

and it's FREE, too!

# ACROSS THE FENCE

## KINspirit Iris, Flower & Photography Show

Details page 3

## GOLF FAMILY FUNDAY

Wingham Golf Club  
Raising Money for  
**WESTPAC RESCUE HELICOPTER**  
Details page 3

## HAPPY TO SCHOOL AND OLD OLIDAY THE KIDS

Spring  
Forward!

Remember to turn  
your clocks forward an  
hour on Sunday 6th

News from the Wallamba Watershed is a





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## Editorial.

Missing a few articles again this month so you get some funnies to fill the holes.

A few things happening to keep those so inclined, interested.

Wingham Golf Club is having a family fun/game day to raise money for the Westpac Helicopter. Should be a great day for the golfers and their kids can attend and hit the entertainments provided. Very worthy cause to raise money for.

Lyz Taylor is holding her annual Iris, Flower & Photography show at Burrell Creek Hall. I understand it is a great day to see the flowers on display and check out the local photographers works.

School holidays have started already. They seem to come around faster and faster. The Library has a lot of things going on to keep the littlies occupied and out from under mum's feet for a while.

Can't blame the approaching dreaded "daylight savings" for getting me up early at the moment as the light has been waking me at about 5.30am and all the critters seem to think I should be out there with the feed bucket because they are all up and making noises.

I have a family of possums who must be starving as they have been stripping all of the bark from my custard apple tree. Not just little strips, but whole branches have been stripped and ring barked which is causing the tree to die. Never seen it happen before in the 18 years I have been here. The tree is over 40 odd years old and now just about dead.

Bunyah Hall had a fabulous day again for their fundraising fete. It amazes me that they raise so much on a weekday—think what it could be if it was on a weekend. Congratulation to all involved - a lot of hard work goes into this type of event.

I have printed a poem written by Bob Mann, our History reporter. Lots of hidden talents out in 'them thar hills'. Anyone else a budding poet who might like to display their talents in the paper????

Just loved Minimbah Fire brigade's new recruit. The absolute epitome of a "chick chic" in her different outfits. Great idea Jan!

Like everyone else, I am getting a bit desperate for some rain. Seem to miss all the showers that fall in the area and looking at having to possibly get the tank topped up if none falls soon. Thankful that it is not like the "old days" when it was rain that filled it and now I can just call the water tanker to bring me a load. Have heaps for watering lawns etc. if I want to fork out a fortune for the electricity. Pity it is not drinkable and is a tad stinky.

'til nex month

Lyn & Tilley Cat & , Timidthy



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## WHAT'S HAPPENING OCTOBER, 2019

### Markets & Events.

• Bulahdelah	(1st Sat)	5 <sup>th</sup>	8am to 1pm
• Blackhead Bazaar	(1st Sun)	6 <sup>th</sup>	8am to 12 noon
• John's River Country	(2nd Sat)	12 <sup>th</sup>	9am to 1.30pm
• Wingham Community	(2nd Sat)	12 <sup>th</sup>	
• Myall Quays	(3rd Sat)	19 <sup>th</sup>	9am to 1pm
• The Hub Taree Showgnd	(3rd Sat)	19 <sup>th</sup>	8am to 12 noon
• <b>Krambach</b>	<b>(3rd Sun)</b>	<b>20<sup>th</sup></b>	8.30am to 1pm
• <b>NABIAC</b>	<b>(Last Sat)</b>	<b>26<sup>th</sup></b>	8am to 12 noon
• Old Bar	(Last Sun)	27 <sup>th</sup>	7am to 1pm
• Pacific Palms	(Last Sun)	27 <sup>th</sup>	9am to 1pm
• Forster Town	(2nd Sun)	13 <sup>th</sup>	8am to 2pm
• Halliday's Point	(1st Sun)	6 <sup>th</sup>	8am to 11am -?
• Town Head	(every Mon)		8am to 2pm
• Mt. George	(4th Sat)	26 <sup>th</sup>	8am to 2pm
• Forster Farmers Market	(3rd Sat)	19 <sup>th</sup>	8am to 12 noon
• Bobbin Community		— <sup>th</sup>	9am to 2pm
• Tuncurry Markets	(4th Sat)	26 <sup>th</sup>	8am to 1pm
• Burrell Creek	(2nd Sun)	13 <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.

### ADVERTISING COSTS

Advert Size	1 Mth	6Mths (per month)
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**HAIR by Shaz** A huge congratulations goes out to **Cassie** our wonderful beautician and we would like to welcome her new daughter, Gracie. Cassie wishes to thank all her lovely clients for your messages, thoughts and gifts.

Cassie will be cutting down her hours for a little bit but is still taking appointments on selected days and times for her regular clients, so please feel free to call or message direct to arrange any appointments needed. 0421 901 331.

October is here already; daylight saving means longer time spent outdoors whether it be in the pool or at the beach in the surf and sun. We must keep one step ahead of dry, brittle hair that comes with this change.

Our wonderful CPR range, Reconstruct Recovery complex; this product is a porosity equalizer, refines the cuticle and reconstructs the cortex, it has active botanical extracts of jojoba oil, sunflower seed extract, Swiss grape seed, Panthenol, Keratin, Silk and Vegetable proteins. Just beautiful for dry damaged hair.

No one wants to hear they are only 2 appointments away from Christmas and **Stacey & Shaz** are filling up very quickly, so please phone the salon so you don't miss out for your hairdo.

Don't forget that we now have a Credited Dietician / Remedial Masseuse on premises so phone **Ali** direct on 0401 489 447 for further information.

Stacey will be working and looking after the salon while Shaz is on Holidays for 2 weeks, so don't be shy. Stacey has 22 Years experience in the Hairdressing industry and is a very talented Blonde specialist and all aspects of hairdressing so please phone 6554 1585 to secure your booking.

Until next time :}

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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**SPECIAL GUEST APPEARANCES FROM TAREE RESCUE SQUAD, TAREE POLICE AND WINGHAM FIRE & RESCUE**

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The 13th Accent on -

## Iris, Flower & Photography Show

Saturday 19th October

10am to 3pm

Burrell Creek Hall

Entry: \$3:00

Light Refreshments available  
 (support the Hall)

Everyone is encouraged to enter the show

Contact Lyz to receive a show schedule

Presented by KINSpirit Iris & Daylily Farm

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## CTC @ Nabiac

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

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

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

Photocopying & faxing is available Monday to Saturday mornings

Courses are offered to beginners and advanced users, so come along .

Some of the services and courses on offer at the moment are:

**Monday Mornings:** 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

Jillian Wood

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**147 Manning River Drive, TAREE SOUTH**  
 The Stable Pty Ltd (Est. 1977) trading as Stable Sheds & Garages  
 ABN 26 008 538 529 LIC# 179074C

Congratulations to **Brian** and **Angela Kelleher** (centre and centre right) of Stable Sheds and Garages (Taree, NSW) who were crowned

our first overall Shed of the Year winners at last week's Gala Dinner in Adelaide. On the night, Brian and Angela were congratulated by Charles Krivaci, Janine Scott (left) and Amanda Armistead (far R) of Fair Dinkum Sheds.

The event was part of Fair Dinkum Sheds' 2019 National Conference, which saw over 100 distributors come together to celebrate what it means to be part of the FDS brand

*Stable Sheds and Garages, a local family business owned by Angela and Brian, said the win was an honour for them and their small team.*

*"No one was more excited than me, and everyone's extremely proud – we're grateful for the awesome team we have and the support from our amazing community," Angela said.*



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**Local History - The Wallamba** — Another in a series of historical articles gleaned from the archives of the "Manning River Times, 1937, by Bob Mann

**NABIAC: MAY, 1937:** As *Dallas Wright*, son of Mr and Mrs *C.K. Wright* of NABIAC, was returning home from school on April 22<sup>nd</sup>, his pony shied at a culvert. The boy was thrown from his pony and rendered unconscious. He was taken to NABIAC by Mr *J.J. Carey* and allowed to go home the same night. *Eric Wright*, another son of Mr & Mrs *Wright*, was getting firewood one day last week when a piece of wood flew up and cut his ear right through. He was unable to go to school for a few days.

Mr *Ken Brown*, of Darawank, was competing in a hunt on the 2<sup>nd</sup> afternoon of the NABIAC Show when his mount fell at a hurdle. Mr *Brown* was thrown and as a result, his collar bone was broken. He was conveyed to the NABIAC Hospital where he remained till Tuesday.

**KRAMBACH:** The excitement of the Wallamba Show has now quietened down and the patrons are slowly recovering from the bruises and severe shaking received on the roads above the NABIAC Crossing in negotiating the journey to and from the showground. Exhibitors from the top of the river more than held their own in the awards in all departments. Many of the districts best stock hail from such breeders as Messrs. *Schneider*, *Paterson*, *Paff*, *Mann*, *Andrews* and, upheld the records held by them. I'm sorry that Mr *P. Schneider* (snr.) was not able to attend through sickness, but I understand he is progressing satisfactorily.

Mr *Theo Paff* is not in his usual good health, but is being attended to and soon hopes to be home again. Mr *W. Carney*, our popular butcher and baker, has I'm sorry to say, found it necessary to enter the M.R.D. Hospital for surgical treatment. His condition is giving some concern at the moment, but reports each day are more assuring. Mrs *Tom Gallagher* has also been an inmate of the M.R.D. Hospital for several weeks but has progressed sufficiently enough to be allowed to go to her mother's home as an out patient. Mrs *W.J. Martin*, who has been an invalid for some years, is not as well as she has been, but we hope she will soon improve.

Mrs *J.J. Gallagher*, has again returned to her home in Chatswood. She has been on a health trip to Krambach where she spent many years in the Commercial Hotel, now carried on by her son Austin. She improved very much while here and we hope to see her back again at a later date restored to her former good health.

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Winter is gradually coming on us and the grass supply is by no means scant, the prospects of a good season, a better one than last year, are very promising. Winter fodder crops are showing everywhere and stock are in first class condition.

Tennis is again on the move here and players are getting into practice for the season here which promises to be a busy one. Football so far this season is lacking the vigour and enthusiasm that is usual to our boys. I hear the same complaint has attacked each club and rumour has it that Bunyah, the team that showed such promise early last year, has decided not to form up this year. This is regretted as they were spoken of very well last season as the most improved team in the competition.

**DYERS CROSSING:** The Church of England Ladies Guild held a successful Euchre Party and dance at Mr *D. Griffiths* on Wednesday evening. The attendance was good and all seemed to enjoy themselves. The Euchre prizes were won by Miss *Lynch* and *Bob Stevens* while Mrs *Harry Griffiths* was a runner up. As a result of the ladies effort a sum of £6 was handed in to augment the building fund for the proposed new church at the centre.

The Dyers Crossing Road is in a deplorable state at present and has a long time passed the stage of corrugations and pot holes and the time is fast approaching when fish will thrive in in this miniature lake formed after the last rain.

Mr *Stevens*, the mail contractor, broke a spring this week and some relief should be given immediately to prevent similar happenings.

Mr *Watts* was busy unloading corn from a dray when the horse unexpectedly moved forward with the result that he overbalanced and fell heavily to the ground, falling on his shoulder. He received a nasty shaking and it was at first thought that medical attention was needed. Mr *Watts* proved his strength of endurance however, although his gait is not as brisk as formerly.

**REVEREND INJURED IN CAR ACCIDENT:** The Rev. *W. Griffiths Cockrane*, Rector of NABIAC, is in the Newcastle Hospital with a compound fracture of the right arm and suffering from shock as a result of a motor accident. Mr *Cockrane*, with his wife and two children, were driving from Bulahdelah on Friday afternoon. Ten miles from Bulahdelah, as they were passing another car the car went off the road and turned over on its right side. Mr *Cockrane's* arm was pinned under the car and the others in the car flung on top of him. Help soon arrived and they were released from the car. Only Mr *Cockrane* was injured and conveyed to Newcastle

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## NABIAC PHARMACY NEWS

With summer fast approaching, it is the ideal time to set your weight loss goals and live a healthier lifestyle!

### TIME TO CREATE NEW, GOOD HABITS

Did you know it is scientifically proven that it only takes a maximum of 21 days to break a bad habit, so even though it feels hard now, keep going! After 21 days you will have created a new habit and it will be easy.

### THE MAN SHAKE

Nabiac Pharmacy is home of The Man Shake, a dietician formulated meal replacement designed for the everyday man, which contains high quality protein, low GI carbohydrates, fibre, vitamins and minerals required by our body, and from our diets, for our health and wellbeing. It's blend of protein and fibre will ensure you stay fuller for longer.

The Man Shake works because it gives your body all the nutrients, vitamins and minerals it needs to let you lose weight and be healthy even when you are busy and on the run. It contains over 25 vitamins and minerals that we require on a daily basis.

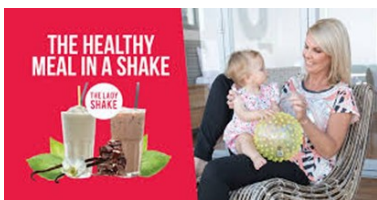
The Man Shake uses whey protein that is sourced locally from Australian grass fed cows. The high quality blend will suppress your appetite for faster weight loss results.

The unique fat burning formula contains a special blend of L-Carnitine, HCA and green tea extract to reduce fat absorption and increase your metabolism to lose fat faster. It is designed specifically for men to lose that "beer gut" AKA spare tyre!

The Man Shake is low in sugar, gluten free and contains only the highest quality ingredients. It contains no artificial colourings or preservatives.

Australian made and owned, The Man Shake meets all Australian food standards and guidelines.

### THE LADY SHAKE



The Lady Shake works in the same way! It is also a healthy meal in a shake specifically designed for women. Great for breakfast as it is high in protein, fibre, vitamins and minerals and low in sugar.

The Lady Shake has up to 84% less sugar than other meal replacement shakes.

So if you want to lose weight and keep it off or just feel healthy then you need to try The Lady Shake!

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The Man and Lady Shakes work because you are controlling the amount of calories you consume. They are great for you, taste delicious, and keep you feeling fuller longer so you don't make unhealthy choices. When you are hungry you binge eat which leads to weight gain. When you are hungry have The Man or Lady Shake and then you will make better choices at dinnertime when we tend to over eat due to feeling "starving".

Remember, The Man and Lady Shake Programs are designed to help you lose weight and KEEP IT OFF. So it's all about balance and no one wants to starve in order to lose weight, as it won't work.

It's about replacing bad habits with good habits and it's easy!

## STRAWBERRY MANCAKES

### INGREDIENTS

- ½ cup oats
- 2 eggs
- 2 egg whites
- 2 scoops (60g) of the Vanilla Man Shake or another flavour
- 1 tablespoon Coconut oil
- Approx 6 strawberries



### METHOD

- Mix the oats with ½ cup boiling water
- In separate bowl mix protein powder, egg and egg whites (you may need to use a beater to make smooth)
- Add oats mixture into the bowl
- Add strawberries and melted coconut oil and blend again
- Heat up a non-stick frying pan with some cooking oil
- Pour in about a quarter of your pancake batter. Tilt the pan to spread the batter evenly and cook until the underside is golden brown. Flip and cook the other side (approx. 2 mins per side or starts bubbling on top)
- Repeat with remaining mixture, then serve your pancakes with a couple of strawberries on top.

For the ladies, just simply use The Lady Shake powder instead of The Man Shake!

'Til next month,

Lauren

# NRG

Lic. No: 43824C

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### KRAMBACH HALL HAPPENINGS

**HALL MEETINGS:** Monday following the Krambach Markets each month at 3.00pm. Next meeting on **Monday 21st October, 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: **Judy Bonnifin-Wright** on 6559 1375 to book a stall

**HALL BOOKINGS:**

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

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## CALTEX NABIAC

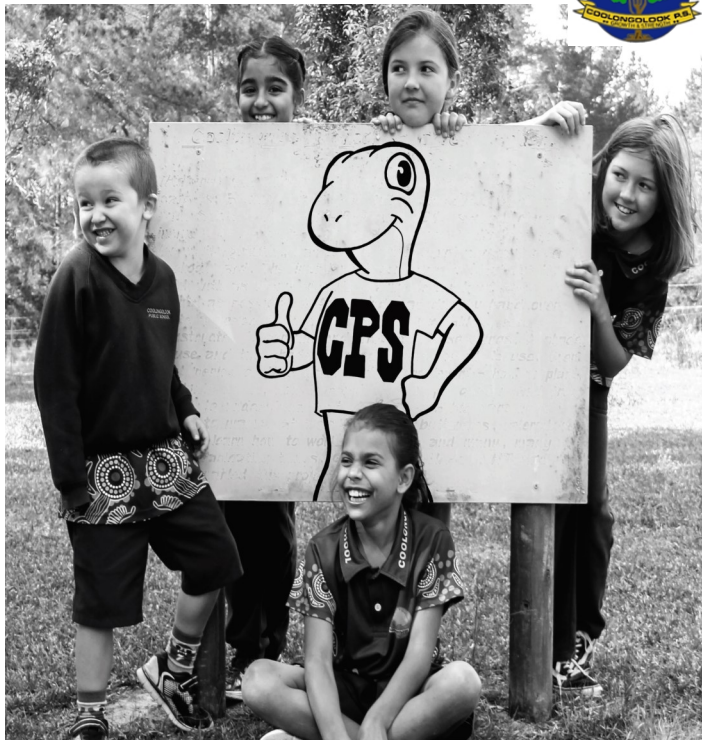
Pacific Highway, Nabiac. 6554 1303

**Caltex Nabiac is open 24 hours  
for the convenience  
of its customers**

Restaurant hours Monday to Sunday are  
variable; please phone 6554 1303 to check  
times - *Phone orders for take away available*

**Local Honey is now sold here**

### COOLONGOLOOK PUBLIC SCHOOL



*Blink and you'll miss it! Hidden amongst the towering Norfolk pines beside the Pacific Highway is a tranquil, idyllic setting where a hidden gem of learning sits. (And it has been hidden there for the last 130 years)*

Most who pass don't know it's there, but the lucky few who do are now willing to share. The secret is out!

Bright, modern classrooms, with state of the art technology, available for each individual child, is where much of the excitement takes place, but if your child is more musically minded, they are in luck!

## Nabiac Second Chance Opportunity Shop

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## Nabiac Landcare

A new season, a few drops of rain and PRESTO, more weeds!



In addition to their usual Wednesday weeding a couple of our members attended a workshop on Poisonous Plants on the Farm. The workshop was presented by *Terry Inkson*, Strategic Weeds Biosecurity Officer for the Mid-Coast Council (I hope his pay is commensurate with his title.) and funded by Landcare resources, the DPI and the MidCoast council.

It was highlighted that although both introduced and native plants can be toxic to animals, a sizable percentage are garden escapees. Some of the weeds in our area that are highly toxic are Mother of Millions, green cestrum and crofton weed. Many weeds aren't a problem in good seasons but with the current drought, hungry stock will try anything. It is a timely reminder to check any fodder brought in for feed and make sure you know if any garden prunings are toxic before throwing them over the fence for the cows or the neighbour's sheep.

So you live in town and choose to grow toxic plants - why worry? These plants are also poisonous to pets and inquisitive grandkids! As well, the birds and wind don't know fence and town boundaries and can spread the problem.

The workshop also introduced the NSW WeedWise app and website. ([weeds.dpi.nsw.gov.au](http://weeds.dpi.nsw.gov.au)) This is a comprehensive resource of 300 agricultural and environmental weeds and includes photos, identification material, control measures and biosecurity duties. Hint: the photo's are at the end of each listing!

An emerging weed in the area to watch for is St. John's Wort (*Hypericum perforatum*). This is a low growing shrubby herb with pretty yellow flowers and leaves with oil glands that look like holes if held up to the light. Although it is used in herbal medicine to treat depression - having it show up on your property and poisoning livestock can be very depressing.



It's a great 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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## WOOTTON NEWS

Wootton's had a surprise taste of summer going over 30C in September, so remember there's NO FIRES WITHOUT A PERMIT and Fire Control will advise what is permissible depending on conditions.

The Wootton Community Network AGM elected some new faces to the committee, and new president, **Bill Buckland**, invites everyone to meet the new committee at 1pm on Saturday 19<sup>th</sup> October at the Wootton Hall.

**The Brush Turkey Café** is opening for the Great Lakes Food Trail on Sunday 6<sup>th</sup> October.

On Saturday 12<sup>th</sup> October at 3pm, there will be kids entertainment from 3.30pm, please contact 0478 741 111 for details.

The monthly community dinner will be held on Saturday 26<sup>th</sup> October, \$20pp from 7pm bookings essential.

Wootton Library is open Sundays from 10-12, and Food Swaps are held on the second Saturday of the month (12<sup>th</sup> October), 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.

The October-November "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](mailto:brushturkey@live.com.au). It's also available online at <http://wootton.org.au/wvn.php#> and news updates will be posted on the "[Wootton Community](#)" facebook page.

**Fred**



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## WALLAMBA CWA REPORT

Wallamba CWA Vice President *Iris Cummings* took the chair for the September 2019 meeting and welcomed 10 members and visitor, Moya Harris, and we look forward to Moya becoming a member.

The meeting began with the National Anthem, CWA Motto and Prayer before pausing to remember the passing of *Max Wooster* of Nabiac, along with Eungai-Stuart's Point CWA Member *Barbara Veness's* husband. At this time we also remember our fellow Australians who are currently caught up in serious bushfires along the seaboard & inland in Qld, NSW and Vic and we hope things can only get better for them – good rainfall is one thing we all need.

Member *Jenny Ang* supplied our thought for September and it was ***'A smile is the light in your window that tells others that there is a caring, sharing person inside'.***

*Mary* will bring the thought for October's meeting.

*Penny* expressed her thanks to the 10 ladies and to *John Baker* who had assisted with the catering for the Nabiac Community Library re-opening and said that MCC Council had passed on their thanks as well for the wonderful effort by the Branch.

Seven Wallamba Ladies had travelled to Krumbach Hotel where they joined with fellow CWA members from the two Gloucester Branches and the Wingham Branch for a social lunch and fun. Our own member, *Iris Cummings*, took out a prize for the longest serving CWA Member in attendance whilst Wingham member, *Anne Gribble*, was the oldest member present.

Information was received from HO regarding the growing demand for food hamper relief to those in need throughout NSW with branches being asked to help with this project.

The various reports were presented with *Merle*, our Handicraft Officer, giving members an outline of her trip to Mudgee with fellow members *Penny* and *Jenny* for a State Handicraft seminar. *Merle* was busy teaching a beading workshop with three different beading techniques whilst *Penny* and *Jenny* attended an embroidery workshop run by *Sandra Hunter* and tried their hand at some unusual stitches. *Jenny* had brought along her sampler and showed off the stitches to the ladies.

*Merle* was assessed for a tutor's badge but won't know until April if she has passed.

All three ladies had a great time in Mudgee and brought home some of the local produce and craft including Honey and Olives whilst *Merle* found herself an interesting book on botanical ideas for craft items.

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On the way home the ladies found Honey Haven – they didn't quite buy the shop out. Back through Muswellbrook and onto Merriwa Branch – former branch of our member *Jean Price* – who were having a 'sconversation' day. The members hadn't forgotten the wonderful scones *Jean* used to, and still does, make and they sent their best wishes back to her and husband *Kevin*. All three ladies thoroughly recommended a visit to Mudgee if anyone was looking for somewhere to go.

International segment with Officer, *Penny*, informed us we will be studying/talking about Papua New Guinea till May 2020 when the new country of Study will be announced. The reason for this being that PNG is hosting the South Pacific Area Conference with 7 Women's Organizations working towards the upcoming conference.

*Penny* put forward a suggestion, which was taken on board, to invite *Mr Harvey Else*, OAM of Cundletown, to be a guest speaker at a fund raising event before May, 2020 with funding going to PNG. *Mr Else* has recently written a book on his flying experiences including flights in PNG. *Penny* to write to him and see if he is available to speak. More details will follow once we have his confirmation of acceptance.

*Coral* and *Jill* divided the Ag & Environment Segment between them and spoke on Honey and Bees showing members the booklet produced by Morisset CWA which was full of amazing facts and information. Did you know that bees are the biggest group of pollinators on Earth. To help them feed we need to grow lots of flowers.

Koalas, as we know, are also a very topical subject and that dogs are being trained to them out helping to save them from destruction and relocating them to safer habitats.

Nothing much to report on Cookery at this stage until *Margaret* gets back but the new schedules have been released so it will be time to start cooking up a storm for the Group Council Meeting & Land Cookery day around November. Member *Jenny* had tried her skills at making a Feather Sponge – one of the schedule items – and this was tested over lunch as it was presented to our Patron *Norma Flood* who was celebrating her 81<sup>st</sup> birthday in a couple days time on the 13<sup>th</sup> September.

During lunch *Norma* blew out her candles and the members gave the sponge cake the seal of approval and well done to cook *Jenny* for the great job of making it.

During the Cultural segment *Penny* presented a 'Show & Tell' on the items she had brought back from Mudgee – the handmade soaps, jam, chocolate, honey lollipops, and olives to mention just a few.





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Pam spoke about her and husband *John's* recent visit to *The Slim Dusty Centre* at Kempsey and said it was well worth a visit and entry fee was very reasonable and that there was lots to see on Slim's life and his great contribution to Australia's Country Music along with that of his wife Joy.

It was good to see *Jean* was recovering albeit slowly from her Carpel tunnel operation on her hands and told us not to leave it too late to do anything about it if you felt something was not right with your hands.

As our next meeting will be our **AGM on Tuesday 8<sup>th</sup> October**, an invitation has been sent to Branch Mentor *Donna Kemp* of Gloucester to see if she is able to attend and meet our members.

Happy birthday wishes went out to Patron →

**Norma** for her day on 13<sup>th</sup> September and Happy Wedding Anniversary to Jean and Kevin (Price) for their 67<sup>th</sup> anniversary on September 20<sup>th</sup> and to Margaret & Bruce (Weller) for their 57<sup>th</sup> anniversary on 15<sup>th</sup> September – well done to both these wonderful couples.

New members are most welcome and don't forget ladies, if re-joining or new to CWA, your memberships are due at the October meeting and they are \$42.50 for the year.

**Pam Muxlow**

Publicity Officer/Secretary - Wallamba CWA Branch



### Nabiac and District Pre-school

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

We started our transition to school visits this term and we have been enjoying visiting the school every week to learn about activities in the classroom and around the school. We loved meeting the Principal Mrs Kessey and getting shown around the school to see where everything is. Our visits will continue in term 4 after the school has their own orientation day.



Thank you to all the amazing community members who have donated plants for us to use in our garden. We have been planting them when we find the perfect spot for them ☺ Your help has ensured we will have a great garden for our young friends into the future.

We have started taking new enrolments for 2020. If you would like your child to commence care in 2020 please come in and see us now, give us a call or email so we can get you booked in. Some days for 2020 are already starting to fill up.

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

### *Show News*

To help get all of the crafty people organised with their entries for the 108<sup>th</sup> Nabiac show, I have been told that the schedule for the hall classes has been finalised and will be soon on the [nabiac.com/Events/NabiacShow](http://nabiac.com/Events/NabiacShow) web page. Could even be on now. The show is on 14th March, 202 so you have 5 months to decide what to make and get it finished.

Should be plenty of time for most as you can get a house built in less with good builders.

I realise the quilting ladies and stained glass makers will need that time to finish their entries, so don't dally.

Looking forward to seeing the hall filled to the rafters, ED



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## NEWS FROM BUNYAH

On 4<sup>th</sup> September, 2019 **Bunyah held its' 1st Charity Spring Fair** and it was a great success with an estimated crowd of 600.

**WE RAISED \$6,014.00 TO PURCHASE AN AccuVein** unit for the Oncology and Palliative Care Sections of Manning Rural Referral Hospital who are thrilled with this Donation, as are we, at Bunyah.

This is the total amount raised and absolutely no money is deducted from this because all other costs including food is borne by our Group personally; No ADMINISTRATION FEES either!

This AccuVein unit locates a suitable vein for injections, cannulas etc., as cancer patients veins are difficult to detect without causing the patient discomfort.

**The Break-up of our \$6,014.00 Funding is Raffles \$2,118.00; Hall Sales \$1,150.00; Plants \$203.00; Donations \$1293.00; Cathy's Crafty Crew \$1,250.00.**

Many thanks to all our guests for your generous support, raffle ticket buyers, Prize Donors and helpers both before & on the day.

Special Thanks to the Dancers from Annie Rose Academy of Dance Taree and The Silver Swans from Andrea Rowsell Academy of Dance Taree who all put in lots of practise for our event.

Our generous Prize Donors who provide good quality prizes without hesitation; you are very much appreciated for being part of our fund raising event.

All Donors will be advised as to their individual Prize Winner.

Aldi -	Coffee Maker
Nature's Care Nursery	2 x \$25 Vouchers
Louise Turner - Local Artist	Watercolour Painting by her
Dianne	Slow Cooker
Bunnings -	5 x \$10.00 Vouchers
Susan Krumbach P.O. -	\$50.00 Gift Voucher
Beach Bums Café Forster -	\$40.00 Voucher
Nabiac Pharmacy -	Hamper
Belinda's Beauty Salon Nabiac -	\$50.00 Voucher
Dolphin Quilters Old Bar	Handmade Quilt QS
Nabiac Village Café -	\$30.00 Voucher

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Dianne	Coffee Mugs in Basket
Dianne	BBQ Tool Set
Lumpy's Nursery Tuncurry	\$25.00 Voucher
Griffo's Automotive Taree	Electronic Basketball Game
Bunyah Oils	Sandalwood Oils
Rattlesnake Willie aka Ellis Gerrard Singer -	His own CD
Bernice	Crystal Decanter
Kerrie	Cooler Picnic Bag
Kerrie	Fishing Rod Combo

A formal handover will be made to the Oncology & Palliative Care Sections in early October with newspaper coverage.

A **Drought Relief Workshop** was held at Bunyah Hall on 26<sup>th</sup> September, 2019 to assist Farmers in all aspects of coping with this difficult situation. **Hunter Local Land Services** conducted the half day Workshop which was very well attended by 55 Locals and visitors as well as 6 Presenters.

- The subjects covered Livestock Feed & Pasture advice
- Animal Health information & Advice
- Financial Assistance options for Primary Producers – Drought Transport
- Subsidies, emergency water rebates & loans
- Information - Department Primary Industries resilience program, rural financial counselling services and mental health support services

All attendees received printed Information sheets covering all subjects discussed on the day.

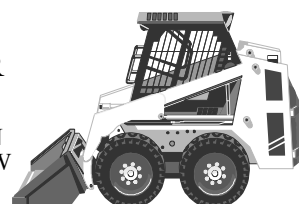
Catering for this event was done by Bunyah Tennis Ladies.

*Neryl Simpson*

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## Between the Pages

### Nabiac Library News



Another exciting month!!! It's school holiday time, there's lots to make, do, learn and enjoy!!! **October Midcoast Library Events.** Of course you can view online all that's on this month, when and where it's at. Pick up a Library Newsletter from your local branch library BUT...Here are just a few to tantalise your creative tastebuds...

#### OCTOBER SCHOOL HOLIDAYS: FELT PUPPET MAKING

**Nabiac Library - Thursday, 3rd October, 2019 - 9.30-11.00AM**

Come along and create a funky felt hand puppet! Bookings essential.

Age restrictions apply.

Ages 4-12 yrs. Supervised activity.

**Location** Nabiac Library, 44 Nabiac Street, NABIAC

**Cost** Free event

**Contact** Midcoast Libraries 6554 1355

[library.events@midcoast.nsw.gov.au](mailto:library.events@midcoast.nsw.gov.au) to book your spot.

**Or...PUZZLES, GAMES,**

**COLOUR-IN** in the October holidays during Nabiac Library opening hours. Bookings are not required. All ages. Come along to enjoy puzzles and board games together or colour-in a master-piece!

Parental/carer supervision required. There are movie screenings, creative workshops, special activities and games galore! Like something more low key but still just as fun? Jigsaw Puzzles

are available at all our branches so ask at your branch today or check the catalogue.



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#### IN THE BRANCHES WITH CHRIS JONES, MANAGER OF LIBRARIES

Hot on the heels of moving to the very popular film-streaming service, *Kanopy*, MidCoast Libraries is launching a new collection of online resources. Library members will soon be able to download online titles from the RbDigital collection and, to develop the online content even further, you'll see a significant increase in our Borrow-box collection. If you haven't yet used our online collections now is the perfect time to do. You'll have access to thousands of movies and ebooks and a very large collection of audio books – all for free, as long as you make sure you have current library membership.

#### MISCELLANEOUS FACT #10 PUBLISHED ON 25 SEPTEMBER, 2019

The Osmothèque (from the Greek « osmè » = odor and « theke » = storage) is a library of smells in Versailles, Paris. It protects the world's fragrance heritage by housing a living collection of more than 4,000 existing and 800 no-longer available perfumes.

It is a non-profit organization which opened on 26 April, 1990 and is the first perfume archive in history. Perfume formulas are not donated but entrusted to the Osmothèque, which acts as guardian. The collection is grouped and stored in a room called the "cellar" that is especially equipped for preserving perfumes: absence of daylight, constant temperature of 12°C, perfumes stored with a protective layer of argon (inert gas), regular assessment by the osmocurators.



Until next month, come and enjoy our wonderful Nabiac Library!! Remember our borrowing period is three weeks. Should you forget, renewals can be made online or you can visit any MidCoast library branch to borrow or return items.

Happy reading!!

## MICHAEL BOURKE PLUMBING

Lic. No. L14046

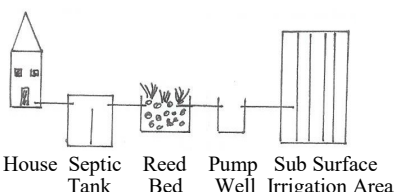
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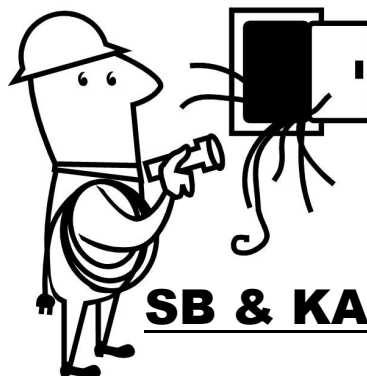
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## MINIMBAH MATTERS

**Minimbah Rural Fire Brigade** can tick September off as being a very busy month. Apart from the usual meeting and training days, we are becoming quite familiar with the Thunderbolts Way fire near Giro which has been burning since 6<sup>th</sup> September, in extremely difficult terrain, and has claimed almost 2,400 hectares to date. As with several other large fires in our District, the Thunderbolts Way fire has attracted the attention of many ground crews and trucks, Remote Area Firefighting Teams, and aerial water bombing.



While returning from the fire on one occasion, the team was required to assist at the site of a motor cycle accident, and early the following morning were called out to a motor vehicle accident on the Highway just north of Nabitac. Versatility and training are what we are all about.

It is the Bush Fire Danger Period and the issuing of Fire Permits is always dictated by weather conditions. For up to the minute local information, or if you have queries or concerns about anything fire related, please ring

**NSW RFS Mid Coast District Office on 1300 Mid Coast  
1300 643 262**

The Brigade has welcomed two new Members. These people are reasonably new to the area and are busy with their Basic Fire-fighter training. Their first appearance in an RFS shirt was at our recent Get Ready Weekend.

Also at our Get Ready Weekend, along with some very interested visitors, was *Thoroughly Modern Millie* who gave us a glimpse of a day in her life.



← **Morning Millie.** Minimbah's newest domestic Goddess was going about her daily chores while being mindful that a local fire was at **Advice level.**

→ **Afternoon Millie.** The Local ABC Radio station advised that the fire had advanced to **Watch and Act level** which prompted Millie to enact her previously prepared and practiced **Bush Fire Survival Plan.** It was hard to recognize Ms Domesticity once she was dressed in every-day sensible clothes and items of protection, in preparation to monitor and protect her property from ember and fire attack.



### **Day After Millie.**

Job done, and crisis averted. Millie decided it would be a wise and worthwhile idea to **join** her local NSW Rural Fire Brigade, where she would receive not only a thoroughly modern yellow and navy uniform, but special training in all aspects of fire.



As if to share Millie's limelight while she was centre stage, a new calf was born nearby, and guess what the owners have called her ... Millie. How good is that?!

We are hoping that others will follow Millie's example. If you are interested in joining our Brigade, why not call in and see us some time.

**We are at the Fire Station (681 Minimbah Road) at 9am on the second Saturday of each month, and also at 9am on the fourth Wednesday of the month.**

If you prefer to send our Secretary an email, the address is [minimbahrfb@hotmail.com](mailto:minimbahrfb@hotmail.com)

We will be running the Driver Reviver Stop at Wang Wauk on the afternoon of Friday 4<sup>th</sup> October. Our area, and places further north, are magnets for those city slickers, with many taking an extra day or half day off work to make the most of the long weekend. Driver Reviver stops are jointly funded by several private enterprises and Roads and Maritime Services, with an aim to keep our roads safe by encouraging travelers to take regular breaks. A very worthwhile cause.

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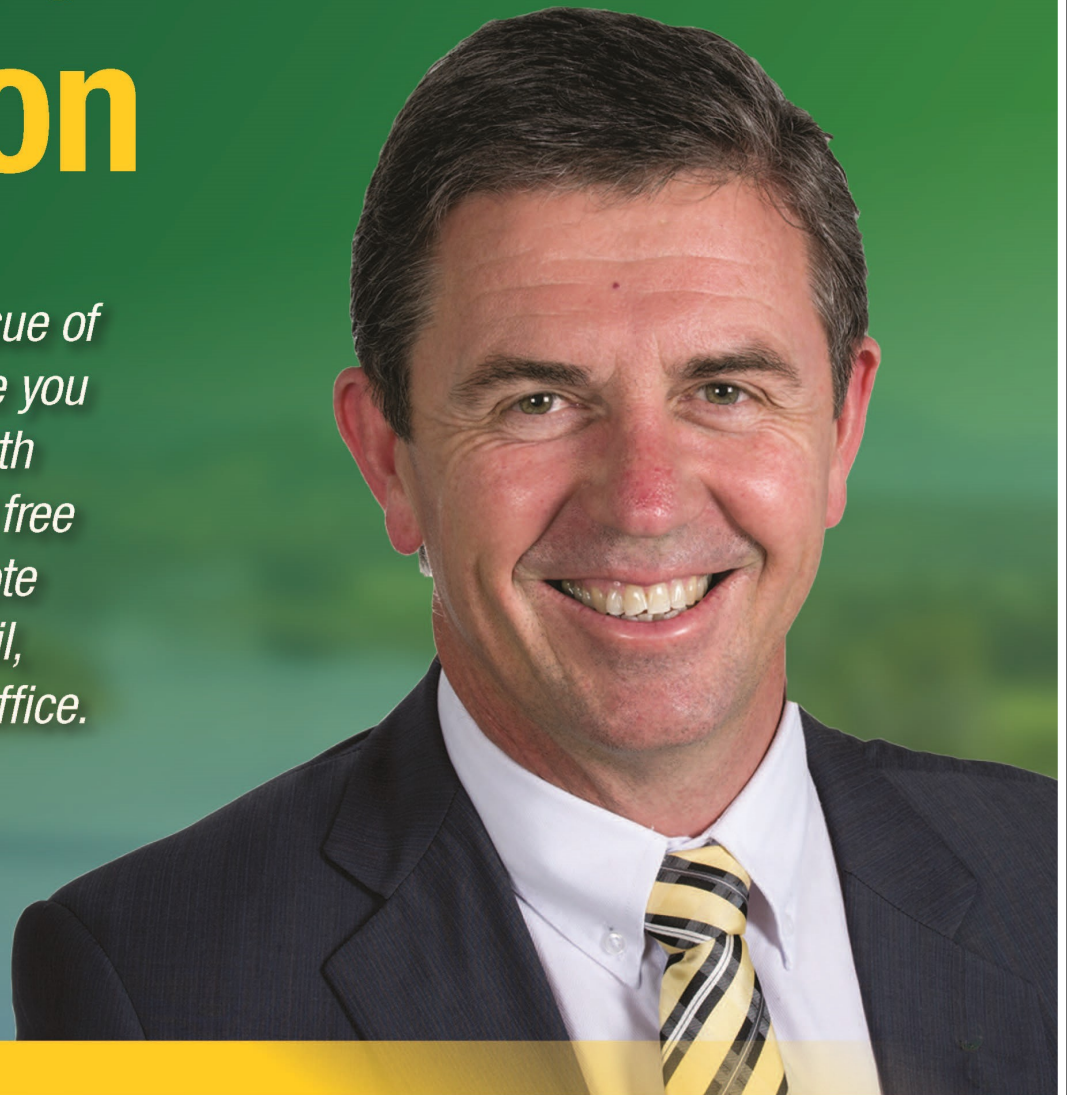


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## Artists of Wallamba

Inspire ~ Create ~ Connect

It was exciting to see **Di Smith**, a member of Artists of Wallamba and GLAS, being awarded 1<sup>st</sup> prize yesterday at Lake Street Gallery in Great Lakes Arts Society (GLAS) Member Exhibition. Di's work, 'Pretty in Pink', is a fabulous mixed media piece and a new direction that she'll likely continue. Congratulations Di!

2<sup>nd</sup> place went to **Marilyn Cranfield** for 'Day's End' and 3<sup>rd</sup> place to **Anna Brown** for her stunning woven work, 'Flora: Textile No. 4. Highly Commended were **Pat Barry**, **Ingrid Horsburgh**, **Dawn Day** and **Susie Oldfield** from Firefly who received her award for '**Bangalow Erines**' (pictured below). The exhibition runs every day 10am – 4pm at Lake Street Gallery until 14<sup>th</sup> October. There is some fabulous work on show and for sale!

**Susie Oldfield** is our feature Artist for this month: Susie's art is



diverse and has evolved in a number of directions over the years, including inspiration from her travels throughout Asia. She has a passion for working with fibres and attended the Inaugural Fibre Festival in Yandina, Queensland, last year. It's amazing how choosing a festival workshop in **weaving bangalow palm inflorescence**, has provided an exciting new direction for her art practice. Susie's career was in Primary Education, in areas of Design Technology and Hospitality. These two still run closely together for Susie. As an artist



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regularly exhibiting throughout the Mid North Coast and beyond, Susie is also teaching **Contemporary Basket Making at Lake Street Gallery, Forster**. She is also a 'foodie' providing a delicious menu at her **Brunch Crunch stall at NABIAC Markets**. There is certainly an overlap in creating with Art materials and Food ingredients. Susie says it's all about "colour, texture and inventiveness". Having



susie sampled her food, I think fabulous flavour is also core!

Susie has a passion for Asian Fusion cooking, and has some great savoury and sweet Gluten Free foods on her menu. She has now extended Brunch Crunch to offer home-delivered meals for busy people and catering for Airbnb and private events and functions.

Contact Susie on 0439 241 301 for food and art needs!

Coming up this month is our next **Artists of Wallamba meeting on Saturday 19th October** – time and place to be set

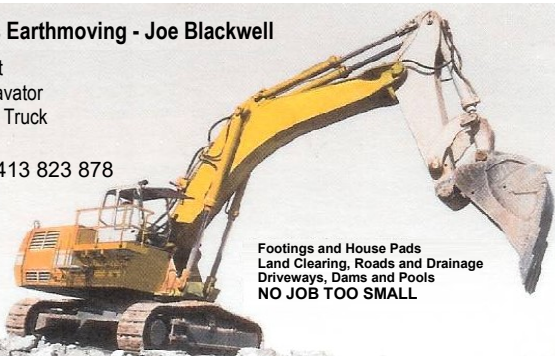
so please call **Carmel Spark** on 0419 273 849 or **Kate Landsberry** on 0402 287 244 for more details and address. If you'd like to join our very active **Facebook Page**, look up **Artists of Wallamba** and request to join. We have ongoing details of many exhibition and competition opportunities that our members share, along with inspiring quotes and ideas.

We love to welcome local artists and art supporters and guarantee creative company, delicious food and warm hospitality!

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## DAWNING

I love the countryside at dawning  
When the air is fresh and sweet  
The cattle in the paddocks  
Rise slowly to their feet

The old black rooster crowing  
To greet the rising sun  
Bluey's rounding up the jerseys  
For the milking to be done

The early birds are singing  
As they flitter in the trees  
And in the flower garden  
Toils the humble honey bees

The little calves are bawling  
Waiting to be fed  
The chooks are waiting for a hand out  
Over at the old corn shed

When the milking's finished  
And the cans are on the wharf  
We'll stroll over to the pigpens  
And fill the porker's trough

In the kitchen on the wood stove  
Mother's getting breakfast ready  
There'll be porridge, eggs and bacon  
With toast and Billy tea

And when the cows are in the pastures  
We'll hitch old Nugget to the dray  
The corn's ripe in the paddock  
And we'll start pulling some today

This was written by our "Local History" writer, Bob Mann, many moons ago when he was still living on property

A man tells a Rabbi: "I have a strong desire to live to eternity. What am I supposed to do?"

"Get Married," replies the Rabbi.

"It's that simple: Would that allow me to live forever?"

"No, but the desire will disappear."

## THE BLONDE MORTICIAN.

A man who'd just died is delivered to a local mortuary wearing an expensive, expertly tailored black suit.

The female blonde mortician asks the deceased's wife how she would like the body dressed. She points out that the man does look good in the black suit he is already wearing.

The widow, however, says that she always thought her husband looked his best in blue, and that she wants him in a blue suit. She gives the Blonde mortician a blank cheque and says, 'I don't care what it costs, but please have my husband in a blue suit for the viewing.'

The woman returns the next day for the wake. To her delight, she finds her husband dressed in a gorgeous blue suit with a subtle chalk stripe; the suit fits him perfectly...

She says to the mortician, 'Whatever this cost, I'm very satisfied.. You did an excellent job and I'm very grateful. How much did you spend?'

To her astonishment, the blonde mortician presents her with the blank cheque.

'There's no charge,' she says.

'No, really, I must compensate you for the cost of that exquisite blue suit!' she says.

'Honestly, ma'am,' the blonde says, 'it cost nothing. You see, a deceased gentleman of about your husband's size was brought in shortly after you left yesterday, and he was wearing an attractive blue suit. I asked his wife if she minded him going to his grave wearing a black suit instead, and she said it made no difference as long as he looked nice.'

'So I just switched the heads.'

## Women Aren't Fools

Housework was a woman's job, but one evening, Janice arrived home from work to find the children bathed, one load of laundry in the washer and another in the dryer Dinner was on the stove, and the table set. She was astonished!

It turns out that Chuck had read an article that said, 'Wives who work full-time and had to do their own housework were too tired to have sex'.

The night went very well. The next day, Janice told her Red Hat friends all about it. 'We had a great dinner. Chuck even cleaned up the kitchen. He helped the kids do their homework, folded all the laundry and put it away. I really enjoyed the evening.

'But what about afterward?' asked her friends.

'Oh, that..... Chuck was too tired.'

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US researchers discovered that cottonmouth snake venom was extremely effective in removing blood stains from white clothes.  
(who thinks of trying these things in the first place?)

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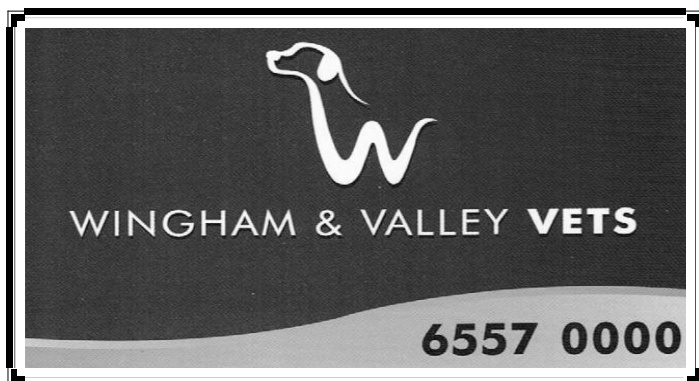
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## Nabiac Farmer's Market

Trolleys; events and going green...



We are stepping into spring, inspiring change for a more sustainable future. The market is working toward reducing plastic and using sustainable packaging.

A great place to start, is to invest in a "Granny Trolley"! Or a "pull-along-bag to be more PC"! Whatever you like to call it, they are a brilliant idea. My parents bought one 10 years ago and it's been a trusty pack-horse at hundreds of markets. Aim for an insulated one & pop in some ice-bricks. It makes market shopping so easy.

It's great to know your shopping is staying fresh whilst you continue to browse, eat, sip coffee or enjoy a massage – all *hands-free*!

### Some tips for lower eco-footprint shopping:

- \*BYO coffee cup/drink container, bags & re-usable containers.
- \*Keep a couple of boxes in the car, for plants purchases.

### Tips for storing food:

\*Beeswax wraps, re-usable containers and Calico bags/wrap. Vegetables stay surprisingly fresh wrapped in cloth in the fridge - No need for plastic.

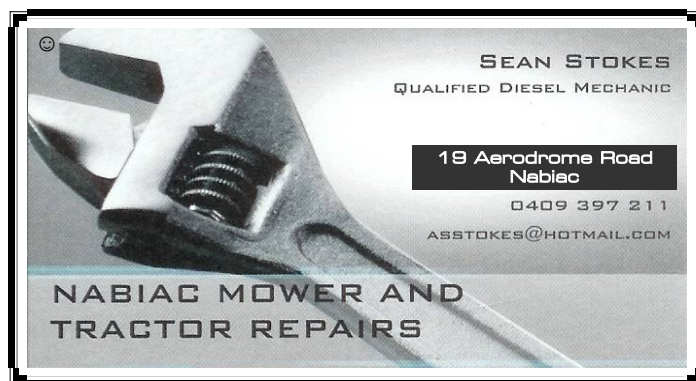
\*Keep jars for storing dry goods or dinner left-overs in the fridge. Jars are recyclable and long-lasting. No chemicals leeching into food, it's easy to see what's inside and jars can be acquired for free!

### Our wide range of produce includes the following:

- Vegetables, fruit, micro-greens, herbs, flowers, seedlings, plants & trees.
- Fresh pasture-raised Eggs & meat.
- Chooks, pet-care.
- Fermented foods, condiments, preserves, olives, gingerbread & chocolates.
- Honey, bread, garlic, turmeric, gourmet mushrooms, nuts, wine, beer, herbal teas & cheese.
- Fabulous range of food and coffee.
- Jewellery, ceramics, quilts, hand-crafted textiles, baby cloths & eco products
- Massage, skin remedies, soaps, candles, garden art, woven baskets, books, bags.
- Music and great atmosphere.

### November Christmas Market:

Plans are now underway for our Christmas Market on Saturday 30<sup>th</sup> November.



This is the perfect opportunity for Christmas shopping with a low eco-footprint; gifts, culinary goodies, wine and décor. Stock the freezer with some high-quality meat, ready for summer BBQs.

### We welcome Fiona's fun Art Workshop during the November market.

### Hold a Christmas stall or run children's Christmas activities:

Stall applications are now open for creators of Christmas goodies: produce, sustainable/upcycled art, craft, cards, home-grown Christmas trees.

The market committee is also seeking people to run children's Christmas activities; face-painting, dress-ups, farm animal display.

### Seeking performers for Christmas Market- Saturday 30<sup>th</sup> November:

Invitation to local performing arts groups, dance groups and choirs, to perform at our end of year Christmas celebration and market day. The last market for 2019.

We are looking for talented locals to be roving carol singers, Christmas dress up or deliver a flash mob performance to provide entertainment during the morning of our event.

### Invite to all local community groups:

Would you like to hold a free stall at the market to fund-raise or promote your group? Apply via email with a copy of your public liability insurance.

For applications and enquiries email: [nfncommittee@gmail.com](mailto:nfncommittee@gmail.com) or call:

0422 177 022. Follow us on FB and check out the website:

[www.nabiacfarmersmarket.com](http://www.nabiacfarmersmarket.com)

*Products are hand-made, hand-baked or hand-grown.* When you buy from the market, you are supporting local business, the environment and are enjoying natural, unique products. This creates a high-quality shopping experience.

Thank you to all our customers who realise the importance of supporting local growers, makers and bakers, come rain or shine.

We'd like to say a huge thank you to the Nabiac RFS for being at the September market. They will also be providing a talk on bush fire awareness at the October market

By **Laura Pennington** ☺

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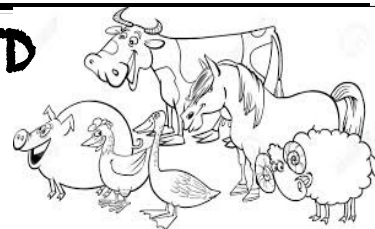
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### Permaculture in the Garden

#### FOOD FOREST PART TWO

So I know I missed last month's issue and part two of food forests but it was for a good reason! I'm currently in East Timor where I am working with a small community establishing a demonstration permaculture food garden. It will be a place where members of the community can come and learn about different ways you can grow your own food.

But for the time being, let's get into food forests. So you're ready to pick and plant your fruit trees but then what? When growing trees, you want to support the growing process by planting nitrogen fixing support species. Pigeon Pea, ice cream bean, beans, vetch, and acacias are all commonly used nitrogen fixers (these are plants that use a bacteria to trap nitrogen in little bubbles on the roots). You want more of these than food producing trees at the beginning and as they grow (they grow faster than your fruit trees) you can cut them back and drop them around the base of the fruit trees as mulch. Every time you cut them back, the corresponding amount of root system dies back too and this means that the trapped nitrogen gets released and feeds the trees. They will be phased out as your system grows too so they won't be there forever. As you plant your trees put in your sun loving understorey and smaller trees. Herbs, such as comfrey, use tap roots to bring up important minerals your young trees can't reach (they're called biodynamic accumulators). Other perennial herbs and shrubs such as borage, yarrow and lemongrass help attract beneficial insects and microbes that act as your tree protectors from pests and diseases. Groups of plants that grow together that help each other out are called guilds and some google searches and experimenting will help figure out successful guilds. Food forests are about space saving too, so tall lean plants next to bushier plants can work as well as tap root systems next to more shallow feeder root systems allow for more to be grown in a smaller area. As your system grows and creates more shade and protection your sun loving species will die out but can be replaced with understorey species such as coffee and native ginger that need a forest environment. This layered idea can be applied even in a more orchard style garden by planting trees further apart and planting minimal but specific guilds around your main trees so they are still supported but it becomes less of a forest. The less foresty a system becomes however, the more work you will do as the system is less able to maintain itself, but the main principle of diverse planting in layers is still applied. For more information about species, a google and YouTube search will help, but no matter how you choose to go about it, it remains a fantastic way of growing food. So for any questions or for more info email me at [freerangechange@gmail.com](mailto:freerangechange@gmail.com) otherwise, keep a look out next month for my work with organisation "withonseed" in East Timor!

Until then, happy gardening everyone!

Lauren ☺



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### Lexophiles

You can tune a piano, but you can't tuna fish

To write with a broken pencil is pointless."

I changed my iPod's name to Titanic. It's syncing now.

England has no kidney bank, but it does have a Liverpool

Haunted French pancakes give me the crepes

This girl today said she recognised me from the Vegetarians Club,  
but I'd swear I've never met herbivore.

A thief who stole a calendar got twelve months.

When the smog lifts in Los Angeles U.C.L.A. .

Be thankful for the  
bad things in life.

For they opened  
your eyes to  
the good things  
you weren't  
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## REAL KULTCHA

Well, we've finally made it to that portion of the year when "the whips are crackin'," and if you don't know what that means, you really do need to get out more often!

I can report several folk (who know who cobbles together this rant) have taken it upon themselves to espouse their completely unbiased thoughts on how the 2019 finals are going to shape up (author laughs uproariously into left sleeve, catches several nose hairs on a button and spends next few minutes sneezing and staunching the blood flow) and why their team will take out the flag! The author of course, has seen both his teams (The Heavenly Cohorts of Saint George [up north] and Saint Kilda [down south]) perform miserably this year. In fact the best that could be said of his teams is they were top of the table – before a game was played – and it's been down hill since then!

It was just this morning I had my ear chewed about the wondrous prospects of *The Sea Budgies* (that's Manly, for you late arrivals) and how their coach Des Hasler should be knighted! I'm not sure I'd go that far but Des did pretty well recently when, faced with a full hospital ward of injured players, still managed to put a team on the field that beat *The Sharks* comfortably. The Eels caused the boil-over however, by thrashing *The Broncos* 58 zip! The author again smiled (but kept his nose away from his sleeve) when he heard Glenn Lazarus (aka The Brick With Eyes) crying that his former team should be so poorly treated! Suck it up Brick, a few years on the bottom rung could do them good.

Shortly after this encounter, I was shirt-fronted by a one eyed Richmond supporter who waxed lyrical about the chances of his team in the Finals down south. I feigned interest but couldn't get excited even when he said he loved Saint Kilda (after Richmond, I presume) though as the conversation continued it seems he had an affection for Darrel Baldock (who captained the team to their only premiership in 1966) but appeared somewhat chastened when I corrected him saying it was Saint Darrel Baldock AM, if he didn't mind! We Saint Kilda supporters know heroes when we see them and all he has to look up to is a highly tattooed Dusty Martin! The younger generation of to day lack any real Heroes. Mind you, a grand son of The Child Bride and I just took out The Best and Fairest in his Oz Rules side so one day I could be watching him play on the MCG!



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more.....

During the week I watched the Super Netball Grand Final (my grand daughters play the sport and who knows, one day I might be cheering one of them in such a match) and was mightily impressed by *The NSW Swifts* win over *The Sunshine Coast Lightning*. *The Lightning* were going for their third title on the trot but it was not to be.

In Beijing the Australian men's basketball side *The Boomers*, were having a rough trot in The World Cup. I've never been a fan of basketball and think it's fair to say, since they beat Team USA recently, they've binged on the cool-aid and begun to think they were unbeatable! In the end while we made the finals (and Team USA didn't) we struggled and finished again without a medal. Next World Cup! Next World Cup!

And that neatly brings me to The Ashes series in the UK and our very own *Galahs*. Well, I'm happy to report they have retained The Urn but how they did it was nothing to write home about. First off, you should be aware, The Urn we played for is not the original Urn. As you might recall, when a pommy team was out here in the mid 19<sup>th</sup> century they lost to our side and an obituary was placed in The Times (I think) announcing the death of English cricket. The notice went on to say there had been a cremation and The Ashes (one history I read said a couple of stumps were burnt) were the result. That Urn is said to have found it's way to Lord's and that's where it has stayed. When we objected that we never got to hold it when we won it, by stint of some verbal gymnastics, it was explained that that Urn wasn't actually a trophy but an heirloom (or something) so another was produced and that's the one you would have seen the Oz team holding aloft. Second, if it wasn't for Smith we'd have looked pathetic: he was the only batter who managed to regularly put up a score you'd expect from a batter. The rest were generally hopeless and the less said about Warner's efforts the better. Will there be any fallout from this series? There should be but there's an old saying: *It's harder to get out of The Galahs than it is to get in!* If you don't believe me, how come Warner was selected in the last Test? The Oz captain has some questions to answer but I don't see Smith being made captain again shortly. We play Pakistan in just over two months and what we need to sort out **NOW** is our batting. We can look at the captaincy down the track.

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Our **GREY GHOSTS** are still on the road

Have always loved the West. Everyone should visit.

As mentioned in our last epistle we spent three weeks in Parkes assisting in restoring an old Mack truck. Whilst there, attended the Parkes show, (brilliant) visiting various friends, relatives and car club members and a quick trip to Wagga to watch some women's netball games. It was surprising as to the large number and the professional quality of the teams. As mentioned last month, crops are in dire straits. A friend has, for the second year in a row, spent close to a million dollars on planting wheat and is watching the whole effort disappear. Stout people.

Big excitement here as the "Inland Rail" project is under way. This project, which is to link Melbourne and Brisbane by rail, has Parkes as a central staging area. Double decked freight trains already travel from here to Perth but not from Sydney as the tunnels under the Blue Mountains are not high enough. Once here things get sorted quickly and sent in all directions. Massive infrastructure is already underway and planned.

We journeyed south complete with a good dose of flu.

A couple of days in Young with friends. This is cherry country of course and whilst these trees are budding, no flowers. BUT plum and apricot ARE in flower, pink and white blossoms cover the fields in all directions. With rain, a great result is assured.

Over the border into Victoria, and it must be the location. Green fields everywhere, dams full, cattle fat, such a stark contrast to the dry areas we have seen in the last two months. One could easily mistake the surroundings for English countryside. Very pleasant. The flu took some time to get rid of, so we stayed a few days at Yakadandah not far from the snowfields. Those that watch Back Roads on the ABC may have seen a story on a massive S.H. shed, donated by a local that was dismantled near Tamworth, transported, again by donation, and re-erected in Yakadandah. Massive project and with additions and facilities, a definite asset to this similar sized community as Nabitac.

We are journeying west more or less following the Murray. In the late 1860's, the Chaffey Brothers from Canada, began a massive irrigation project at Renmark. Three successive droughts (an Oz wide



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one which extended into early 1900's) saw them financially ruined. However their legacy remains and thousands of kms of canals are still in use and are visible in every direction. It is not unusual to travel across a culvert with the canal water 1m above the roadway either side. Did you know the Vic- NSW border is the southern side of the Murray? Which means technically NSW owns the river, a big concern in the early days and still today.

We have traveled hundreds of kms on main and back roads and the amount of lucerne being grown for hay together with wheat and canola is mind boggling. A good season here.

We are in Maryborough, the centre of the "Golden Triangle" gold-fields in central Victoria.

Untold wealth here following gold discovery in 1852. This is still evident in the impressive buildings and infrastructure still standing with construction dates and foundation stones from the 1850's. The "Welcome Nugget" at 69kgs in 1858 really put the place on the map and the area erupted. The largest alluvial nugget ever discovered, the "Welcome Stranger", was discovered in nearby Dunolly and as it was too large for the bank scales, was cut into three pieces by the local blacksmith on an anvil still on display in the main street, in 1869. This nugget had a gross weight of 109kgs and in today's money worth in excess of \$4.5m. Many smaller nuggets have been since discovered and mining is still being carried out in the area. Fascinating area with Bendigo and Ballarat nearby.

We are here with *Brian & Margaret Kelleher* from the Nabitac Motor Cycle Museum as mentioned earlier, to engage in a "Hi-Wheeler" rally. These 111 year old motor buggies with high wooden wheels are coming from all over for a serious 330km event over some 5 days. By the time you read this we hope to be home. There are several eventualities. We compete the event and arrive home without drama, the others do not bare thinking about. Bang splutter, wheeze.

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## Lyn's Larder

This months recipe is courtesy of Kate Landsberry

**GLUTEN FREE ORANGE & ALMOND CAKE - deliciously moist!**



### INGREDIENTS

- 2 lge Oranges - skin as unblemished as possible, washed
- 1 cup Raw organic castor sugar
- 3 Eggs
- 3 cps Almond meal
- 1 tsp Gluten free baking powder

### METHOD

1. Heat oven to 170° C and grease and line a 22cm spring-form tin.
2. Bring a large pot of water to the boil. Wash the oranges and cook whole in the boiling water for ½ an hour, rise (gets rid of the bitterness) then fill pot again, bring to the boil and simmer them for another hour. Drain, allow to cool to room temperature, cut into quarters with skin on, take out any pips and then puree.
3. Beat the eggs and sugar until well combined, thick and creamy. Very gently fold in orange puree followed by the almond meal and baking powder. Pour the batter into the prepared tin. Bake for 1-1½ hours, until the top is golden and a skewer inserted into the centre comes out clean. (If your oven tends to cook high, place a piece of foil or baking paper over the top after about 40 mins to avoid burning)

Allow to cool in the tin. Then add topping of choice.

### TOPPING:

Dust with icing sugar. Or serve with Jalna vanilla yoghurt and blueberries piled on top. Or Cream Fraiche to be decadent

### Cook's notes

Oven temperatures are for conventional; if using fan-forced (convection), reduce the temperature by 20°C. | 1 teaspoon equals 5 ml; 1 tablespoon equals 20 ml; 1 cup equals 250 ml

## Good Medicine

### Good Grief

Have you ever experienced grief due to a death, health issue, relationship breakdown, job loss or similar? Chances are, if you're human you have ... if not then I'm sorry to say your turn is coming. Or perhaps you are on your grief journey right now.

We think of grief as mainly associated with death but, in reality it applies to any loss.

Emotions related to grief include feelings such as

- \* shock and numbness
- \* denial
- \* anger against others, parents, God
- \* depression

If you have felt like this after a loss or felt a little crazy be assured you are normal.

Denial protects us by diluting reality as we muster our coping forces while depression slows us down to explore the impact of the loss.

From this comes acceptance of reality and mustering of new strengths. The grieving person can help others who may be grieving.

Grief is different for each person and lasts *as long as it lasts*.

It is a journey which must be worked through and can't be avoided or minimised by unhelpful remarks such as ... *they're in a better place*, or *you should be over it*.

Only God knows how another person feels.

If grief takes a normal course it is indeed *good* grief, but it can also be difficult and longer (2 to 4 years), or even delayed and needing professional help such as counselling.

Some practical suggestions to help work through grief are:

- \* talk about it
- \* keep a journal/ make a scrapbook
- \* write a letter to the deceased - in the case of death
- \* join a support group.

The Bible says God cares about us and is close to the broken hearted (Psalm 34:18).

*The Counsellor*

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Guess who kept everyone awake last night!



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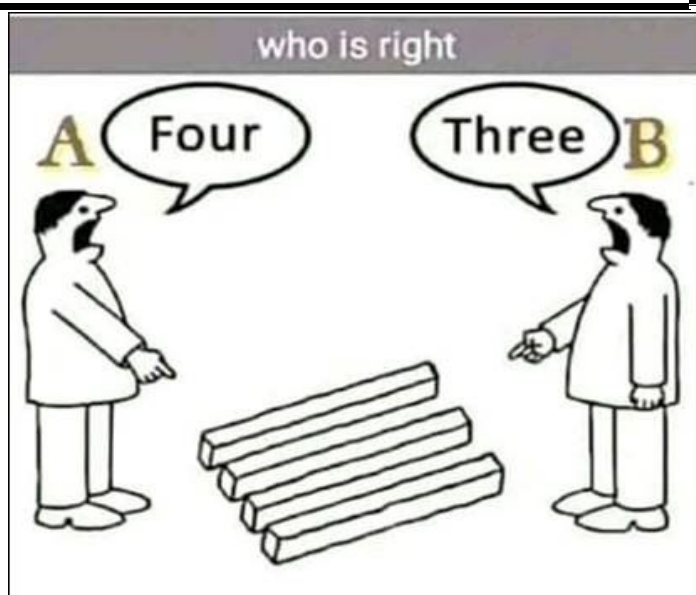
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**St Isidore's Catholic Church** NOTE your evening mass has  
changed to the 4th Saturday of the month



## MAH JONG

A group of local people have just started playing Mah Jong once a week in the Nabiac Neighbourhood Centre.

If you would like to learn how to play, or already enjoy playing Mah-jong, you would be most welcome to join us.

We meet every Tuesday evening, starting at 6:30pm and finish at 9:30pm. Sometimes a bit later if we are at the end of a game. (Put the bin out and come to mah-jong)

If you are interested, please ring

**0402 445 035.**



## 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 Bernadette's Catholic Church, Krambach

**October Mass** times are Saturday 5<sup>th</sup> at 6:00pm - Saturday 12<sup>th</sup> at 6:00pm - Saturday 19<sup>th</sup> at 6:00pm -

**November Mass** Saturday 2<sup>nd</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 service will be each held at **10:00 am**. All welcome

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### St Isidore's Catholic Church, Nabiac

**October** - Tuesday 8<sup>th</sup> at 11:30am Healing Mass followed by lunch  
Saturday 26<sup>th</sup> at 6:00pm

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I am hoping it will be rectified soon, so in the meantime if you are having trouble calling us, please call our mobiles.

Thank you. Enjoy the long weekend and I will now leave you with the saying of the month:

*"No matter how you feel. Get up, dress up, show up  
and never give up."*

*Belinda & Barb & Jess ☺*

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

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

### WALLAMBA COMMUNITY GROUP—NABIAC SENIORS

Wallamba Community Group Inc. meets Thursday mornings, at 9:30, in the Foyer of NABIAC Hall, for Bingo.

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