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NABIAC BUTCHERY

### WHAT'S HAPPENING DECEMBER, 2019

### Markets & Events.

Bulahdelah	(1st Sat)	$7^{\text{th}}$	8am to 1pm
Blackhead Bazaar	(1st Sun)	1 st	8am to 12 noon
John's River Country	(2nd Sat)	$14^{\mathrm{th}}$	9am to 1.30pm
Wingham Community	(2nd Sat)	$14^{\rm th}$	
Myall Quays	(3rd Sat)	$21^{st}$	9am to 1pm
The Hub Taree Showgnd	(3rd Sat)	21 <sup>st</sup>	8am to 12 noon
Krambach	(3rd Sun)	15 <sup>th</sup>	8.30am to 1pm
NABIAC	(Last Sat)	th	8am to 12 noon
Old Bar	(Last Sun)	$29^{th}$	7am to 1pm
Pacific Palms	(Last Sun)	$29^{th}$	9am to 1pm
Forster Town	(2nd Sun)	$8^{th}$	8am to 2pm
Halliday's Point	(1st Sun)	$1^{st}$	8am to 11am -?
Town Head (6	every Mon)		8am to 2pm
Mt. George	(4th Sat)	$28^{\rm rd}$	8am to 2pm
Forster Farmers Marke	et (3rd Sat)	21 <sup>st</sup>	8am to 12 noon
Bobbin Community		th	9am to 2pm
Tuncurry Markets	(4th Sat)		8am to 1pm
Burrell Creek	(2nd Sun)	8 <sup>th</sup>	9am to 12.30pm
	Blackhead Bazaar John's River Country Wingham Community Myall Quays The Hub Taree Showgnd Krambach NABIAC Old Bar Pacific Palms Forster Town Halliday's Point Town Head Mt. George Forster Farmers Marke Bobbin Community Tuncurry Markets	Blackhead Bazaar (1st Sun) John's River Country (2nd Sat) Wingham Community (2nd Sat) Myall Quays (3rd Sat) The Hub Taree Showgnd (3rd Sat) Krambach (3rd Sun) NABIAC (Last Sun) Pacific Palms (Last Sun) Forster Town (2nd Sun) Halliday's Point (1st Sun) Town Head (every Mon) Mt. George (4th Sat) Bobbin Community Tuncurry Markets (4th Sat)	Blackhead Bazaar (1st Sun) 1st John's River Country (2nd Sat) 14th Wingham Community (2nd Sat) 14th Myall Quays (3rd Sat) 21st The Hub Taree Showgnd (3rd Sat) 21st Krambach (3rd Sun) 15th NABIAC (Last Sat) th Old Bar (Last Sun) 29th Pacific Palms (Last Sun) 29th Forster Town (2nd Sun) 8th Halliday's Point (1st Sun) 1st Town Head (every Mon) Mt. George (4th Sat) 28rd Forster Farmers Market (3rd Sat) 21st Bobbin Community Tuncurry Markets (4th Sat) 28th

These dates are from the council web site so could be subject to change—Council has changed its web page and I can't find it. Not sure if these dates are on for December

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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Business Card	\$ 25.00	\$ 15.00
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Half Page	\$ 60.00	\$ 50.00
Full Page	\$110.00	\$100.00

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Extra costs if artwork is required or extra ink used RE DESIGN

Lost & Found & Freebies are free.

For Sale, Wanted, etc. are charged by size of ad.

### Editorial.

Hi all,

As a lot of articles contain thanks for the wonderful efforts of our fire fighters during the last horrendous month, I will just add my thanks and appreciation for their tremendous efforts in saving as much as they possibly could of our area. You all deserve a medal or at least a letter of commendation from our government for putting your lives at risk and all on a volunteer basis. My thanks to you all. Where would we be without you?

When I finally braved leaving the house to go to the shops at Taree and Forster, I was awestruck at just how much of the land has been devastated and the thought of the loss of the animals, live stock and houses and the poor person who died trying to save her animals was heartbreaking. Nature is a very cruel taskmaster. I hope everyone is recovering and trying to get their lives together again.

With school holidays and Christmas looming it will be hard to get into the spirit of it all, but I suppose it will take minds away from the worry for a while and to think of happier things.

I have had the usual troubles getting this edition out with missing articles and trying to fill the gaps with items of interest or jokes and the biggest, working out what to put on the cover. Hope it has all come together and keeps you occupied for half an hour.

Apologies for the short print last month. I mentioned last month that I was having a 'anno horribilis' (spelt it incorrectly last month!). Well, I should have kept my thoughts to my self as it is just continuing. The printer broke down half way through the print and due to the fires the guys couldn't get through to repair it until last week. Far too late to print the other half but, I have finally managed to get it to Greg to put onto the web for those of you who want to see it. Let's hope this month goes without mishap.

Hope everyone has as good a Christmas as can be wished for and that the heavens open up and dump a few hundred mils of water on the ground so we can water and wash and stop hand feeding all the critters on the land about. It would be a fantastic Christmas present for the farmers!

I have the 'mob' up this year again, but earlier as they will be here for Christmas Day, which means I won't get out of doing the Christmas Lunch - horrors! Shouldn't say that as my idea of Christmas lunch is a lovely cold layout of salads and prawns and cold meats. Far too hot for roast turkey and pork. Bring it on cold!

Enough of my rant. My huge thanks as always, to my 'reporters' for their articles every month, my advertisers who keep the paper paid for so that you get it for free and yourselves for thinking of it as something to get every month and keeping me occupied doing it.

Looking forward to the New Year

Lyn & Tilley Cat, & Timidthy











HAIR WHAT? December is here already!

This year has almost ended and I'm sure a lot of you feel the same as we do here at the salon, where has the year

gone, life seems to be so busy for everyone.

Stacey, Cassie, and I would like to take this opportunity to wish all of our clients a wonderful and safe Christmas with your family & friends and a big thank you for your continual support over this last year. We look forward to seeing you all back in the salon in 2020. Have a happy and safe New Year.

The salon will be

### XMAS DAY 25th DECEMBER 2019 CLOSED

R

**Boxing Day 26th DECEMBER** 

and Stacey will

We love our CPR range,.

### REOPEN Monday 30<sup>th</sup> & Tuesday 31<sup>st</sup> DECEMBER

Christmas Gift Vouchers are still available for Hair and Beauty.

### **BEAUTY**

Cassie is offering beautiful packages that will suit all budgets, take a look on our Facebook page to see more specials.

Merry Christmas to you all, be safe and be happy and look forward to seeing you in 2020!

From Shaz, Stacey, Cassie.xx

**Foot note**: While working in the salon I overheard a client say to one of our staff, "what a funny name CPR was for a hair product"?

The name stands for C-Condition, P-Protect, R-Revive...

Founded in 1963 by John Donnelly, Vitafive/CPR is a 100% Australian family owned company. As we celebrate our 55th birthday in 2018, we send our heart-felt gratitude to all our loyal & new customers. It is your continued support & love of our products that inspires us to become better each day. All our products are Natural, sustainable sourced ingredients. No harmful sulphates, parabens, no added salt, Never tested on animals, Cruelty free. The Shampoos are Sulphate free, our colours provide nourishment, softness & shine along with anti fade colour protection. Jojoba oil, olive oil, argan oil, peppermint oil, soy protein, wheat protein are just a few ingredients. And best of all - it is 100% Australian owned family business!" JD



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### Georgína Ann Edwards 20-12-1977 - 9-11-2019

On behalf of all of our family, we would like to thank the Communities of Nabiac, Barrington, Gloucester & Forster for their wonderful support and caring during Georgina's short illness.

To family & friends for their invaluable help at a very sad time. The wonderful friends who provided and helped prepare refreshments on the day. The sympathy cards, flowers, the hugs, the kindness.

Our beautiful girl who will be missed by the many people who's lives she touched.

### Sunflowers for Georgie

A Heartfelt Thank you.

Adam, Thomas, William, Jackson, Leon, Colleen, Jacqui, Samantha, Jefferson, Angus & Carla and all of our extended family.



This poem was written by Joan Bayer, for her sister Helen Jackson, when Helen's husband passed away.

Helen sent it in when I asked for poems and I though it lovely and maybe something that Colleen & Leon might like

### **Petals**

Petals are teardrops Straight from the heart.. Filled with love and memories Of those who depart.. Petals are the teardrops That soothe your broken heart.. One day you will be together Never more to part.



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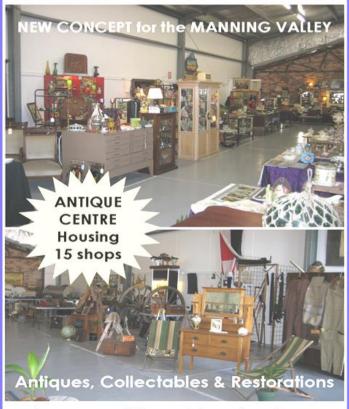
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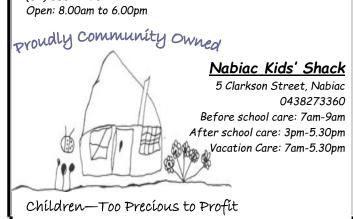
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### Nabiac and District Pre-school

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### What's been happening at Nabíac & Dístrict Preschool...



Nabiac Preschool will finish care for 2019 on Wednesday 19th December. We will reopen for 2020 on Monday 13<sup>th</sup> January. We hope everyone has a safe and happy Christmas and New Year.

We now have limited vacancies 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 see if our available days suit you and your family. Some days for 2020 are already full.

Our transition visits to Nabiac Public School have now finished. We enjoyed a range of classroom visits throughout term 3 & 4 and even got to order our lunch from the canteen. We have loved our visits and all our Preschool friends are looking forward to getting into Big School next year.

We are very thankful for the generous donations to our Christmas Raffle from our families and our community businesses. We really appreciate your kindness and community spirit in helping us raise funds for our community preschool. All funds raised from our raffle will go into improving our environment and equipment for the children ©

Nabiac & District Preschool is Nabiac's only Community Based, Notfor-profit, preschool and long day care centre.



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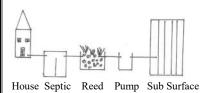
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### NEWS FROM BUNYAH

Our heartfelt thoughts are with all of the people who were affected by the bushfires and our sincere gratitude

to all the Firefighters, Volunteers, Ambulance, Police, Aerial Water Bombers and all of the support workers involved. **Our Bunyah Rural Fire Brigade** has been involved in fighting fires at **Hillville**, **Glenthorne**, **Tinonee and Nabiac through to Krambach**.

These Fire Crews were made up of the following local Volunteers:-Neville Harris, Grahame Watson, Brian Parry, Peter Pilmore, Samantha Harris, Jodie Harris, Brendan Hile & Andrew Hile who took leave from his job in Canberra to come home to fight the fires.

The Bunyah Brigade would particularly like to thank Sue and Craig Allport of Taree Produce who kindly provided them with a large box of very welcome food and drinks at the Glenthorne Fire.

On Tuesday 26<sup>th</sup> November, 2019 a lightning strike started a grass fire on the Hile's property on Willina Road opposite Parry's Wildflower farm.

The flames were spotted by Susan Harris who raised the alarm and neighbours from all around pitched in to help the Hile family extinguish the fire.

Bunyah Brigade is currently welcoming new members and anyone wishing to join the Brigade can **contact Grahame Watson for a Membership Form.** 

Of particular note, Samantha Harris, together with her sister Jodie and Brendan Hile with his brother Andrew are all young people who set a wonderful example of 'community spirit' by being involved with the Bunyah Fire Brigade along with the older long-term members. Our Community is extremely thankful and proud to have people such as these who put themselves in danger to protect the rest of the community. OUR SINCERE THANKS TO YOU ALL

Bunyah Hall will be holding a 'Community Christmas Get-Together' on Friday 20<sup>th</sup> December, 2019 commencing at 6.00 pm.

We will provide a Buffet Meal and Tea & Coffee. BYO Drinks/Nibblies

**The 'Grass Cutters' Band** will be providing the music so take up the Invitation to come and join in the Christmas Cheer! They have a great reputation!

Entry \$4.00 per person \$10.00 per Family; Raffle Tickets will be given on entry for a Lucky Door Prize which will be drawn during the evening

Andrea Rowsell Academy of Dance are holding their annual Concert at the Manning Entertainment Centre on Saturday 7<sup>th</sup> December, 2019 with two shows, the first one commences at 1.00 pm and an evening performance at 6.30 pm. Tickets Adults \$25.00 Concession \$21.00 This Concert consists of Classical Ballet, Contemporary, Tap & Jazz Ballet; a wonderful Showcase of the talent



that is nurtured to a high standard here in Taree. Come along and enjoy a 'Quality Concert' on your own doorstep.

'Annie Rose Academy of Dance' end of year Concert is on Sunday 8<sup>th</sup> December, 2019. Start Time 2.00 pm at the Church of Christ Auditorium, 95 Victoria Street, Taree. All Tickets \$15.00, Children under 12 years are FREE. This Concert is a 'must see' it has all the glitz & glamour of a Broadway Show. The Dancers and the costumes are a knockout! These are the group who entertain each year at Bunyah's Charity Spring Fair and previously at our 'Biggest Morning Tea'. Funds raised go to the Lions Club. Hope to see you there, you won't be disappointed!

Many thanks to **Lyn Reid our Across The Fence Editor** who is such a great support for our Community Groups and their functions; you are very much appreciated Lyn!

Wishing everyone a safe and wonderful Christmas and a New Year filled with plenty of rain!!

Neryl Simpson





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### **NABIAC PHARMACY NEWS**

With the recent bushfires in our beautiful local area we thought it would be a great idea to give the public the opportunity to thank our amazing firefighters in various Rural Fire Stations in our area for their very hard work and sleepless nights.

One of their most requested products is Oral Dehydration Salts so we decided to drop our prices and give our community the chance to join us in providing support and a very big thank you for their services. It's been a fantastic way to share our support between our local brigades!

### Be Sun Safe

While the sun might feel nice on the skin and promote a happy mood, there are some severe side effects to prolonged and unprotected sun exposure. The least troubling, of course, is a tan. Others include the development of sunspots, skin damage, sunburns, more wrinkles when you're older, and even an increased risk of skin cancer. These effects are why it is crucial to protect your skin against the harmful rays of the sun. UVR (Ultraviolet Radiation) from the sun can be high enough to damage your skin all year round, so it is important to use the recommended sun protection methods whenever you are outside. Whether it be walking to the shop, waiting for the bus, hanging out the washing, it is important to SLIP SLOP SLAP!

Most of us know to "slip slop slap", but did you know there are actually 5 ways to protect yourself from the sun?

- SLIP on a shirt
- SLOP on some sunscreen (SPF50 or higher)
- SLAP on a hat
- SEEK shade
- SLIDE on some sunglasses

### Sun Safe Ideas

- Think about what you're wearing is your skin well covered?
- Always grab your sunnies and hat before you go outside
- Walk on the shady side of the street
- · Keep spare hats and umbrellas in your car or bag
- Plan your activities to avoid being outside in the middle of the day if possible

Slip Slop Slap Seek Slide

Protect yourself in five ways from skin cancer

We have a nice range of sun protection in the pharmacy including broad spectrum SPF 50 sunscreen, zinc cream (clear and coloured), hats and sunglasses. Pop in and get summer ready!



### Christmas is coming!

Please keep an eye out for our Christmas Colouring-In Comp that will be coming in the coming weeks with great prizes up for grabs for the kids.

### Wishing our valued customers and our wonderful community a

very Merry Christmas and a safe and Happy New Year.

See you in 2020! Lauren



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### Show News

Our thoughts go to all who have been directly and indirectly affected by the fires. These events make your Show team even more focused on ensuring next year's Show is a good distraction and gives encouragement for the total Wallamba community.

In support of this, you'll see some of us at the January and February 2020 Nabiac Markets promoting the 2020 Show. We'll have a stall displaying some Exhibits and Produce, full program details of the day, and evening's events, plus Schedules listing 2020's competition classes. Our goal is to encourage knowledge of, and participation in the Show to people new in the area, visitors and you. Also, if you want to get in early for the Raffle, we'll have tickets for on sale. Please stop by and have a chat.

With the summer holiday's coming, we're keen to remind kids and parents alike, that they might find some interesting holiday activity amongst the Children's Exhibit schedule @ <a href="https://nabiac.com/wp-content/uploads/2019/10/Nabiac-Show-2020-Program-Children.pdf">https://nabiac.com/wp-content/uploads/2019/10/Nabiac-Show-2020-Program-Children.pdf</a>. It might be a good time for some new artwork, building, creating, crafting or sharing of a new skill.

Wishing all a safe, happy and restorative Christmas, and may 2020 be the New Year we'd all like to see.

### Sally Henderson

Wallamba District Show Secretary.

# KRAMBACH HALL HAPPENINGS

HALL MEETINGS: Monday following the Krambach Markets each month at 3.00pm. Next meeting on Monday 16th December, 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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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.

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

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

**Monday Morning:** Photocopying and Faxing

<u>Tuesday Mornings:</u> 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.

<u>Wednesday Mornings:</u> Suzie will help with the basics, emails & internet searches

Thursday Mornings:- Deb will help with the basics, emails &internet

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### Krambach Garden Lovers News

Some of our members have experienced the horror of the bush fires while others were evacuated but our Christmas party went ahead as planned at Kings Creek Retreat. The afternoon was hot but the welcome shower of rain made the evening more enjoyable with the hope of more rain to follow soon.

We welcomed George Hoad, who is President of Garden Clubs of Australia, to present the winners of the flower competition their certificates; in 1st place was Sandy, 2nd Christine and 3rd Kathy

Over 50 visitors and members enjoyed the visit from Santa (*Robert*) who brought with him the Christmas Turkey (Kathy) and along with George, they drew the large number of raffle prizes donated by members. This year we decided not to exchange gifts but to donated the money to the Bush Fire Relief Fund, a total of \$770 was raised. To all of our members, thank you, it is much appreciated.

The meal prepared and served by Carla and Spud was delicious and the huge variety of deserts supplied by members was amazing. What to choose was the biggest decision of the evening. So to all those members we say a big thanks you.

Our evening concluded with the singing of Christmas Carols lead by the talented George Hoad.

The next meeting will be on January 27th, 2020 at Brian O'Riley's home, Easton Rd. Kings Creek. This will be our usual evening meeting and BBQ at 6pm sharp. The flower competition colour for this meeting will be of your choice of colour or colours, remember 5 stems only.

For more details on our happy group of people contact Cindy on 6554 1916 or Val on 6554 9651

Happy Gardening **Val** 





### LTINGNEWS

Almost at years end and the tally of donated Quilts is very Satisfying - 409, and still a month to go.

We purchased a new frame for our quilting machine, 12' long, making our quilts so much easier to complete, and it has enabled us to finish a lot more quilts. Most sewing days there is a queue for who wants to use it next!

We have been well supported in the community; Jo from the Old Bank Centre nominated us for an Australia Post Community Grant of \$500, and with the help of Ross Dearing through the Neighbourhood Association, we were successful.

Taree Craft centre nominated us as their Charity and we received the proceeds from their "Share a Craft Day". I think some of that was due to our continued commitment to donate 100 quilts annually to the Palliative Care wing of the Taree Hospital, To achieve this we deliver 12 quilts every 6 weeks.

We have been blessed to receive donations from Taree North Rotary Club, we talked to them to explain our mission, they were really interested and so they visited us at Belbora to see how we really function.

We continue to supply quilts to Taree Hospital, babies and cot size, The Police for use in Domestic Violence situations, Nursing homes and Women's Refuges.

This year we have donated several quilts to be raffled by various charitable organisations.



We meet every Monday and Wednesday, so if you want something worthy to do, please come along and join us.

> Jenny Fletcher. Secretary 6554 1201

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### **WOOTTON NEWS**

A big THANKYOU to the Wootton RFS volunteers and helpers who have spent so many days and nights on the firegrounds, their families, employers, people bringing donations and everyone around Wootton who has been firesafe preparing and operating their properties. We always welcome new members and helpers to the RFS, please contact Fire Control to find your local brigade.

The annual "Wootton Cup" was run on a very dry track at the Wootton Guest House with lower numbers due to the fires, but still a great success with a lot of fun and raised \$295 for the fire brigade.

December Food Swap will be at Hall on Saturday 14<sup>th</sup>, at 5pm, followed by supper and fun in the Café - \$10pp from 6pm - bookings essential.

The Wootton community **Christmas party is on Saturday 21**<sup>st</sup> **December** from 4.30pm, and bring a plate of food to share for dinner from 6pm.

Wootton Library is open Sundays from 10-12, in the Hall.

Two Yoga classes are held in the Hall each week, on Wednesday from 9.15am (active) and Friday from 9am (reflective/restorative).

The December-January "Wootton Valley News" is delivered to letter-boxes in the Wootton area and available online at <a href="http://wootton.org.au/wvn.php#">http://wootton.org.au/wvn.php#</a>, please contact us if you don't get a copy. News updates will be posted on the "Wootton Community" Facebook page. Contact <a href="brushturkey@live.com.au">brushturkey@live.com.au</a> for RSVPs and further information

Fred

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### **Nabiac Landcare**

It's not often that I'm lost for words but the fires of the past month have left me stunned. The most important words at the moment are "**Thank You**." Thank you to our *firies*.



The local guys and gals have been on watch almost continuously since the middle of October. Thank you to the *RFS teams* who came from all over the country. Thank you to all the people who backed up, fed, donated, lent tools, pumps and generators and organised those giant 'sleep overs' at the evacuation centres. Thank you to all those people who asked 'Are you OK.'

I went out to look at a weedy patch on my place that has burnt. I hate to say it but the lantana is green under the bark. From our experience after the fires at Lilypilly Bend last year, I would say that the camphor laurels will shoot from their base as will quite a few of the larger privets and other woody weeds. There will probably be good regeneration of wattle and the eucalypts will also sucker from their base and trunk. Be prepared for an explosion of annual weeds if we ever get any rain.

The soil is quite dry and very fragile after the fires so take care when disturbing it. Creek banks and areas around burnt out stumps are very crumbly.

We can readily see the effect the fires have had on the landscape and the plight of koalas in fire affected areas has had world wide attention. However, spare a thought and some care for the thousands of other animals, birds and creepy crawlies that may invade your unburnt home and yard. Make water available and check with local wildlife carers for appropriate feeding if necessary.

Our Landcare year is winding down with only a few more work days before we go into our summer recess from mid December to late January. We will be holding our Christmas Party and AGM in mid December.

Thanks to all our volunteers for the great job they did this year and to the MidCoast Council for their continued support.

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.

Liz Rees

6554 3196

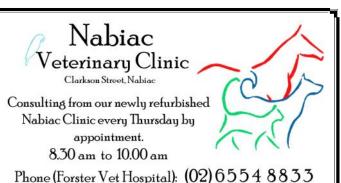
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### WALLAMBA CWA REPORT

What I believe might have been a first for Wallamba CWA Branch, was the postponement of our November meeting from Tuesday 12<sup>th</sup> to Tuesday 19<sup>th</sup> due to the horrific fires which raged throughout the Midcoast Council region cutting the Pacific Highway and a number of other roads preventing a large number of members being unable to make it to Nabiac – thankfully none of our members suffered any major damage to homes but came close at times.

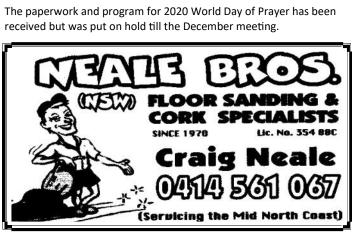
President *Margaret Weller* welcomed 13 members to the meeting at the Uniting Church Hall, Nabiac and this included our new member, Mrs *Moya Harris,* who has decided to join us. We hope Moya, who is a local lady having been raised at Dyer's Crossing, will enjoy her time with us.

The meeting began with the formalities and then members paused to remember a number of family and friends, including relative of Mary & Trevor Webber ('Digger' Bruce Webber), Alan Fenning, Pamela Monk of Krambach, Lindsay Shepherd, Rev Len Thompson, Val Wilde of Hunter CWA Group, Julie Fletcher, who lost her life in the bushfires at John's River, young mother Georgina Edwards (daughter of Colleen Robb of Nabiac), friends of Sec Pam, Alan Carlyle OAM & Ken Malpass OAM both of Wingham.

President Margaret provided November's thought and it was 'The kindly word you say today, may bear it's fruit tomorrow". Member Jill will bring the thought for December's meeting.

Business arising included a report on the 90<sup>th</sup> MNC CWA Group Conference which was hosted by Forster CWA Branch at Club Forster on Thursday, October 31<sup>st</sup> which was attended by members Margaret, *Iris, Beth, Penny and Merle* who all agreed that the Guest Speaker Mrs *Ruth Shanks*, who has held numerous positions in CWA and ACWW, was an excellent speaker and Wallamba ladies even got the chance to speak with her personally. Each of our ladies gave a short report on their attendance at the Conference.

A number of items of correspondence relating to the Conference from Group Secretary were dealt with in our Correspondence segment. Get well wishes and also birthday wishes were sent to former members, *Norma Frieden* now living on the North Coast, *Pauline Graves* who resides at Raymond Terrace and long distance member *Lyn Matthews* who not only had a birthday but she and husband *Phil* were celebrating a wedding anniversary.



Treasurer *Mary Webber* advised members that the books had been audited, with thanks to *Kerry Clout* for undertaking this task, and they came back with "the tick of approval". Members once again voted to make a \$30 donation for End of Year Presentations to our three local schools, namely Nabiac, Krambach and Coolongolook Public Schools which I am sure will be very much appreciated by the recipients.

0404 495 422

Merle gave her handicraft report and advised the members that the information day which had been planned for Kendall had been postponed due to the bushfires and road closures and hopefully it will take place in February, 2020. Merle has set the members on the Branch project of 4 decorated eggs and these will be foam egg shapes – not the real thing! Mary, *Coral, Beth* and Jill have volunteered their talents for this project which have to be ready for the Group meeting at Gladstone on March 2<sup>nd</sup>, 2020. Merle was asked to judge the handicraft at the Bulahdelah Show and as this was during the fire period – stayed safe at a local motel over there.

Congratulations to our International Officer Penny who took out 3<sup>rd</sup> placing with her International report to Group. At this stage Penny hasn't had any confirmation for the proposed visit from Mr *Harvey Else*, who is a well known pilot from Cundletown who in his younger days worked in PNG.

Our Ag & Environment Officers Coral and Ruth have been busy sourcing information on the 2020 subjects of Waratah, Whales and Wild Dogs and passed on information on the Waratah which is our State Emblem – very interesting. Members have offered to help the ladies by collecting information on these topics. Wallamba put forward Niche Handmade Cheeses as a Primary Product at the recent Group Conference and this was accepted – Penny did a short presentation on the subject at the Conference.

Jean Price gave her first report as Cookery Officer and spoke about entries needed for the first judging for 2019-2020 which will happen at Group council meeting at Gloucester November 28<sup>th</sup>- the ladies put their hands up to allow the Branch to have entries in each section so hopefully they will do well with their cakes, shortbread, biscuits, jams and jellies, fruit cakes and steamed fruit pudding. We could be taste testing their results at the December meeting – which will be our Christmas Luncheon also.

Jean's cooking tip was "A pinch of cream of tartar in icing mixture will stop it from running".

Our Cultural segment was interesting as our member Jill, who recently returned from her overseas travels in Europe travelling on a river cruise, spoke about learning of the fires back home at Tuncurry/



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Forster through the daily 'on board newspaper' that the company printed. Most of the passengers were Australian so it was of concern and informative for them to know of events back home.

Ruth spoke her trip to Sydney to enjoy the visit and performance from the Edinburgh Military Tattoo and this lead to further memories from members of their visits to Scotland.

This segment ended with President Margaret reading *Bert Beros's* poem "The Fuzzy Wuzzy Angels of PNG", a copy of which she had found in her late father's possession (he had served in PNG during WW11).

President Margaret informed members she had attended the Dairy Farmers' meeting at Everingham's property Taree South and had spoken with the farmers and their wives on the difficulties they are experiencing with the drought and since then the bushfires — she said it was heartbreaking to hear their stories and it has been decided that our free will giving under the Christmas Tree at our Christmas Luncheon meeting in December will go towards helping them.

The menu was worked out for the Christmas Luncheon following the December meeting on Tuesday, December 10<sup>th</sup> and we should have some delicious dishes provided by the ladies to enjoy with members, partners and friends.

Don't forget Tuesday, December 10<sup>th</sup>, commencing at 10.00am at the Uniting Church Hall, Nabiac is our next meeting and will be the final one for 2019 – 'another year done and dusted' as they say.

### Pam Muxlow

Publicity Officer Wallamba CWA Branch

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### Modern Motors Christmas Wish

Old Jack Carey once said "no two days ever end the same". We were sitting on his front veranda one summer afternoon many years ago. When he lived on Showground Lane.

You know what? I reckon you can apply that to years as well. This years been an absolute test and we would like to thank each and every one of our fantastic customers for their trust and loyalty.

The past few weeks have been very trying and for anyone reading this, I truly hope that your coping and if not, please reach out and ask for some help.

We'd like to extend our very best wishes to everyone in our community for the Festive season.

Eat, drink, be merry and most importantly stay safe.

See you all in the New Year.

Modern Motors will **close midday 24th of December** and **reopen 6th of January.** 

David, Wendy, Craig and Mitch.

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### Between the Pages Nabiac Library News





nother exciting month!!! Nabiac Library is the winner of the 2019 PuzzleOff competition and trophy! Congratulations to everyone who contributed! Well

### **CHRISTMAS HOURS:**

Nabiac library will close 5pm Monday 23<sup>rd</sup> December 2019 and reopen 3pm Monday 6<sup>th</sup> January 2020

MidCoast libraries will all be closing at 2.00pm on Tuesday the 24<sup>th</sup>

December and reopen on Monday the 6<sup>th</sup> January.

Merry Christmas and a Happy, safe 2020!! Remember our wonderful libraries have books, DVDs and magazines for the perfect gifts to make, be it baked or handcrafted, it's definitely a gift from the heart. Who can resist these delectable gifts? Be sure to visit your library a.s.a.p. to borrow and allow sufficient time to create, the Christmas countdown is on.

We hope everyone is safe after the horrendous bushfires, and those who are still enduring and fighting them will also be safe. We're grateful to all our awesome firefighters and their families! Many thanks!

DECEMBER AND JANUARY MIDCOAST LIBRARY EVENTS....It's school holiday time, there's lots to make, do, learn and enjoy!!! Of course you can view online all that's on this month and January too; when and where it's at. Or pick up a Library Newsletter from your local branch library BUT...here are just a few to tantalise your

### School Holidays:-Nabiac Library

### Scrapbooking -- Thursday, 9th January, 2020- 9.30-

11.00am Bring along five photos and learn how to begin your scrapbooking journal. Come along and create! Bookings essential. Age restrictions apply 5yrs +

Location: Nabiac Library, 44 Nabiac Street, NAB IAC

Cost: Free event

Contact: MidCoast Libraries 6554 1355

<u>library.events@midcoast.nsw.gov.au</u> to book your spot.

Bee Hotel Workshop - Thursday, 16th January, 2020 9.30-11.00am Help save native bees by creating your own bee hotel for native solitary pollinator bees. Work with everyday items found in the household and back yard. Presented by JR Richards and Sons. Age restrictions apply 6yrs+

Location: Nabiac Library, 44 Nabiac Street, NAB IAC

Cost: Free event





### Need to sell products online?

www.goldenagemedia.com.au

Contact: MidCoast Libraries 6554 1355 <u>library.events@midcoast.nsw.gov.au</u> to book your spot.



Summer Reading Club--28th November 2019 - 10<sup>th</sup> January, 2020



The Summer Reading Club is a great way to keep the kids active over the summer holidays. The free Summer Reading Club is for all ages from preschool to high school, and families with babies and toddlers are also welcome to join in the fun. Complete the

Challenges, Reading Calendar and Challenge Card and return to your library by Saturday 11<sup>th</sup> January to receive an SRC party invitation and to go in the draw to win some fantastic prizes.

Or...Puzzles, games, colour-in in the December/January 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's 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 to borrow, ask at your branch today or check the catalogue. You can even help us put together our community jigsaw puzzle which we're currently assembling.

The Drought continues with increased water restrictions. Why not discover water-saving ideas and resources from our library? Perhaps you'd like gardening suggestions, which plants are water-savers?

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, by telephone or you can visit any MidCoast library branch to borrow or return items. Happy reading!!



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(get a catalogue in store)

Sunny & Rosie

### MARKE NOEL

### Carols by the Park Krambach

LEO CARNEY PARK

Next to the Pub

Saturday 21st December 7:00pm

> Combined Krambach Presbyterian Church & Community Event

> > Call Robert on 0400 310 357



### **FoodWorks** Supermarket

4th Anniversary

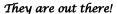
Sunny & Rosie would like to invite their customers and friends to a BBQ to help them celebrate their fourth anniversary in the shop.

Date: 19th December - Thursday

Time: 11:00am - noon Where: at the shop

Just bring yourselves

See you there

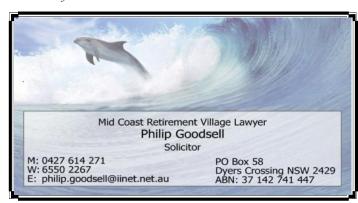


So I was at Walmart earlier and a lady was looking at the frozen turkeys, but she couldn't find one big enough. She asked the stock boy, "Do these turkeys get any bigger?" He replied with a straight face, "No ma'am, they're dead." Made my week.



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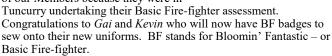
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### **MINIMBAH MATTERS**

Minimbah Rural Fire Brigade has just had one of their busiest and most gratifying months in Brigade history, and now we are into Summer. Homes, property, lives, wildlife and personal treasures have been lost, BUT just look at what has been saved. In the Mid Coast area in the past month it has been confirmed that 121 homes were destroyed and one person lost their life. However, under threat of fire, 945 houses were saved. Those are some very impressive local statistics.

Our local and the wider community have once again been extremely generous with their praises and donations, many of which have been anonymous. You know who you are even if we don't, so please know that you and your generosity are very much appreciated. It's not why we do what we do, but it is what was needed at the time. Your thanks and smiles are what keeps us going. There has been an astounding response to a community appeal for supplies, and our thanks go to those who initiated and managed the appeal, those who donated, and those who acted as collection points. A wonderful community effort and gratefully appreciated.

Thinking we would get in before things got busy, we planned our Christmas party for 23<sup>rd</sup> November. What were we thinking? We have been in our current Fire Station for 12 years, and this year the turn-out was amazing. New neighbours were introduced and welcomed – maybe they are even considering joining the Brigade. We were delighted with the company and the food was pretty good too. To celebrate her birthday, and to extend our thanks for everything she has done, a presentation was made to Life Member, Verena Johnson, on the day. We had to start the party without some of our Members because they were in







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While we are all singing Christmas Carols, here's one that has been modified a bit .....



You'd better watch out
And give us a shout
Things are so dry
And we all know why
Fire Trucks have been coming to town.

Our trucks don't come a creeping A wailing noise they make So when you hear them coming Move aside to give 'em a break

You'd better watch out There's lots of them about From near and afar They're big trucks or a car Lights and sirens all flashing on top

We'll be there if you're sleeping And wave if you're awake We'll know by a look if you've been bad or good So be good for safety sake. Hey!!

> Your thanks are why we do this Your smiles are always great Your safety is our mission Your help we will always take.

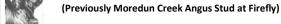
Australia has a reputation for closing down over the Christmas/New Year period, but there will be someone answering the phones at the Mid Coast District Office.

### NSW RFS Mid Coast District Office on 1300 Mid Coast — 1300 643 262

In case of an emergency, remember to remaining as calm as possible, having checked *what you are actually witnessing*, and knowing your exact location, please report all unattended fires to

Triple Zero. 000

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### Minimbah Matters continued

### From the Captain:

### Do you know what "Section 44" means?

We have all heard the term and it refers to the NSW Rural Fires Act of 1997

Essentially a Section 44 is declared by the Rural Fire Service Commissioner when the resources of the Fire District (Mid Coast in our case) can no longer match the requirements to extinguish the current fire. Once declared by the Commissioner, the District has access to extensive fire-fighting resources, in terms of both personnel and equipment, from across the country. Both State and Federal Governments come to the local district's financial rescue using Emergency Reserve Funding. Of course the State only declares Section 44s in extreme circumstances as they can becomes extremely expensive.

And the reason for the following description was a conversation overheard when a member of the public commented ...... "Minimbah 7? That brigade does not have seven tankers".

When a Fire Appliance is out and about, the Fire Communications Centre is always advised and regularly kept up to date with their location and activity. The unit is identified by the Brigade name and the Category of the Fire Truck. In our case we are "Minimbah 7": i.e. Minimbah Brigade - Category 7 Truck.

NSW RFS has, in the main, three types of fire fighting vehicles in common use.

Cat 1 - Large self-contained 4WD unit carrying around 3,000-4,000 litres of water

Cat 7 - Medium self-contained 4WD unit carrying 1,000-1,600 litres of water

Cat 9 - Quick response 4WD two person unit carrying something less than 600 litres of water.

All units carry Bush Fire Fighting Foam (BFFF) which multiplies the effectiveness of water volume by a factor of five when mixed at 0.1%. Therefore, 3,000 litres on a Large Appliance (Cat 1) effectively becomes 15,000 litres by using foam.

If only we could add 0.1% of foam to our wallets.

We thank Lyn Reid for the opportunity to use the Across the Fence as a vehicle to stay in touch with our community. We extend to you all, our wish for a Happy Christmas and a safe, peaceful and prosperous New Year.

### **Matthew Absalom**

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### Nabiac Second Chance Opportunity Shop

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### Note:

Nabiac Op-Shop has advised that they will help those affected by the fires who need to replace items lost due to the fires.

\$\delta \delta \

Just go to the shop and speak to one of the friendly staff and they will advise you as to how they can help.

Furniture (they have a great selection of good quality items) Clothing for adults and children

House hold items for the kitchen, bedroom, bathroom, etc. And I am sure there is stuff for your pets.

### **All Gratis**

Also Upper Lansdown Hall will be handing out goods for those in need of replacing lost clothing, etc. on Saturday 7th December from 9.00am (items come from the folks of Mosman in Sydney)

### Nabiac Memorial Neighbourhood Centre Assoc. Inc.

Is holding its

### **Annual General Meeting**

on 12<sup>th</sup> December, 7pm at the Neighbourhood Centre, Nabiac

### Agenda

Auditor's Report

President's Report

Sub Committee Reports:

Nabiac Village Futures Group; Nabiac Second Chance Opportunity Shop; Nabiac Community Technology Centre; Aub Ferris Sports Complex Redevelopment; Nabiac Landcare; Nabiac Farmers Market

### Review of Constitution

Review of the Preamble, 2. Objectives (see <a href="https://www.nabiac.com">www.nabiac.com</a> > Publications > NMNCA Inc. Constitution > page 1)

### Election of New Committee:

President, Vice president, Treasurer, Secretary and Committee members.

Appointment of Public Officer and bank signatures Meeting dates for 2020

Nomination forms are available online <u>www.nabiac.com</u> >Publications > NMNCA Inc. Constitution > page 22.

All financial members are welcome to attend. A Committee meeting will be held immediately following the AGM.

### Louise Collins

Secretary, Nabiac Memorial Neighbourhood Centre Association Inc.



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### **Mark Tidbury**

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**Local History - The Wallamba** — Another in a series of historical articles gleaned from the archives of the "Manning River Times, 1938, by Bob Mann

**COUNCIL MEETING:** At the recent meeting of the Manning Shire Council held on the 8<sup>th</sup> August, it was reported that the Cocumbark -- Wang Wauk Road reforming was now in hand and good progress is being made. One of the old track units is in use here. Some gravel will be required on the boggy flat beyond the hall. This can be carried out by the Councils own trucks.

### THE WALLAMBA DISTRICT A & H ASSOCIATION:

The Secretary's Retirement: At a committee meeting of the Association held in the luncheon room on Wednesday night 11<sup>th</sup> August, the committee were very sorry to have to accept the resignation of Mr. A.A. Clarke who has been their Secretary for the last six years. It was stated that the pressure of Department Work would not permit Mr Clarke being available for the Society's interests so hence his resignation. Mr Clarke, however, was to continue to be a committee member. Consequently on the motion of Messrs. J. W. Startin and Arthur Whyte-Butler and supported by Messrs. Alf. R. Woodward and H.H. Mullens, G.A. Campbell, H.J.J.B. Paff, William Milligan and others it was decided to make Mr Clarke a Life Member for the excellent services he has rendered for the Society during his term as secretary. On the motion of Messrs A.L. Whyte-Butler and Wm. Milligan it was also decided to send a letter of thanks to Mrs Clarke for the very able and meritorious services she had at all times rendered to the society. Mr E. Gorton of Nabiac is now carrying on the Secretarial work.

### **THE WALLAMBA A & H ASSOCIATION**

The general meeting of the committee was held at Nabiac on Wednesday 17<sup>th</sup> August. Mr Robert Milliken, President, occupied the chair and the following members were present. Messrs J.N. Nixon, B. Brown, C.E. Woodman, C. Holden, T. Milliken, H. Bryan, A. Everingham, J. Affleck, A. Northam, F.A. Pelley C.K. Wright, J.G. Nixon, N. Bidner C. Andrews, G. Paff, H. Croker, J. Breckenridge, J.W. Startin, Geo. Reeves, E. McMaster, I.C. Parker, H. Deer, G. Weller, A.E. Woodward, W. Schneider, A.A. Clarke, M. Schneider, G. Wisemantel, H.A Paff, K. Paff, E.W. Milligan, A. Croker and G.A. Campbell acting as secretary. After confirmation of the minutes, the President extended a welcome to Mr W. Schneider (a new member) who suitably responded. The secretary Mr A.A. Clarke rendered his resignation which was accepted with sincere regret.



"Cherish Love, Cherish Life"

### Bridget Smith

Registered Marriage celebrant

WINGHAM NSW 2429 0475 133 796

bridgetsmithcelebrant@gmail.com

Several members spoke in laudatory terms of Mr Clarkes work. He had proved an energetic and efficient officer seeking at all times to advance the interests of the association. Subsequently the committee resolved that Mr Clarke be make a life member on appreciation of his services to the association a courtesy which Mr Clarke feelingly acknowledged and that a letter be sent to Mrs Clarke. Two applications for secretary were received and *Mr J.E. Gorton* was appointed to the vacancy.

Mr H. Deer's motion, of which notice had been given, "That the association held a spring carnival be held during the first week in November' was discussed at considerable length and on being put to the meeting was defeated by a large majority.

The works committee has under consideration the providing increased accommodation at the hall and various improvement to the luncheon booth. The report may be available next meeting.

Nabiac - September, 1938: Our village has now lost its winter coat and everywhere is looking beautiful with every promise of a good season ahead.

The coming departure of our esteemed first class Constable *Brogen* and family is indeed to be regretted. They will all be greatly missed, especially the genial Constable himself, who is everready to help any deserving cause.

Mr *Percy Hancock* has accepted a position in the city . Percy takes with him, also the good wishes of the community He will be missed by his young friends, especially on the cricket fields.

Mrs Walker (snr) is visiting relatives in Kendall. This esteemed old lady is getting along into the nineties. We wish her a pleasant holiday.

Visiting Mr and Mr *Gorton* last week was a brother from Sydney who took the journey to see his aged brother Mr *Eller Gorton* whose health is now very indifferent.

Now that the Methodist Parsonage is completed, it is indeed a place of beauty. Nabiac can feel honoured to have a building of such importance.

Our school renovations are going ahead now . The building looks quite important with its bigger class rooms which were so badly needed.

Influenza seems to have taken the order of the day. Not many homes have escaped this dreadful epidemic.

Miss *Kitty Hancock* of New Lambton Heights is the guest of Mrs *Tom Priestly*. Miss Kitty is renewing old friendships.

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https://www.humanservices.gov.au/individuals/services/centrelink/nsw-bushfires-september-2019-australian-government-disaster-recovery-payment

The fastest way to claim is over the phone.

To claim, either:

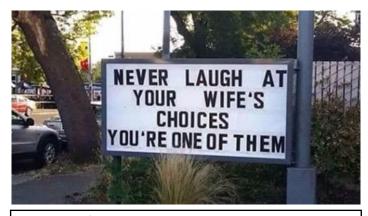
- Call the Australian Government Emergency information line on 180 22 66. Call 131 202 for languages other than English.
- Print and complete the <u>NSW Bushfires</u>, <u>September 2019 –</u>
   Australian Government Disaster Recovery Payment claim form
- Go to Department of Human Services <u>service centre</u>.

  Phase lines are a rear 8:00 are to 5:00 are Mandau to Friday.

Phone lines are open 8:00 am to 5:00 pm Monday to Friday, local time.

Christine Covington

Commissioning and Planning, MNC Department of Communities and Justice



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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### Nabiac Village Futures Group News



BBQ news: Our long awaited BBQs are now ready for use. If you haven't noticed, they are under the trees near the children's play equipment. It's a double electrical BBQ unit with a large picnic table. A big thank you to our OP Shop volunteers who work hard to raise funds for projects such as this. Thank you also to those who donate clean, unbroken goods for sale. Thank you also to MidCoast Council and NSW government for assistance with funding and to Council for construction.

Council's Community Conversation was held last week at the Show-ground Hall and it included a visit from the Mobile Recovery Unit with information for those affected by fire. It was also an opportunity for residents to ask questions too. Visiting support groups included RFS, Legal Aid and Red Cross plus others and they provided some useful handouts.

The footpath and cycleway meeting is this week on Thursday 5<sup>th</sup> December at 10 am.

**Town Creek news:** Many residents have been annoyed and disappointed at the ugly weed growth that blocks Town Creek in the heart of Nabiac. To date 2 reports have been written — a flood report and a rehabilitation report. Both these will now form the basis of an application for establishing a healthier creek. This will be a joint project between Landcare, our Village Futures Group and Council.

As a Group we would like to wish all residents a happy and safe Christmas and New Year. Hopefully we'll receive a gift of rain.

Contact Secretary
Louise Collins Ph: 0409 585 635







Just loved these - they were labelled "One Word Essays" and the one word says it all.

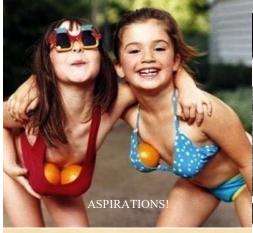
### **NABIAC MOTORS** 6554 1226

We wish to advise our customers of our Christmas Closing Times

23rd DEC 2019 to 6th JAN 2020

And would like to wish all of our customers a wonderful Christmas and a Happy New Year

Paul & Sandy









Pee on an electric fence, they said! It will be fun, they said!

One day while driving to do some shopping, I passed by a newer retirement village. On the front lawn were six old ladies, lying naked on the grass!

I thought this was a bit unusual, but continued on my way.

On my return trip, I passed the same retirement village with the same six old ladies lying naked on the lawn.

This time, my curiosity got the better of me so I went inside to talk to the retirement village Administrator.

I asked her, "Do you know there are six elderly ladies lying naked on your front lawn?'

"Yes," she said, "Aren't they darlings? They're retired prostitutes - they're having a garage sale!"

A second grader came home from school and said to her grandmother, "Grandma, guess what? We learned how to make babies today."

The grandmother, more than a little surprised, tried to keep her cool. "That's interesting." she said, warily. "How do you make babies?"

"It's easy," replied the girl. "You just change 'y' to 'i' and add 'es'." (were it that easy!)

An 8-year-old girl went to her grandfather, who was working in the yard and asked him, "Grampa, what is a couple sex?"

The grandfather was surprised that she would ask such a question, but decided that if she's old enough to know to ask the question then she's old enough to get a straight answer.

Steeling himself to leave nothing out, he proceeded to tell her all about human reproduction and the joys and responsibilities that go along with it.

When he finished explaining, the little girl was looking at him with her mouth hanging open, eyes wide in amazement. Seeing the look on her face, the grandfather asked her, "Why did you ask this question, honey?"

The little girl replied, "Well, Grandma says to tell you that dinner will be ready in just a couple secs."



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### Nabiac Farmer's Market

Nabiac Farmers' Market Christmas News





By time this article is being read, the Christmas Market will be over. We will be celebrating another great year for our local Farmers Market and sharing the excitement of the festive season. It is definitely a time to celebrate community, friends and family; a time to share local gifts and produce.



Against the backdrop of devastating fires. We also celebrate the RFS. Words can hardly describe the bravery and dedication of our Firies. We can't thank you enough. The Nabiac Farmers' Market will be donating funds to the RFS. The resilience of people in this region is strong. It is heart-warming to see people pulling together to help others.



### Stallholders

To our stallholders, who proudly bring sustainable goods to the local region. We thank you for your commitment to healthy-living and enviro-friendly produce. We admire your entrepreneurial spirit and dedication to your businesses and the community. We hope that stallholders affected by drought and fires, will be up and running again soon.



### Community

The market committee would like to thank our amazing community for their support. This includes regulars and local businesses who continually patronise and promote the market. We also thank all the weekenders and people who pass through and take time to shop in

Nabiac. Many people gear their trips along the highway, around market day. We thank Lyn Reid for publishing Across The Fence. This is a huge contribution to Nabiac and surrounds.

We celebrate living on the Mid-North Coast. We wish you a Merry Christmas with Family, friends, and the gift of local giving.



- F. Fresh, fine, Festive delights
- E. Eggcellent pasture-raised eggs & meat
- Sustainable produce & gifts which are seriously good
- T. Tea, Turmeric, Turned wood
- Inventive, Creative, Unique wares
- V. Vibrant, authentic market
- E. Ethos: Make It, Bake It, Grow It!



The committee are excited to see the market continue to thrive. We look forward to seeing new and familiar faces, interesting workshops and demos. We look forward to new and innovative stallholders in

See you at the January Market! Come early. Bring the cool bags, the list and granny trolley! Socialise and select the finest produce, from Vendors who: "Make It, Bake It, Grow It!"

For applications and enquiries email: <a href="mailto:nfmcommittee@gmail.com">nfmcommittee@gmail.com</a> or call: 0422 177 022. Follow us on FB and Instagram and check out the website: www.nabiacfarmersmarket.com

Have a wonderful festive season. May the rains come.

By Laura Pennington



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### Permaculture in the Garden

Hi everyone.

Firstly I hope every is doing OK after these devastating fires. I know many people were affected but its been wonderful watching how the community comes together in a time of crisis. The battle is not over though with heavy water restrictions being implemented by MidCoast council and this drought with no end in sight, we are going to have to start thinking outside the box to meet some of our current challenges. In the garden there are a lot of things we can be doing to be smart with our water usage so I want to share some ideas this issue of some of the ways we can conserve water and continue to have a garden

- Consider your plant choice Be smart. We have little water, so what plants are able to thrive on very little water? The answer is Australian Natives. You will be surprised at how well natives will grow in poor conditions and there are many beautiful species out there to find. Mediterranean plants are also quite adept at growing on very little water.
- Prioritise what you water If you're going to have to sacrifice some plants over others, look after your trees or bigger plants first. Their bigger root system will help keep the soil healthy so when rain does come it's able to be fully used. They create protection for other plants too. Keep them healthy and you'll find the plants around it will stay healthy for longer too.
- Mulch and protect your soil. Mulch is one of the best ways to keep any water you're able to give, in the ground. As it breaks down it also improves soil structure and soil with good structure conserves water also.
- Finally, Water sources? One of the best sources is always grey water. Grey water is any 'waste' water produced from the laundry, kitchen and bathroom (though not the toilet). The average Australian household produces 120 Litres of usable grey water per day and in most houses it is simply washed away. It is

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an untapped resource that we need to tap and fast. You can catch water by putting buckets in the shower, doing your washing up in a tub in the sink and run a hose from your washing machine directly to the garden. You can also retrofit your current system properly so your grey water is filtered and your garden gets watered without you even having to do anything. There are a number of different systems you can use, some complicated, others not so much, though be careful, no matter your system, harsh chemical detergents will cause more harm than good so when doing this make sure to pick an eco friendly option.

Next month I will delve deeper into grey water systems to try and give you everything you need to know so we can all tap into this resource and become that bit more water smart and cover the MidCoast council's rules and regulations.

Until then stay positive and stay pro active and for any more info you can find me at: 0473 372 825 or freerangechange@gmail.com

Lauren 🔞



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A lightning bolt is five times hotter than the surface of the sun—no wonder they light fires.

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### REAL KULTCHA

OK are we all (or most of us, at least) now back to something that roughly equates to normal? The bush fires seem to have been stalled for the moment and I can't say enough about the efforts our Bush Fire Brigades put in to save our little village. I know a medal is a very small reward but something aught to be done: our pollies (of all levels and hues) "reward" themselves for the things they feel they're doing for us when most of the time it's just for their own aggrandisement! When I say that of course, I'm thinking of our own little band of mental paraplegics who think the "best thing" they can do for us is to co-locate the staff of two of the three Councils that now form Midcoast Council, into a HUGE building south of Taree. That idea is going to set us ratepayers back around \$60 million and if you think that'll be the final figure, I've got a really good deal on a bridge I'd like to sell you! Still, we elected them so I guess we're getting what we deserve! Look out next election!

I was reminded, as the smoke rose over Talawahl, of a book reading the ABC used to do for about 15 minutes from 08:45 each morning. One of the books I remember them reading was entitled "Red Bull" and that was the name the author or folk in general had given to Australian bush fires. I hung on every word and heard the last of the morning's episode as I ran out the front door heading to school. I never made it before the 09:00 bell of course, and when I was finally caught and asked why I was late, I explained. The headmaster (Frank Williams) then told me to arrive before 08:45 the next morning and I could listen to the reading over the school PA system. He was true to his word and that's how I heard the rest of the book. One of these days I'm going to find a copy of the book to relive not only the story of the "Red Bull" but one adventure of my Nabiae school days.

The Child Bride and I did hie ourselves off to Melbourne for a break (to attend her brother's 80<sup>th</sup> in fact) and apart from also watching our grandsons compete in their school's sport day, the place was a desert! Of course, the local news tried to create the impression that everything was happening in Oz Rules when in fact, save for the draft, nothing was. Each night however, there were breathless reports on who had started back at training (did I care given the season is still months away), who hadn't ("Dusty" Martin was holidaying in Mauritius with Sarena Williams and her husband – and I really didn't need to know that) and Eddie Everywhere and Collingwood was holding a serious revision of what happened this last season! Big



whoop – think colly-wobbles and the job's done, everybody over to the bar.

The serious part of the cricket season has just begun and as soon as I finish cobbling this rant together, I'm out to the TV to see how we're going against Pakistan. I was watching yesterday when the 16 year Pakistani fast bowler got Warner (then on 54) to tickle one behind and so he began the long walk. He was stopped however, when the replay showed the kid had over-stepped, it was declared a No Ball and Warner resumed his place at the crease. The kid must be going through hell today because when they finished last night Warner was on the top side of 150!

I noticed an item on athletics t'other day and it should definitely be filed in the "What tha ...?" drawer. Apparently, Nike has developed a new shoe (the *Vaporfly*, would you believe) though the item didn't actually detail what special features the shoe had: a pair of wings or some springs, maybe. Anyhow, the winner of the Vienna marathon and the winner of the Chicago marathon were apparently wearing this shoe and both managed to break the 2-hour mark so it obviously has to be the shoe!! Dah!! Could it possibly be those two winners had trained harder? Definitely not – it had to be the shoe. I think there's a bit more to come out on this issue.

Did you watch The Big Fight? The what? The big fight where two old blokes known for their efforts in another sport, put on the gloves and tried to belt the daylights out of each other in front of the glitterati. Yep, Paul Gallen (late of the Cronulla Sharks) took on Barry Hall (late of some Oz Rules side). It was of course, billed as The Fight Of The Codes but I didn't watch it because I had better things to do with my time – like floss my fingernails! I think it turned out to be a draw so you can bet there'll be a rematch and the same punters who payed (I'd suggest "wasted") their money the first time around are going to be suckered into paying again. There's one born every minute!

This will be my last rant for the year (keep the noise down in the back there, please) so do keep an eye out for the Sydney/Hobart and The Boxing Day Test.

Talk at you next year,

Hillside Critic



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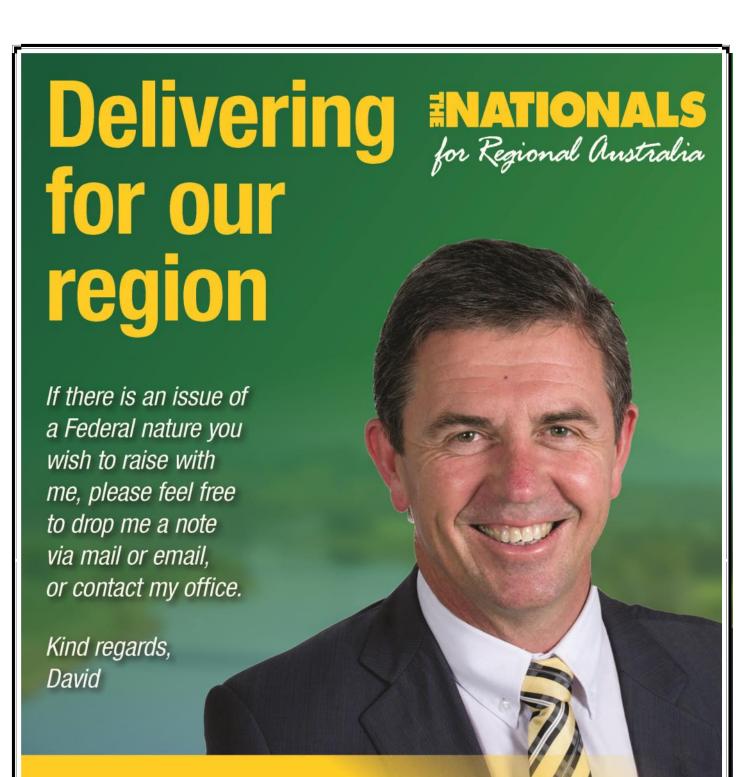
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### Lyn's Larder

Something dead simple for the kids to make to adorn the Christmas

### **EASY CHOCOLATE TRUFFLES**

A great way to finish off a meal!

### INGREDIENTS

200 g Pure dark chocolate chips

2 tbsp Butter

2 tbsp Condensed milk

4 tsp Overproof dark rum

Vanilla essence

Chocolate hail, cocoa, coconut and finely chopped nuts

### **METHOD**

Melt the chocolate chips and butter over hot water In double saucepan Stir in condensed milk

Beat in rum and vanilla until smooth

Refrigerate until mixture firm enough to handle

Roll teaspoonfuls into a small ball and then in the variety of toppings Can be placed in small paper/foil cases

Or piled high as in picture

Store in refrigerator



### MANDARIN HONEY CAKE

### INGREDIENTS

110 g Unsalted butter, softened

2 tbsp Caster sugar

Honey, plus plus 2 tbsp extra 2 tbsp

Eggs

1/3 cup Wholemeal self raising flour, sifted

1/2 cup Almond meal

1/4 tsp Baking powder

Mandarin, zested, plus 1 tbsp Mandarin juice

2 tbsp Flaked Almonds 3/4 cup Greek yoghurt

Small Mandarins, peeled and sliced into rounds

### METHOD

- 1. Preheat the oven to 180deg C (160 fan forced) Grease and line an 18cm round pan with baking paper
- 2. Beat butter, sugar and honey for 2 minutes in an electric mixer or until light and fluffy, Add eggs one at a time, beating well after each addition. Add flour, almond meal, baking powder and mandarin zest to the the batter and fold through. Transfer mixture to the prepared pan, spread evenly and sprinkle flaked almonds over. Bake for 25 minutes or until an inserted skewer into the centre comes out clean
- 3. Compibe extra 2 tbsp honey and mandarin juice in a small bowl. While cake is hot, drizzle syrup over an leave cake in the pan for 30 minutes. Transfer cake and baking paper to a wire rack to cool completely before serving or storing
- 4 When ready, to serve, use a large spoon to dollop of coconut yoghurt over cooled cake. Top with mandarin rounds and drizzle with extra honey if liked. Cut to serve

Tip Cake is best made several days prior to serving and stored in an airtight container for up to one week. Just top with fresh ingredients when ready to serve. Can use whipped fresh cream if preferred.





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LAWN MOWING PRUNING & CHIPPING GARDENING CLEANING RUBBISH REMOVAL HOLIDAY HOME UPKEEP GUTTER CLEAN

This is the final leg of our **GREY GHOSTS** journey—sorry didn't have space for it last month

As mentioned last month, by the time this is read, our trip to Maryborough in Victoria for the national Hi-Wheeler Rally has been

Maryborough is, together with Ballarat and Bendigo, part of the "Golden Triangle" in Victoria, so named after gold was discovered here in 1852. Massive quantities of the precious metal were extracted over the next few years and this is reflected in the impressive buildings and infrastructure completed during these years. If visiting, check out the heritage railway station with it's vaulted timber ceilings.

All up some 26 of these 1908 era vehicles attended. Two teams each from WA and Old, with the remainder from other mainland states. A big effort for the far away attendees but the camaraderie and enthusiasm was great for all involved and very worthwhile.

These vehicles were only made in the US but exported all over and normally were powered by a simple two cylinder petrol powered engine. Essentially a four wheeled horse drawn buggy with an engine fitted.

Very few comforts and we were exposed to some 2 degree mornings with my passenger wearing several layers completed by being cocooned in a sleeping bag for these early starts.

Our two entries are owned by the Motor Cycle Museum and trailered down by Brian and Margaret Kelleher.

How did things go?? Pleased you asked. We were based in Maryborough and five days of driving a total of 300kms of different routes were expected. Of the 26 starters, 14 finished with a variety of problems encountered, some terminal, but no accidents, (brakes are really just for looks). Of our two entries, only one sadly completed the five days.

This bi-annual event is scheduled for Mt Gambier in SA in 2021. Will we be there? Hell yeah.



### 

### Some Gems from Littlies

After putting her grandchildren to bed, a grandmother changed into old slacks and a droopy blouse and proceeded to wash her hair. As she heard the children getting more and more rambunctious, her patience grew thin. Finally, she threw a towel around her head and stormed into their room, putting them back to bed with stern warnings. As she left the room, she heard the three-year-old say with a trembling voice,

"Who was THAT?"

I didn't know if my granddaughter had learned her colours yet, so I decided to test her. I would point out something and ask what colour it was. She would tell me, and she was always correct. It was fun for me, so I continued.

At last, she headed for the door, saying, "Grandma, I think you should try figuring out some of this stuff for yourself

# ×

### NABIAC HOTEL SOCIAL CLUB

Annual membership is only \$5 singles - \$10.00 couples/families NEW MEMBERS WELCOME.

For further information Contact our Secretary, Maureen Ahmling on 0497 784 962

We hold Thursday night meat and vegie raffles at the pub.

We assist local organisations or otherwise on a needs basis, and provide social fun events for our members



### Nabiac Hotel Social Club



### <u>MONSTER</u> CHRISTMAS RAFFLE

The club is holding its annual Xmas raffle at the Nabiac Hotel

Thursday, 19th December.

We have great prizes on offer:-

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  - 3 ½ legs of ham
  - 3 fruit & vegie trays
  - 2 \$40 Nabiac Hotel Gift Vouchers
    - Consolation prizes

Tickets will be on sale at the pub from 6pm on Thursday nights in December, and drawn between 7.30 & 8pm on 19<sup>th</sup>.

Why not chance your luck, pop into the local and purchase your tickets

(from \$5 strip of 6)

A VERY MERRY CHRISTMAS & A HAPPY NEW YEAR to all our members and the local community.

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78 Coolabah Drive
Taree 2430

Email: tareesandgravel@gmail.com

### Good Medicine

### DROUGHTS AND FLOODING RAINS

**R**emember Dorothy McKellar's poem "I love a Sunburnt Country" we learnt as children, it seems very appropriate now. I'm sure you agree that the last few weeks have been a sobering time ... drought, fires, lost homes and lives ... and it's almost Christmas.

What does Christmas mean to you ... family ... house cleaning ... presents ... carols ... spending money?

Many people will have a different Christmas this year - they have no home to clean, no money or possessions ... and perhaps have lost family members or friends.

In some ways similar to the first Christmas:

no family ......just Mary and Joseph

no house .....just a stable

no possessions ...just a donkey

no presents

Baby Jesus Himself was the gift ... from God to mankind.

But there WAS singing ... not to Christmas shoppers but to shepherds ... by a heavenly choir.

"Glory to God in the highest, and on earth peace and good will to men" (Luke 2:14).

Perhaps you have already shown goodwill ... by helping your neighbour or providing accommodation, perhaps you are a volunteer yourself in an organisation or charity.

Some charities currently helping people are the *Red Cross* and *Salvation Army*; *Foodbank*, new to me, delivering hampers to people including farmers (over 10,000 so far); and *Samaritans Purse* – better known for donations of Christmas shoe boxes to children in poor countries - now currently supplying kits of tools and protective clothing to fire victims to help them clean up properties.

Plus there are others, who would all specially welcome donations this Christmas.

Let's be thankful for our home and possessions as we do what we can to help others.

Let's not mind the water restrictions as we wait for the 'flooding rains'. Remember how we eked out our tank water and swam in the creek before water trucks and pools?

Bless others this Christmas and have a blessed Christmas!

The Counsellor

www.foodbank.org.au www.salvationarmy.org.au donorsupport@samaritanspurse.org.au

### News From The Pews

### 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

**December Mass** times are Saturday  $7^{th}$  at 6:00pm - Saturday  $21^{st}$  at 6:00pm - Tuesday  $24^{th}$  at 6:00pm—Christmas Eve - Saturday  $28^{th}$  at 6:pm

January Mass Saturday 4th 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  $2^{nd}$  &  $4^{th}$  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

**December -** Tuesday 10<sup>th</sup> at 11:30am Healing Mass followed by lunch & **Saturday 14**<sup>th</sup> at 6:00pm *Note it is Saturday again* 

# ROBB & CO' RURAL & NABIAC LANDSCAPE SUPPLIES

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FOR SALE

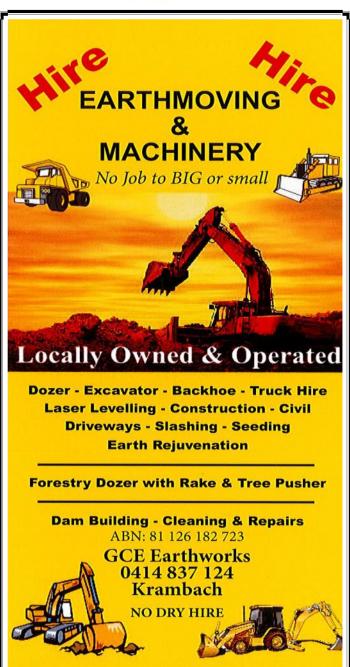
Various breeds of **Guinea Pigs**, including short haired & fluffy haired.

Various Breeds of **Rabbits** including **Mini Lop Eared** and **Netherland Dwarfs**.



Phone Steve:6559 1284 or 0458 252 952

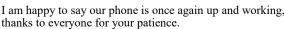


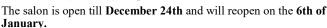




Hi everyone,

Christmas once again.





Gift packs and gift vouchers are available.

**Barb**, **Jess** and myself would like to thank our wonderful clients for a beautiful year, you are all our extended family. We wish you all a very merry Christmas, a fire free and flood zoned new year. Stay safe. The last saying of 2019 is

"The beauty of Christmas is not in the presents but in your presence."

Belinda & Barb & Jess 😊

**Need to advertise** something for sale or wanted to buy or a freebie?

An announcement of a birth, birthday, passing? Some personal message?

Do it on the back page to get full attention

### 

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

### WALLAMBA COMMUNITY GROUP—NABIAC SENIORS

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

If you'd like to join us for a nice social get-together, we'd love to see you.

Holidaying in the area? Maybe you'd like to join in while you're here. For information, phone Secretary, **Faye Gotts** on **6555 4360** 

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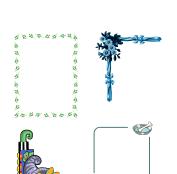




















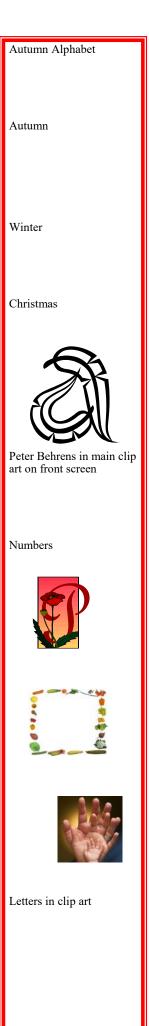














Alphabets, flowers and letters Academic, flowers, feathers Celebrations, Christmas, A, academic, alphabets, characters Buttons, clipped images Clipped images, cropped images













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### **Bowen Therapy**

### Achieving great results in treating conditions such as:

- Adrenal Exhaustion
- Ankle, Knee, Hamstring problems
- Back and Neck pain
- Digestive problems inc. IBS
- Hay fever, Sinus, Respiratory problems
- Headaches and Migraine
- Pelvic Imbalance
- Sciatica
- Tennis or Golfers Elbow
- And many other conditions

### Please phone 0490 148927 or e-mail bowtechbydiane@gmail.com

or see Face book page for more info - www.facebook.com/BowtechByDiane

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### YOGA 35

**Nabiac Primary School** Mondays 6.30-7.45pm

### All Ages & Fitness Levels Welcome

Please call for bookings & information Laura Armstrong Dip Satyananda Yoga, Dip HM, Dip RM, BSc

0404 866 089



### **Bowtech By Diane**

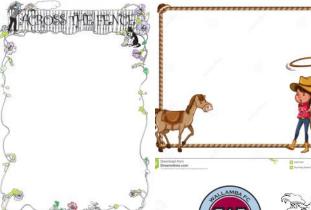
### **Bowen Therapy**

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- Asthma, sunus & hay fever
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- Tennis & golfers elbow
- Digestive problems
- PLUS MUCH MORE

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- 0438 816





























### **PILATES CLASSES**

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**NELSON AT TRAFALGAR 2012** 

Nelson: "Order the signal, Hardy."

Hardy: "Aye, aye sir."

Nelson: "Hold on, this isn't what I dictated to Flags. What's the mean-

ing of this?"

Hardy: "Sorry sir?"

Nelson (reading aloud): "'England expects every person to do his or her duty, regardless of race, gender, sexual orientation, religious persuasion or disability.' What gobbledygook is this for God's sake?"

Hardy: "Admiralty policy, I'm afraid, sir. We're an equal opportunities employer now. We had the devil's own job getting "England" past the censors, lest it be considered racist."

Nelson: "Gadzooks, Hardy. Hand me my pipe and tobacco."

Hardy: "Sorry sir. All naval vessels have now been designated smokefree working environments."

Nelson: "In that case, break open the rum ration. Let us splice the main brace to steel the men before battle."

Hardy: "The rum ration has been abolished, Admiral. It's part of the Government's policy on binge drinking."

Nelson: "Damn it man! We are on the eve of the greatest sea battle in history. We must advance with all dispatch. Report from the crow's nest, please."

Hardy: "That won't be possible, sir."

Nelson: "What?"

Hardy: "Health and Safety have closed the crow's nest, sir. No harness; and they said that rope ladders don't meet regulations. They won't let anyone up there until proper scaffolding can be erected."

Nelson: "Then get me the ship's carpenter without delay, Hardy." Hardy: "He's busy knocking up a wheelchair access to the foredeck Admiral."

Nelson: "Wheelchair access? I've never heard anything so absurd." Hardy: "Health and safety again, sir. We have to provide a barrier- free environment for the differently abled."

Nelson: "Differently abled? I've only one arm and one eye and I refuse even to hear mention of the word. I didn't rise to the rank of admiral by playing the disability card."

Hardy: "Actually, sir, you did. The Royal Navy is under- represented in the areas of visual impairment and limb deficiency."

Nelson: "I've never heard such infamy. Break out the cannon and tell the men to stand by to engage the enemy."

Hardy: "The men are a bit worried about shooting at anyone, Admiral."

Nelson: "What? This is mutiny!"

Hardy: "It's not that, sir. It's just that they're afraid of being charged with murder if they actually kill anyone. There are a couple of legal-aid lawyers on board, watching everyone like hawks."

Nelson: "Then how are we to sink the Frenchies and the Spanish?"

Hardy: "Actually, sir, we're not."

Nelson: "We're not?"

Hardy: "No, sir. The French and the Spanish are our European partners now. According to the Common Fisheries Policy, we shouldn't even be in this stretch of water. We could get hit with a claim for compensation."

Nelson: "But you must hate a Frenchman as you hate the devil."

Hardy: "I wouldn't let the ship's diversity coordinator hear you saying that sir. You'll be up on disciplinary report."

Nelson: "You must consider every man an enemy, who speaks ill of your King."

Hardy: "Not any more, sir. We must be inclusive in this multicultural age. Now put on your Kevlar vest; it's the rules. It could save your life" Nelson: "Don't tell me - Health and Safety. Whatever happened to rum, sodomy and the lash?"

Hardy: As I explained, sir, rum is off the menu! And there's a ban on corporal punishment."

Nelson: "What about sodomy?"

Hardy: "I believe that is now legal, sir."

Nelson: "In that case, Kiss me, Hardy."

Potato, Carrot & Tuna Cakes Ingredients 200g Potato, cut into large wedges 25g can Tuna, drained 1 spring onion, finely chopped 1small (40g) carrot grated 1tbsp Finely chopped fresh flat leaf parsley 1tsp grated lemon ribd Plain flour for dusting 1egg, lightly beaten 1/2 cup dry breadcrumbs Oil for shallow frying Method

Bring a saucepan of lightly salted water to the boil and add the potato and cook for 15 minutes or until tender, drain and mash

Place the tuna in a small bowl and flake with a fork. Add the spring onion, mashed potato, carrot, parsley and lemon rind. Mix ogether well and form into two flat patties.

Coat the patties in the flour, shake off any excess, dip in the egg and then the breadcrumbs. Place the patties on a flat plate, and cover and refrigerate for 20 minutes.

Heat the oil in a small frying pan to a depth of 1.5cem. Cook the patties for 2-3 minutes each side or until golden brown and heated through. Drain on a paper towel and serve hot with tartare sauce, lemon wedges

### Fennel & Mushroom Gratin

1 Small Potato 1 Large Fennel bulb 10 g Butter 2 tsp Olive oil 1 Small Clove Garlic, crushed 50g Button mushrooms, sliced 1 tbsp White wine or dry vermouth 1/4 cup (60ml) Cream 1 tsp Chopped fresh thyme 30g Semi dried tomatoes, chopped 2 tbsp Grated Parmesan

Bring a small saucepan of salted water to the boil, add the potato and boil for 5 minutes or until tender

Cool and cut into 5mm slices

Meanwhile lightly grease a 2 cup (500ml) shallow ovenproof dish cut the top and base off the fennel and remove any tough outer layers. Thinly slice the fennel

Heat the butter and oil in a frying pan, add the fennel and cook over a low heat for 6 minutes or until soft. Add the garlic and mushrooms and cook for a further 6 minutes. Add the wine, cream, thyme and tomato, reduce the heat and simmer for 2 minutes, stirring occasionally. Stir in 1 tbsp of the parmesan.

Place the fennel mixture in the prepared dish, layering it with the potato. Sprinkle with the remaining cheese and place under a hot grill for 1-2 minutes, until the cheese melts. Serve with tossed green salad.

### PORK WITH APPLE AND SWEET POTATO MASH

1/2 green apple, unpeeled 30g Butter 1 leek, thinly sliced lengthwise 1/2 tsp Soft brown sugar 2 tsps. Oil 1 (200g) pork fillet, trimmed 100g orange sweet potato, cubed 1 tsp Plain flour 2 tsp Dijon mustard 100ml cream

2tsp snipped fresh chives

1-2 tsp milk

Core the apple and cut into 6-8 slices. Melt the butter in a frying pan and add the leek and sugar, cook for 2-3 minutes then add the apple and cook for another 5 minutes or until the leek and apple are golden brown. Set aside and keep warm

Heat the oil in the same pan and cook the pork over medium heat for 3-4 minutes each side, or until cooked through. Remove from pan, cover with foil for 5 minutes then cut into thick slices

Place the sweet potato in a saucepan of water, bring to boil, then reduce heat and simmer for 5 minutes until tender.

Combine the flour and mustard in a small bowl, then add the cream. Add to the frying pan and cook, stirring until bubbling and slightly thickened. Add the pork and chives and stir until warmed through. Season. \

Drain the sweet potato when just abut tender, add the remaining butter and enough milk to moisten, season and mash with a fork or masher.

To serv arrange the pork over the leek and apple and spoon on the sauce. Serve witht the sweet potato massh and steamed vegetables of your choice

### Béarnaise Sauce

Put a tablespoon grated white onion, 2 tblsp white wine vinegar, 1 tbsp fresh tarragon leaves, 1/2 tsp dried tarragon leaves and 1 tbsp water in a SMALL saucepan. Bring to the boil, then reduce the heat and simmer for 2-3 minutes until the sauce reduces to 2 teaspoons. Remove from the heat. Whisk 2 egg yolks with 1 tsp water and add to the pan, combining well. Gradually whisk in 80g melted butter. Strain the sauce through a dine strainer season with salt & pepper and stir in 5 shredded tarragon leaves. Serve with char grill steak or veges.



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