



AND YES! It was all free including morning tea!

Nabiac Library Renovations Update

The Nabiac Library has been closed for 2 weeks from the 22nd July until 5th August for important renovations and upgrades. We apologise for any inconvenience to our faithful members and friends during this time, but we are sure you will hopefully love our newly renovated library. It will include new flooring and carpet, new paint job and new furniture and shelving. It will also include a second public computer for members to access. We will re-open on Monday 5th August at our usual time of 3pm, all going well with the renovations!

To celebrate this wonderful renovation to our beloved Library, we will be having an official opening on Monday 26th August, starting at 10:30am. This will be followed by a morning tea in the Showground Hall Supper Room catered for by Wallamba CWA. We do hope you will join us. To assist with catering we would appreciate if you would **RSVP by Wednesday 21st August to Forster Library on Ph: 7955 7423**



Libraries



INVITATION

Please join us for the official re-opening of the newly refurbished Nabiac Library



This project has been funded through the Create NSW Regional Cultural Fund, established by the NSW Government to support the development of cultural infrastructure in regional NSW.

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2019



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BEVERAGES: Beer, Wine, Champagne

ENTERTAINMENT: Band +++

PRICING: \$110

AUCTION: Krambach Cup Race

- Krambach Hall :VENUE
- Saturday 21st September :DATE
- Cocktail ~ Best Dressed Prizes :DRESS
- 6:30pm ~ til Late :DOORS OPEN



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Artists of Wallamba

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The 42nd Taree Art Exhibition was an amazingly diverse exhibition with over 300 works hung, a prize pool of \$6,000 and more than 1,000 visitors! The overall winner was *'Bellingen Pastoral'* by Lower Hunter Artist, *Graham Cox*. With 66 solo exhibitions and many major awards, Graham's stunning pastoral scene glowed.



Susie Oldfield with her "Tree Form"

– enquiries: www.glas.org.au

Diane Willey of [fotografsbydiane](http://fotografsbydiane.com), has been very busy recently with a double-page article on her work appearing in Focus magazine, a 'From Our Farm' photoshoot for the wonderful **Greenhouse Café** in NABIAC, and a number of her photographs winning feature spaces on Channel 10's Weather Wall segment. Contact Diane for all your photographic needs at fotografsbydiane@gmail.com



Gemma Stylz is a talented local and professional artist with an exciting diversity of styles, subjects and mediums. Gemma is available for visual art and fine art commissions and sales. Contact Gemma via her Facebook page **Gemma Stylz, visual art services** or visit her wonderful new website www.gemmastylz.com

'Rise Above' Oils by Gemma Stylz

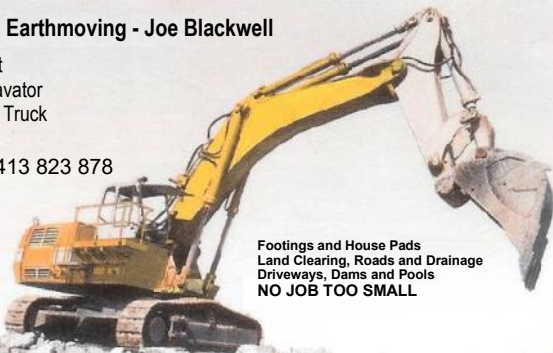


'Sticky Beaks' by fotografsbydiane

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The member exhibition continues at **Krambach Hotel**, so do drop in to view the artwork, enjoy a relaxed drink on the back deck and a great meal from the bistro.

There are so many **workshops, competitions and exhibition opportunities** in our region being listed by members on our Artist of Wallamba Facebook Page. So, if you are a local artist seeking a vital online community, please request to join Artists of Wallamba. We offer great support, ideas and inspirations to each other, the opportunity to meet face to face and to get out and about our wonderful area to photograph, draw and paint.

Our next meeting is in Nabiac on Saturday 3rd August at 10am. 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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The **AGM** of the
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All position are vacant

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THE WALLAMBA DISTRICT
A & H ASSOCIATION (NABIAC SHOW)
AUXILIARY LADIES COMMITTEE will be holding
its **AGM**
in the Foyer of the Showground Hall
on Tuesday 13th August at 1:30 pm.

We would welcome any new members who would be interested in contributing to our volunteer work contributing to catering for the many events in our local showground.

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Nabiac Village Futures Group News
My Community Projects Voting is now open for Myall Lakes residents to vote for project funding. Our **Nabiac Anglican Church** has a project for interior painting and new ramps to make the building more usable and friendly for parents and young children attending Playgroup, and for the kids who come for fun and activities before and after school and in the school holidays. Project **Vibrant Spaces** is a project for street art in towns such as Nabiac.



How to Vote ? ** Online, you will need to have your Service NSW login and Medicare card, search for **My Community Project**, select **Myall Lakes** and follow instructions. ** In person, go to Service NSW at Tuncurry or Taree with your Medicare card. You have until 15th August to vote.

A big thank you to the **Op Shop volunteers** for fundraising for the purchase of the new Oval trees and to our **volunteer tree planters**.

And it's also good to see further repairs happening at Nabiac's War Memorial.

Louise Collins



Congratulations To All Involved. It would be difficult to miss the changes happening around our village. **The replacing of the fence outside the school has an interesting history.** Years ago (perhaps in 1960 or 70s), there were volumes of ongoing correspondence with the then Manning Shire, the then DMR (now RMS) and the Education Department by both the Progress Association and before, the Nabiac Advancement Committee on this very matter.

Appears that each blamed the other for the condition of and the repair of same. No matter how many pleas and cajoling were made, no action was ever accomplished over that long period.

How satisfying to see at last Council has agreed with the Village Futures Group and the results we now see. Similarly, the VFG has been instrumental in the give way signage and painting of the road-way at the lower end of the Memorial Park and of course the new kerbing adjacent to the park in Clarkson Street.

Significant thanks must go to our Mid Coast Council for listening to the concerns of the Village.

Bruce Weller



New curbing running from the school to the end of the park



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News from NABIAC Memorial Neighbourhood Centre

Did you know? This first building on this site was constructed as a hospital in 1915, on privately owned land. In 1947 a committee of trustees appointed by the RSL purchased the land and the building from private ownership to be operated as the Wallamba War Memorial Hospital.



After the hospital closure in 1981, the continuing Management Committee created the NABIAC Memorial Neighbourhood Centre. Trusteeship for the land and buildings was transferred to the NABIAC Memorial Neighbourhood Centre Association Incorporated (NMNCAI) on 30/4/1987. This Trusteeship for the land and the buildings continues today some 32 years later. In 2014 a large shed was constructed at the rear of the block to house goods donated to the Op Shop. In 2018 the shed was extended.

The Management Committee have the responsibility to care for the land, all buildings on it, all assets owned by the NMNCAI and to oversee and support the community activities of the Neighbourhood Centre.

The Subcommittees of the Neighbourhood Centre are

- ♦ NABIAC Second Chance Opportunity Shop
- ♦ NABIAC CTC
- ♦ NABIAC Village Futures Group (NVFG)
- ♦ NABIAC Landcare
- ♦ Aub Ferris Sports Complex Redevelopment
- ♦ NABIAC Farmers Market

All volunteers belonging to each subcommittee are insured by the NMNCAI and are members of the Association.

The NMNCAI has 3 tenants - **NABIAC and District Preschool** (operating in the old Hospital's Maternity Wing), **Karuah Great Lakes Landcare** with a small office on the side verandah, and **Petras Pantry** (in the commercial kitchen established for Meals on Wheels). We also host the new NABIAC Community Garden managed by KGL Landcare and established in 2018.

NMNCAI has an AGM each year when a new Committee is elected and has (at 28.06.2019) 81 members.

President Kit Carson; **Vice President** Colin Henderson; **Treasurer** Ross Dearing; **Secretary** Louise Collins; **Committee** Hannah Lindbeck, Graham Lindbeck, Ann Newlan, Carol Grace, John Baker; **Public Officer** Louise Collins

Committee meetings are held the second Thursday, every second month at 7 pm.

Contact Secretary

Louise Collins Ph: 0409 585 635

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MINIMBAH MATTERS



Minimbah Rural Fire Brigade has just had their truck in for its scheduled maintenance check. These checks are carried out on all NSW Rural Fire Service (RFS) appliances at regular intervals to ensure they are safe, roadworthy and bush-fire ready. Depending on the work required, the Brigade may be without a truck for several days, so just because you see a Fire Station, and there may be a crew available, it doesn't necessarily mean they can turn out.

Even at the best of times, there are never enough fire trucks for every house.

There never seems to be sufficient fire fighters available either. Work commitments, family commitments and life in general is time consuming. Having taken all that into consideration, how about investing some of your "spare time" into your local Rural Fire Brigade. Minimbah Brigade is always in need of new Members. **On the second Saturday of each month we have a meeting at 9am, and this is followed by some training. Our other training day is on fourth Wednesday of each month, also at 9am. The meetings are at our Fire Station which is at 681 Minimbah Road.** Like we said – work commitments etc., are time consuming so we have a weekend and a weekday training session each month to best cater for everyone. For more information, or to express your interest in joining our Brigade, please email our Secretary on minimbahrfb@hotmail.com

Six electronic Fire Danger Rating signs have recently been installed across the Mid Coast District. The new ones are hooked up to a feeder network which enables the RFS to change the rating simultaneously across the District, rather than manually. Up-to-the-minute specific warning messages can be provided on the signs, and therefore further help communicate the risk of fire danger to the community. We expect they will get a workout this season. Already in July we have had some days with High Fire Danger Ratings and some well-planned pile burns escaping private property.

For several years the Bush Fire Danger Period (Permits Required) in this area has been scheduled to start at the beginning of September. **HOWEVER Yes, you guessed it!**

The 2019 Bush Fire Danger Period commenced on Thursday 1st August.

An early introduction of the Bush Fire Danger Period has been approved for the Mid Coast RFS District due to the current dry spell, forecast weather conditions over the next 3 months, lack of rainfall and

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increase in the number of escaped burns. From this date, until further notice, any person wishing to light a fire for the purposes of burning off or hazard reduction will require a Fire Permit. To enquire about Fire Permits, please contact the **Mid Coast District Office of the NSW RFS on 1300 Mid Coast.** That translates to **1300 643 262**

A trained representative of the RFS will inspect your proposed burn pile/area and if it is deemed safe to burn will issue the required free Fire Permit. If you are doing your best to prepare your property by carrying out some burning, once you have your Fire Permit, please be mindful of the requirement to give your neighbours and the RFS at least 24 hours' notice. Also please be mindful of the need to check the current and forecast weather conditions before you light up.

Your Fire Permit comes with certain conditions, and these are printed on the document.

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Report all unattended fires to
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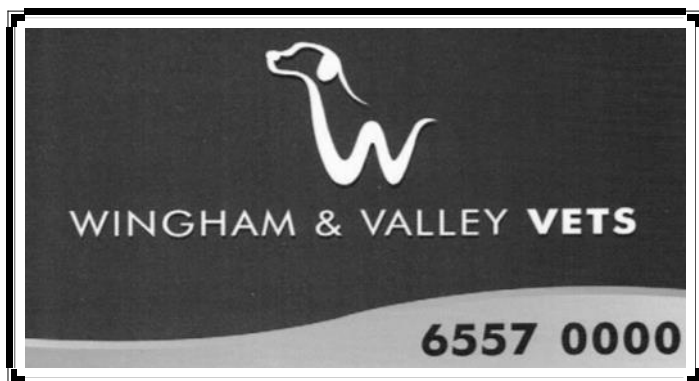


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Unique, hand-made and products - There's a raw & real beauty in hand-crafted wares, especially ones which have a low eco-footprint and are in tune with the market ethos; "hand-baked, hand grown, or hand-made".

Find truly unique, beautiful jewellery; pottery; beeswax wraps, natural skin care products and a range of textiles, including quilts and baby clothes. Even pets can purchase their own natural treats!

Inspiration – Fresh salad greens with natural dressings; Sour-dough bread for dipping in fresh olive oil and balsamic vinegar; bright colours of tomatoes, oranges and apples pop from the stalls. Pumpkin, spinach, garlic, herbs and eggs for a delicious frittata, deep pink beets & salad greens. Accompany with cheese, nuts, olives & sour-kraut. Relish the simple pleasure of dipping a cracker into a zingy tomato chutney. Chocolate and home-made cakes to follow. Fresh flowers for the table... a glass of wine, beer or Kombucha completes the meal!

Life - People connecting with each other & their community: a basket with huge green silver-beet leaves spilling out, propped against the owner's leg, whilst they sip coffee and chat under a worn, broad hat. People browsing stalls, stopping to taste, touch and sample the produce. Relax and enjoy a massage.

Remember your bags and that stall-holders will be there, rain, hail or shine. Thank you – market committee ☺.

*Stall holder applications are open. Simply go to the website and download the vendor information forms from the website: nabiacfarmersmarket.com or Call: 0422 177 122.



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WOOTTON NEWS

We're feeling wintery in Wootton with clear nights and white frosts across the paddocks.

There's only been a little rain and the fire permit season started 1st August – **NO FIRES WITHOUT A PERMIT** and Fire Control will advise what is permissible depending on conditions. The Wootton brigade are holding extra training sessions and visiting properties to find water sources for firefighting. Landholders can do their bit by having a fire plan and making sure their fire equipment is working.

The July trivia night was won by the "West Side Story" team, and a big thankyou to Megan and Peter for organising it.

In August, the community dinner will be a "Country food" night on Saturday 31st August, \$20pp from 7pm bookings essential.

The Brush Turkey Café is open for morning tea from 10 to 11.30 on the second Sunday of each month (11th August).

Wootton Library is open Sundays from 10-12, and Food Swaps are held on the second Saturday of the month (10th August), from 5pm in the grounds of the Hall, followed by supper and fun in the café \$10pp from 6pm bookings essential. Yoga is on every Wednesday in the Hall from 9.15 with additional after-school sessions planned for spring-time.

The August-September "Wootton Valley News" has been delivered to letterboxes around Wootton. Thanks everyone for sending your stories and photos to share. If you hear of anyone who missed out please contact us brushturkey@live.com.au. It's also available online at <http://wootton.org.au/wvnews/August2019.pdf> and news updates will be posted on the "[Wootton Community](#)" facebook page.

Fred

Remember if you want to know what is happening in Nabiac, just look it up on the web - **nabiac.com**

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

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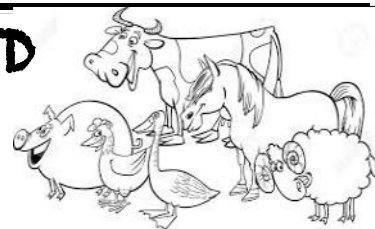
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Permaculture in the Garden

Hi everyone!

For this month's issue, seeing as how we're coming into the best time of year for planting, I thought I would explore the topic of food forests. I have been approached by a number of people this year interested in planting out a food forest as a way of growing food for their families long into the future and it's such a great idea I want to share with everyone what they're about.

What is a food forest?

Food forests are a low-maintenance food production and agroforestry system based on woodland ecosystems, mirroring nature's desire to grow in a layered fashion.

Imagine the forest with its tall canopy trees, all the understorey plants and then the forest floor with its saplings and ground covers. These are our forest layers. Even our bush has its layers with towering gums and hardy undergrowth (sadly often lantana). This growth pattern is based on the idea of succession. Leave even the barest paddock untouched for long enough and in time hardy (often weedy) species will pop up. These are our pioneer species and are super important. They put carbon in the soil and start holding the soil together better, they attract and start to feed microorganisms improving the soil that little bit more. Then one day a bird flies overhead and poos, dropping a seed package and now that the soil has improved even that little bit and the grasses and weeds provide some protection, it germinates and as it grows it puts more carbon in the soil and creates bigger roots, feeding more microorganisms and holding more moisture in the soil creating conditions for more plants to survive. As it grows bigger (perhaps it's a tree or a shrub) it starts to drop bits and pieces that break back down into the soil, creates shade and protection for more understorey species to begin to grow and attracts more wildlife that potentially bring in more and varied seed. As it grows it also begins to shade out the pioneer species which die off and break back down into the soil and so it becomes a closed loop of self-sustainability and a battle of the species.

Now imagine walking through a forest where everything, every layer was edible! This is a food forest.

There is a lot to gain from following this concept. There is strength in diversity. Nature knows what it's doing and it would be silly not to learn from it. Food forests also ultimately mean less work. Less weeding and feeding and if done well, less watering. Not only that but you can grow your own food and improve the soil at the same time.

Next issue of ATF I will share how to grow a food forest, some great species for growing in this area, also how you can play with the principle of food forest to suit you in your context.

For any other info you can contact me on 0473 372 825 or freerangechange@gmail.com.

Lauren ☺



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REAL KULTCHA

Just to complete the first entry in last month's epistle, I should mention our Ash wasn't able to put the finishing touches to the French Open/Wimbledon double. I watched as much as I could, but the matches are played on t'other side of the globe and I'm a delicate little cherub who needs my beauty sleep. We all know now she came up against a very hungry opponent who blasted her quite unceremoniously, off the court. But she'd done enough and covered herself with dignity getting as far as she did. 2019 hasn't finished yet and 2020 is just over the horizon. Ash will be better for what she's been through this year.

Over in the other side of the draw *the old man of the sport* (better known as *The Fed* or *Roger The Great*) let it be known that while he might be in the close shadow of 38 years of age, he's not about to surrender to anybody without a serious discussion! His match in the semi final against Rafa was one for the ages and just shows what a great sport tennis is. Roger took the first set in a tie-breaker and then fell in a heap in the second losing it 6-1. Many of the pundits were writing him off but they forgot two things: Roger is a fighter and in tennis, though you might be in all sorts of bother, there's no time limit on the match so if you can get your mind and ability back together there's nothing stopping you going on to win the game and that's what Roger did. Yes, I know he lost a couple of days later to Novak, but in the meeting with the younger and belligerent Spaniard, he drew a line in the sand: if the rest of you players want to get a shot at the Wimbledon final, you've got to get past me! And how long will he be this old "gatekeeper" in world tennis? How long's a bit a string? My advice, don't bet against *The Fed*, he's going to be around for a few years yet.

The State Of Origin has of course, finished for the year and *The Cockroaches* (that's the NSW side for you dreamers who haven't been paying attention) evened up the score in the rain in Perth and then powered on to win the third game in Sydney in what I'd describe as, true *Canetoad* style. By that of course, I mean, not giving up and playing it out till the final whistle blew. It really did look as if the maroons had decided to just go through the motions in the last couple of minutes and set themselves for extra time but *The Cockroaches* had other thoughts and began a raid down the right wing that was capped off with an incredible try so close to the hooter that the conversion (which wasn't needed but the officials insisted it had to be



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taken) was kicked amid confusion and long after full-time. It was a great game, it meant NSW had backed-up their win of last year and of course, that absolutely stunned *The Canetoad* faithful, who've become accustomed to winning the annual clash for quite some years. I predict 2020 will be a hotly contested State Of Origin and I've already booked my seat in front of the TV!

And so we move to cricket. First, *The Southern Stars*. Oops, I've made a *faux par*. They not called that anymore. The boffins in Cricket Australia have decided (in their weird wisdom) to name the two sides (are you sitting down?) - with a view to gender equality - The Australian Women's Cricket Team and The Australian Men's Cricket Team! What a load of cobblers! I really liked the name, *The Southern Stars* and I actually named the men's team *The Galahs* because the way they play reminded me so much of how a flock of galahs mess about near my home! Both names had an Australian connotation and that fitted in with a raft of names other national teams have been given over the last fifty or more years. It's political correctness gone feral.

Anyhow, *The Galahs* (try and stop me) did well through the early matches of The Cricket World Cup but when the whips were cracking, they wilted and bowed out. The final saw England and New Zealand fight it out and that's the correct word, as they finished tied after their 50 overs. What happened then was they went to a Super Over (or something like that). The result saw England score 16 runs while New Zealand could only muster 15. As far as *The Southern Stars* are concerned, they'd dealt out a comprehensive *whoop-ass* to England throughout the summer and the final hurdle was a four day Test match at Taunton: win or even draw that and *The Stars* had won the series! It's a matter of history now that Ellyse Perry stepped up big time (again) and when the dust had settled (although it is England a dust very rarely occurs) just before the rain set in, *The Stars* had amassed 5-341 and that ensured a draw and a series win. They did extremely well and deserve all the plaudits they'll get.

Bernard Tomic got fined 25% of his "winnings" (\$A73,000) for tanking in his first round farce at Wimbledon but he can get it back if he plays in 8 slam events over the next 2 years without a code violation. Who cares?

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Our **GREY GHOSTS** are on the move again

"We need to get away a bit" Uh? oh, ok where? "Queensland's nice at this time of the year"

So it was and first night caught up with **Phil Mathews** the Uniting Church Minister stationed at Hallidays and Nabiac some years ago. Phil is the Rural Chaplin for most of NW NSW. Not a lot of publicity for those providing counseling for so many doing it tough. Nabiac congregation is aware of this and has been providing funds for some time for Phil to distribute as he sees fit. Women trying to run large properties on their own may only need a hot water tank replacing or an accountant paying to complete their tax return to enable to get some Government assistance. Simple things. Very few have any funds left and it's extremely stressful for those looking after them, such as Phil.

A couple of stops and we are in Biloela, inland from Gladstone Qld. Biloela has a population of close to 6,000. It is the administrative centre of the Banana Shire, no bananas ever grown here, rather it was named in the 1860's after a huge yellow bullock named Banana that was trained to mingle with the wild bush cattle and enable them to be corralled and captured. It boasts the second largest abattoirs in Qld, has two major coal fired power stations and coal mined for export, dry land cropping and irrigated lucerne.

But the reason we are here is the annual Biloela "wheels in motion rally" where a large collection of tractors (some 80), stationary engines (50+), steam engines and tractor pulling are held at the local Old Machinery Group rally grounds. A good two days here with amenities larger communities would cry for.

Onto Rockhampton with 66,000 other people. Founded in 1858, this large city is a result of the gold fever that gripped the area with the discovery of gold at Mt Morgan west of here. Some 262 metric tons of gold were extracted in the 99 years of its operation from 1882. It was once the largest gold mine in the world and also exported large quantities of silver and copper. Gold money from here founded the Anglo Persian Oil Company which in 1954 became British Petroleum or BP

Consequently, Rocky was the nearest port on the Fitzroy River, however, a massive natural rock outcrop prevented ships navigating any further than the present location. Serious infrastructure happened here and the substantial sandstone buildings, including the wonderful domed Customs House are still in use today. The Catholic Cathedral alone is worth a visit.

Heading south tomorrow.

**Loved the bit about "Banana" - not a very masculine name for a male animal. Ed.*

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.

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Lyn's Larder

As the cold weather is still with us, how about a nice **HOT** curry. I used to make this a lot for Paul. *It is from an old 1971 Woman's Weekly cooking pamphlet*

CEYLONESE BEEF CURRY

INGREDIENTS

1kg	Chuck Steak cut into 2cm cubes - fat trimmed off
2½ cups	Water
1	Onion - medium, sliced
2cloves	Garlic crushed
1sml	Chilli, crushed
1tbsp	Green ginger, chopped
1tsp	Salt
1tbsp	Curry powder
½oz	Butter
1tsp	Ground Cumin
1tsp	Ground Cardamom
½ tsp	Ground Cloves
1tsp	Ground Ginger
½tsp	Cinnamon
½cup	Coconut Milk
1tbsp	Lemon Juice

METHOD

- Combine in a saucepan water, sliced onions, crushed garlic, chopped chilli, green ginger, curry powder and salt; add meat, cover and bring to the boil. Reduce heat and simmer 40 minutes.
- Heat butter in another saucepan, add cumin, cardamom, cloves, ginger and cinnamon, gently fry for 5 minutes. Add to the meat with coconut milk and lemon juice, cover and simmer a further 20 minutes or until the meat is tender, stirring occasionally.

Serve with hot rice and curry accompaniments i.e. chopped tomato and onion, dry coconut, yoghurt, chutney, etc. & papadams

I used to use very small dried red chilli which is extremely hot as Paul loved spicy hot curries. Bit too hot for me so lots of yoghurts on mine.

Clueless striptease

George is passing by Bob's shed one day when through a gap in the door he sees Bob doing a slow and sensual striptease in front of an old red Massey-Ferguson tractor.

Buttocks clenched he performs a slow pirouette and gently slides off, first the right Welly boot, followed by the left Welly.

He then hunches his shoulders forward and in a classic striptease move, lets his braces fall down from his shoulders to dangle by his hips over his corduroy trousers

Grabbing both sides of his checkered shirt he rips it apart to reveal his tea stained vest underneath and, with a final flourish, he hurls his flat cap onto a pile of hay.

"What on earth are you doing Bob?", says George.

"Lord tunderin' jeezuss, Bye, ye frightened the livin' s..t out of me," says an obviously embarrassed Bob,

"Me and the Missus been having some trouble lately in the bedroom department and the Therapist suggested I do something sexy to a tractor!

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Nabiac Team Penning

The thought of Nabiac Team Penning Club first came about when a comment was made saying how good it would be if

Nabiac had a club.

So a few friends got together to see if it was possible; after sorting a lot of things out, it looked like, yes, we might have a Club. We could get the Show Ground to hold the event, but we had no panels to set up yards for cattle or to run the events and the Nabiac Show Committee gave us a start by kindly lending us their panels till we could buy our own.

Over time we had fundraisers and donations and lots of support from people near and far as well as the locals. We even held an Auction Night which was a great success. All money raised on the night, as well as all other donations, went towards buying our own panels. Even the Nabiac Op-Shop came on board with a donation of \$5,000.00 which then allowed us to buy our panels.



So, a "BIG THANK YOU" to the Nabiac Op-Shop from us all.

Also **Thank You** to Marion & John Clark, the Pike Family and Pete Dukino for the donation of the cattle, and our loyal cattle carter, Terry Rylston and the Gooch Agencies for our crush and yard, our local SES giving up their week-ends to do our First Aide and to our members, a **Special Thank You** for coming to our days and making it a great week end for all

We have Team Penning for 2 days every second month, so why not come and have a look as we are very family friendly.

We have a canteen on the day and entry is Free into the ground

Nabiac Team Penning



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Good Medicine

Anxiety

We all get anxious and fearful at times – about almost anything, from making a speech to travelling on a plane! But is anxiety holding you back from living life to the fullest?

Many of our fears can be irrational. For instance, 70% of passengers are afraid of flying but statistics show 2,999,999 flights in 3,000,000 won't crash - that's reassuring. However, chances of being struck by lightning are 1 in 13,000!

Anxiety symptoms can range from irritation, headaches, perspiration, stomach upsets to full blown panic attacks (to mention just a few).

What could you do to help reduce anxiety? To increase your brain's natural opioids which make you feel relaxed and happy here are some simple steps you can try:

- * Get more omega 3's such as fish and flaxseed oil

Students who took omega 3's were less anxious at exam time.

- * Exercise. Running or walking causes your brain to release endorphins (natural feel good chemicals) and hormones like serotonin. Plus getting out in the sun will boost your good mood vitamin - D

- * Aromatherapy. Scents like lavender and vanilla can relieve anxiety.

- * Read or watch something that tickles your funny bone. Laughing is one of the quickest and most enjoyable ways to release natural opioids in your brain – the perfect reason to sit back, relax and watch reruns of your favourite funny sitcom.

- * Hang out with friends. One study found that having more friends causes your brain to release more endorphins.

- * Deep breaths. If you feel anxious or in a panic, try focusing on your breathing. I believe God created us from dust and *breathed* life into us (Genesis 2:7).

The Bible tells us not to be anxious about anything but instead, pray about everything.

The Counsellor



NABIAC HOTEL SOCIAL CLUB

**ANNUAL MEMBERSHIP IS ONLY
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We assist local organisations or otherwise on a needs basis



NABIAC HOTEL SOCIAL CLUB

PUBLIC NOTICE

ANNUAL GENERAL MEETING

The club is having its **AGM on Sunday, 25th August** commencing at 2.30pm at the rear of the Nabiac Hotel. If anyone would like to come along and hear what we are all about, you are most welcome. However, **IMPORTANT - you MUST be a financial member to attend.** Endeavour to arrive at approx. 2pm. We will be accepting annual membership fees prior to the commencement of the meeting, currently at \$5 for singles, and \$10 for couples/families of children <18 years of age. You will be given 2 pub beer/wine vouchers to use on that day.

Voting will take place for election of office bearers.

A BBQ will follow the conclusion of the meeting.

Hope to see our current and any new members in attendance.

Maureen

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 Bernadette's Catholic Church, Krambach

August Mass times are Saturday 3rd at 6:00pm - Mass; Saturday 10th at 6:00pm - Mass; Saturday 17th at 6:00pm - Mass Saturday 31st at 6:00pm

September 7th at 6:pm

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 service will be each held at **10:00 am.** All welcome

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

We also provide Vacation time care.

Call **Joy** on 0438 273 360.

St Isidore's Catholic Church, Nabiac

July time is Saturday 27th at 6:00pm - Liturgy

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Barb available on Monday - Tuesday - Wednesday - Thursday

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

Hi everyone,

Just a reminder that Father's Day is next month.

We have gift vouchers and packs available for those dads who have everything. Take care of each other, stay warm and healthy. I will now leave you with the saying of the month:

"If you have the power to make someone happy, do it. The world needs more of that."

Belinda & Barb & Jess ☺

Do you need a *Justice of the Peace*?

Then contact

Stuart Weller on 6554 1904 (Nabiac)

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

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

Jackie Buckingham, Buckinghams Real Estate, Nabiac on 6554 1107

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

Julie Arnoux, 2 Cowper Street, Nabiac on 0434 253 266

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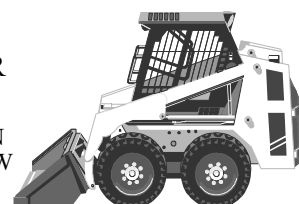
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