

and it's FREE, too!

ACROSS THE FENCE

It's Showtime



at NABIAC

Details page 7

Diannes Lindsay's
Country Music Festival
21st March @ 7pm
Nabiac Showground Hall
Details page 5

Nabiac Ball Committee & P & C's
80's Night
7th March @
7pm
Nabiac
Showground Hall
Details page 5



News from the Wallamba Watershed is a

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Editorial.

Hi all,

I will have to be careful what I wish for after last months wish for a "bit" more rain and ending up with 400mfs. Can't really complain as everyone's tanks and dams seem to be overflowing and the grass has covered the paddocks so cattle have plenty of food now

I don't think I have ever seen as many weeds as those that have grown to over a foot high and just covered my back yard. Need to spray before mowing as they are seeding almost as they appear. The trees I thought wouldn't make it are so heavy with leaves they need pruning to get past and some of them are in blossom - out of season!

Everyone seems to be inundated with swarms of mozzies, to the point that when I went to the local supermarket they had sold out of fly spray! Think I will invest in a bee hat with veil this summer and some long anti mozzie clothing.

Rather short of articles this month so you have got a little "light" reading to amuse you for a couple of pages.

More new ads to replace the few who left last month.

Lots happening this month, too. Starting with NABIAC School's 80's Dance night, then the Show at NABIAC and the following Saturday Dianne Lindsay's Country Music Show at the NABIAC Hall. Somewhere in between Krambach School is having a Car Boot Sale, but I didn't get the date, so you would have to check you "technical devices" to see if it is posted.

Our council is definitely going ahead with moving to the Masters building—article on it towards the back of the paper. Won't go into my views on that!

I know it sounds awful after the horrific fires we have just had, but we no longer have to apply for fire permits for a while, and the fire brigade is advocating we actually SAFELY get rid of as much rubbish as we can before the fire season starts again. I have heaps of leaves and fallen branches to burn, and now is the ideal time to do it with the grounds wet and showers seeming to come of an evening to dampen the grounds.

Watch out for ticks and snakes as it is also the ideal weather for them to start coming out to warm up and get fed (ticks) so that they can start breeding.

Stuart Weller is after anyone who can supply him with information/photos on old schools from the district, so he can update a book on NABIAC & local districts that was originally written by Lionel Gilbert(a teacher in the district at the time) in 1954.

I note that the MidCoast Quilters have been sewing madly supplying quilts to needy souls. I admire greatly, the work they do. Very selfless ladies.

Until next month

Lyn & Tilley Cat, & Timidthy



WHAT'S HAPPENING MARCH, 2020

Markets & Events.

• Bulahdelah	(1st Sat)	7 th	8am to 1pm
• Blackhead Bazaar	(1st Sun)	1 st	8am to 12 noon
• John's River Country	(2nd Sat)	14 th	9am to 1.30pm
• Wingham Community	(2nd Sat)	14 th	
• Myall Quays	(3rd Sat)	21 st	9am to 1pm
• The Hub Taree Showgnd	(3rd Sat)	21 st	8am to 12 noon
• Krambach	(3rd Sun)	15th	8.30am to 1pm
• NABIAC	(Last Sat)	28th	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	(every Mon)		8am to 2pm
• Mt. George	(4th Sat)	28 th	8am to 2pm
• Forster Farmers Market	(3rd Sat)	21 st	8am to 12 noon
• Bobbin Community		— th	9am to 2pm
• Tuncurry Markets	(4th Sat)	28 th	8am to 1pm
• Burrell Creek	(2nd Sun of 2nd month)		9am to 12.30pm

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.

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HAIR **WELCOME MARCH 2020**
by Shaz 7 Easy Tips For Your Summer Hair Care Routine

Summer is the perfect time to relish carefree days outside, basking in the warm sunshine and maybe enjoying a dip in the pool. But between the UV rays, humidity and chlorine conspiring to make your hair thirsty and frizzy, summer can be tough on your hair. Finding the right summer hair care routine will help you keep your hair lush, healthy and under control.

Here are our best summer hair care tips, including hair care tips for dry hair and how to protect your hair from the sun and saltwater.

SUMMER HAIR CARE TIP #1: MOISTURISE OFTEN.

Make sure you're keeping your hair well-nourished with moisturising formulas this summer.

To help restore your thirsty tresses, we recommend massaging a natural hair oil treatment, such as coconut oil, jojoba oil or olive oil, to the ends of your hair and into your scalp. For best results, make sure the oil is lukewarm. If you need a deeper level of moisture, apply a conditioning mask or live-in conditioner, or ask your salon to moisturise your hair with a professional deep conditioning treatment.

SUMMER HAIR CARE TIP #2: SUN PROTECTION FOR HAIR

Everyone knows about sunscreen for skin, but did you know that there are products to protect hair from sun damage? The sun's UV rays can leave your hair dry and brittle, so it's worth investing in good quality UV hair protection. There are many options to choose from, including shampoos, conditioners, sprays, oils and masks, which contain SPF for hair. This will keep your hair well-protected from the glare and damage of UV rays.

SUMMER HAIR CARE TIP #3: AVOID HEAT STYLING

To avoid stressing out your hair, it's best to avoid heat styling, curling and straightening your hair in summer. Instead, treat summer as an opportunity to embrace your natural texture.

To help you avoid frizz and lock in moisture, we recommend using a microfibre towel and let your hair dry naturally, followed by a quick spritz with a sea salt spray.

SUMMER HAIR CARE TIP #4: PROTECT YOUR HAIR FROM SALTWATER

Overexposure to saltwater can wreak havoc on your hair, stripping it of moisture. Before diving into a saltwater pool or heading to the beach, we recommend thoroughly treating your hair with coconut oil. After your swim, make sure you rinse out the salt water as soon as

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possible and replenish your hair with moisturising shampoo and conditioner.

SUMMER HAIR CARE TIP #5: PROTECT YOUR HAIR FROM CHLORINE

Hair naturally absorbs water, so swimming in chlorine means your hair will naturally soak up the chemical, causing it to dry and split more easily. You can prevent this chlorine damage by washing your hair with cool, fresh water before your swim, and adding a layer of protection to your strands, such as a protective summer hair care mask designed for swimming. This will help stop the nasty chemicals from getting in.

SUMMER HAIR CARE TIP #6: WASH LESS OFTEN

Washing your hair too often can strip your scalp and hair of much needed natural oils. Our stylists recommend washing your less frequently in the summer months and opting instead for a dry shampoo. Simply sprinkle the powder onto your scalp and work it in with your fingers to absorb grease and add body and texture to your mane.

SUMMER HAIR CARE TIP #7: KEEP UP TO DATE WITH TRIMS

Unfortunately, split ends are much more likely to happen when your hair dries out, leaving you with frizzy hair that's prone to breakage. Keeping up with regular trims in summer will help your hair look its best.

Need to schedule in a trim or hair treatment?

Phone the salon on 6554 1585 and speak to our friendly team.

KRAMBACH HALL HAPPENINGS

HALL MEETINGS: Monday following the Krambach Markets each month at 3.00pm. Next meeting on **Monday 16th March, 2020.**

Volunteers and Committee members welcome to join.

HALL MARKETS: 3rd Sunday of the month. 8:30am to 1pm
Come and choose from a wide selection of craft, fresh produce & plants, bric-a-brac, 2nd hand books & kids toys. Enjoy a hot breakfast or Devonshire tea or coffee. "Lucky Tree" Hall Raffle. New stall holders welcome.

Krambach Hall (School of Arts Inc.) has spaces available and is looking for more Stall Holders. One table costs \$11.00, two tables are \$16.00 and 3 tables are \$22.00.

Phone: **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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NABIAC PUBLIC SCHOOL

Nabiac Hotel Social Golf Club's generous donation supports the learning of our local kids



The Nabiac Public School P&C Association would like to say a very big **THANK YOU** to the Nabiac Hotel Social Golf Club.

Late last year, the group generously donated \$500 to the school. This money will be used to purchase a new touchscreen smart board for one of our classrooms. Thank you very much to **Michael Donnelly** (Treasurer) and all members of the Nabiac Hotel Social Golf Club. Your contribution will make a significant difference to the experience of our students.

Photo: Michael Donnelly, Nabiac Hotel Social Golf Club Treasurer, presenting the cheque for \$500 to Rebecca Harper, Nabiac Public School P&C President. Thank you Michael!



HELP NEEDED.

In 1950, a newly arrived teacher began his career at Nabiac Central School. *Lionel Gilbert* was his name and apart from his teaching duties he also set about beginning his other love, historical research. His first effort was a small 72-page book entitled *The History Of Nabiac And District*. He donated the book to the school's P & C Association and it was published in 1954.

Many years later I have been asked to update the book and I'm well into it. The problem I have at the moment centres on several small schools that used to dot this area: Bulby Brush, Bunyah, Bucca Wauka, Dyers Crossing/Koribar, Firefly Creek, Gangat, Glenora, Karkatt, Mayers Flat, St Joseph's Catholic School at Krambach, Willina/Sawyer's Creek and Willow Point. In particular, I'm looking for any photographs of those schools that might be in an old album in somebody's bottom drawer. I have or can get details of teachers and when these schools opened and closed but a photograph of the buildings would enhance the narrative.

All photographs will be returned (because I don't have enough room to hang on to them) and each will be attributed to the person(s) who supplied them.

I can be contacted on (02) 6554 1904 for any more information.

Stuart Weller JP

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& Friends
Country Music Show

SATURDAY 21st MARCH 7pm

at the

Nabiac Showground Hall

DIANNE LINDSAY is once again holding her annual 'Country Music Show' at the Nabiac Showground Hall on **SATURDAY 21st March** at 7pm - back where the music and touring began for her family, country music legends **Reg Lindsay and Heather McKean**, many years ago.

Along with Dianne, the 'Guitar Pickers' **CHARLEY BOYTER, PETER SIMPSON, ANTHONY BAXTER** and **GUEST ARTISTS**

The show is in good old country style with a light supper. There will also be lucky door prizes and still only **\$20 p.p. and children \$5.00.**

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What's happening at Nabiac Preschool...



Throughout February we had some exciting visitors to Preschool:

Lionel and Spotty Bear came to visit and took us on a magical journey to find Rainbow land. Along the way we visited Yellow, Blue, Red and Green lands where we heard stories, sang songs and danced. We always love when Spotty Bear comes to visit.

Shelly from MidCoast Waste came to talk to us all about how we can help to look after our environment. We looked at lots of different types of rubbish and learnt if we could recycle them or not. Thanks for coming Shelly.

Did you know that there is a Playgroup every Monday at our Kids Shack room? It runs from 9:00 - 10:30am during school term times. New families are always welcome, it is a great morning of socialising for both the children and parents.

nabiac@hotmail.com 65541170



Nabiac Ball Committee and P&C present:



18+

Saturday 7 March 7pm

80s Night

DJs- Firefly Spinners

Photo Booth - Lip Synching Talent Quest
Cash Raffles - Best Dressed

Pre-order platters available BYO Drinks Only

Nabiac Showground Hall

Check our Facebook page for tickets & info @80s Night Fund Raiser

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NABIAC PHARMACY NEWS

With winter sports season coming up I thought it would be great to write about sports injuries and how we can help you. Sports injuries occur during exercise or while participating in a sport. Children are particularly at risk for these types of injuries, but adults can get them too.

You are at risk if you:

- Haven't been regularly active
- Don't warm up properly before exercise
- Play contact sports

Sports Injuries Prevention

The best way to prevent a sports injury is to warm up properly and stretch. Cold muscles are prone to overstretching and tears. Warm muscles are more flexible. They can absorb quick movements, bends, and jerks, making injury less likely.

Sports Injuries Treatment

The **RICE** method is a common treatment regimen for sports injuries. It stands for –

Rest
Ice
Compression
Elevation

This treatment method is helpful for mild sports injuries. For best results, follow the RICE method within the first 24-36 hours after the injury. It can help reduce swelling and prevent additional pain and bruising in the early days after a sports injury.

If your sports injury looks or feels severe, make an appointment to see your Doctor.

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Pop in for a chat with our friendly team for more information.

At Nabiac Pharmacy we have a great range of sports bag supplies for the sports enthusiasts in your family.

Congratulations to our hamper winners for Christmas and Valentine's Day!!

Kylie Gregory†

Charli Burke

'til next month!

Lauren

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Show News

It's March and we're on countdown to this year's Wallamba District Show, **on Saturday 14th**.

We're looking forward to lots of community involvement from you through entering in hall or show events. Or by attending, to see what's new along with your regular favourite entertainments.

This year there is all-day free access to a Climbing Rock Wall for kids.* Challenge them to free turns on the exciting 3-way bungee amusement.* (*Age and weight restrictions will apply.)

Bring your pet along to be part of the Pet Show, perhaps take out the overall Champion Pet award.

Sideshow alley this year includes a Ferris wheel, along with the Dodgem cars & Laughing Clowns.

The whole family can interact with cuddly baby lambs, ducks, chickens, etc. at Old McDonald's Travelling Farm.

Take a walk down the hill to Aub Ferris oval to see the Show Dogs strut their stuff from 9am.

How fast can your mower go? Come and see demonstrations of hotted up ride-on mowers doing burnouts and laps throughout the day.

A huge Demolition Derby, with record entries, starts from 6pm in the Show ring.

Finish off a spectacular day with a huge fireworks display commencing at approximately 8pm.

See you at the Show, gates open 8am.

Sally Henderson

Wallamba District Show Secretary



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Show News

NSW Government supports the Wallamba District Show

This year at the Show, kids will be able to challenge themselves on the free attractions of the five metre rock climbing wall and three-way bungee jumping attraction.

Thanks to the **Drought Stimulus – Country Show program**, an initiative of the NSW Government, these rides will be free for children attending the Show at the NABIAC Showground on 14th March.

The President of the Wallamba Show, Mr **John Baker** said, "As a small diversion from the events of the last few months in our area, our Committee wanted to ensure that the focus for this year's show would be family entertainment at minimal cost".

"As part of this approach, we sought funding to offset the normally high cost of "ride attractions" for children. This grant from the Government is going to enable us to offer free rides for children on the giant fibreglass Rock Climbing Wall as well as having great fun on the three-way bungee."

Part of the funding is also going towards marketing the Show throughout the district in traditional media outlets and digital platforms.

Another attraction will be Griego the Great Roving Magician, who will perform impromptu tricks for all ages and engage with Show patrons throughout the day, in all parts of the ground.

Sally Henderson

Wallamba District Show Secretary.

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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WALLAMBA CWA REPORT

Wallamba CWA members were back on deck after a break over the Christmas New Year period and held their first meeting for 2020 at the Uniting Church Hall on Tuesday February 11th when President **Margaret Weller** welcomed members and received apologies from 3 members.

Following the opening formalities of National Anthem, CWA Prayer and Motto, members paused to remember the passing of **Robert McMaster** of Nabitac, **Errol Young**, **Clay Harper** and the victims lost in the devastating fires which raged through NSW, Victoria and Kangaroo Island, SA. Members also remembered the iconic film star **Kirk Douglas** who died aged 103 yrs.

Our thought this month came from member **Beth Brewster** and was as follows:- "**Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.**" Merle will give us the thought for March.

Much of the correspondence dealt with at this meeting involved emails from CWA HO dealing with the bushfires and help available to victims.

Member **Jean** had attended the Group Friendship picnic that was held at Harrington early in February and had a lovely time meeting old friends and making new ones.

Members were preparing for the next MNC CWA Group Meeting which is to be held at Gladstone on March 3rd when judging of the Land Cookery entries and Handicraft was to take place - Several members were to enter cooking in the various sections and they had also brought along handicraft items so members could view them before they headed off to Gladstone. I hope I might be able to report that our 'girls' came home with a few winners.

A judges training day with tips and hints was finally able to take place at Laurieton Anglican Church Hall after it being postponed from Kendall Showground due to the fire situation at the time the original date had been set.

Merle thanked the various members who had created various items and those who enjoyed a workshop at her home to construct place-mats and coasters using some very unique waratah and whale print material - these two subjects being out Study Topics for 2020.

Penny's International report was about PNG - which was our 2019 Country of Study and she detailed some great community projects which have been helping women, young girls and the youth in the

rural native villages. Subjects taught were how to prepare simple meals for themselves, how use, repair and set up sewing machines to make and repair their clothing.

The International Seminar has been cancelled and will now be held at Dubbo in August. The members discussed the date for International Day and two were put forward being either the 16th May or 9th May as an alternative - it has to now go to the Group International Officer for ratification.

Members were sorry to hear that **Harvey Else** of Cundletown, whom Penny was hoping to have a Guest Speaker on his adventures in Papua New Guinea, has not been well so it was decided to cancel the idea.

Jean informed members that she and husband **Kevin** had been involved with the Lion's Club & their ladies to cater for emergency service workers at the Masters Site Taree and spent well over a total of 24hrs each working under **George Greaves**, Lion's Club President.

Beth Brewster, who is an RFS Comms Officer also spent many long hours at the Comms. Centre at Wauchope during the months of October, November, December and January whilst the bushfires were at their worst. President Margaret also did her bit as a Ground Support Person with Minimbah RFS.

Members off to Gladstone for the Group Council meeting are Penny, Merle and Jean and they will bring us back the latest news on the organization.

We welcomed member **Coral** back after her overseas holiday to Europe and she had a great collection of photos to show us. Coral thanked **Ruth** for her research on the Ag & Environment topics including Waratahs, Whales, and Wild Dogs and Primary Product Pork. Coral related her own experience with wild dogs attacking her own animals and major devastation they caused to her sheep, etc. It was heartbreaking to hear about it. Coral has had help from the PP Board who have set traps to try and catch them. There is another group, **Wild Dog Alliance**, who are also tracking the dogs.

In our Cultural segment Penny told us she had seen the latest 'Little Women' movie which she found great. **Pam** spoke about attending the Official Opening of the **Pixie O'Harris Painting** exhibition of the artworks that once hung on the walls of the Children's Ward at the MRD Hospital, Taree, at the Manning Regional Art Gallery which was well attended and appreciated by all present. I had the pleasure of meeting Pixie's daughter **Halcyon**.

Margaret showed us a 'Childhood Memories' written by **Margaret**



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Gibbons, daughter of the late George & Mary Elder who lived in Nabiac. Many older residents will remember Mr Elder as a primary school teacher at Nabiac Central School – I do as he was my teacher in 5/6th class. Reading it brought back many memories of the people and shop owners.

Pam showed members the latest RSL calendar which contained information about the various medals, battles etc and is a great souvenir to keep.

Jill also read an article on the work being done at 'Devil Ark' at Barrington near Gloucester where they have successfully saved the Tasmanian Devil and are now looking at protection of the Koala.

Seniors Week in March was talked about and there will be displays at the Taree and Forster Libraries to enjoy by all.



Wallamba CWA will again host the Annual World Day of Prayer and it will be held at the Uniting Church Hall on Friday March 6th commencing at 11.00am. The service for this year has been prepared by the Christian Women of Zimbabwe and everyone is welcome. A light lunch will follow and a collection for the work of WDP will be taken.

Get well wishes go out to member **Moya Harris** who is recovering after a hip operation in Sydney – we wish her a speedy recovery and hope to see her back with us real soon.

Our next meeting will be held on Tuesday March 10th at the Uniting Church Hall commencing at 10.00 am.

Pam Muxlow
 Wallamba CWA
 Secretary/Publicity Officer

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Peter

Between the Pages
Nabiac Library News




Nabiac Library celebrated **Seniors' Week** with its smartphone or tablet Tech Help Session on Wednesday 19th February, presented by **Jill**. The event was well attended, informative and participants learnt a lot.

Thanks to **Yasmine**, Nabiac Library's wonderful co-ordinator, and the members who joined in the fun for **Library Lovers Day** during February, and had a blind date with a book. A great success!! We hope those borrowers uncovered something new, be it genre, author or the gumption to try new experiences, a sense of adventure. Did you solve Yasmine's clever clue, and discover the book title before you unwrapped your blind date?

To tantalise, here are a few **March 2020 MidCoast Library Events** Search the Midcoast Library website for all our wonderful events.

FREE OPTUS TECH HELP SESSIONS –

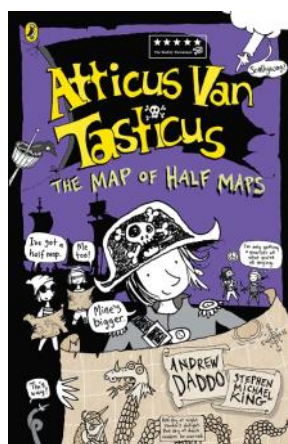


Taree Library, 242 Victoria Street: - Need a hand with your smartphone, tablet or computer? Local experts are on hand to help you make the most of your devices. Tackle basic tech-help problems in a one-on-one session, without the jargon. Presented by **Optus**.
Cost Free.

Session Bookings essential - Ph: 6592 5290 MidCoast Libraries.

Monday **2nd March**, 2020, 10am to 4.30pm; Monday **16th March**, 2020, 10am to 4.30pm; Monday **30th March**, 2020, 10am to 4.30pm
Monday **27th April**, 2020, 10am to 4.30pm;
Monday **11th May**, 2020 10am to 4.30pm; Monday **25th May**, 2020, 10am to 4.30pm
Monday **22nd June**, 2020, 10am to 4.30pm

SPECIAL EVENT WITH AWARD-WINNING ILLUSTRATOR



Stephen Michael King
Saturday, **21st March**, 2020 -
12:00 pm to 3:00 pm at
Forster Library, 4 - 12 Breese Parade

Join us for a special event with multi-award winning author and illustrator, **Stephen Michael King**, for the release of **Atticus Van Tasticus**, the second book in the Atticus Van Tasticus pirate series from the hilariously funny team of **Andrew Daddo** and **Stephen Michael King**.

Cost Free

Bookings Essential 6591 7256 or
library.events@midcoast.nsw.gov.au

Glad there are currently no water restrictions in our area, we still need to be vigilant and use water wisely. There are excellent books, dvds to provide ideas to waste less water, yet still produce delicious fruit and veg. in our home gardens, colourful flowers and shrubs too.

Nabiac Library Opening Hours

Monday – 3pm to 5pm (Winter Closing 4.30pm)
Tuesday – 3pm to 5pm (Winter Closing 4.30pm)
Wednesday – Closed
Thursday – 9am to 11am
Friday - Closed
Saturday – 10am to 12pm (Farmers Market Opens 9am)
Sunday - Closed

Saturday 14th March 2020 Nabiac Library is closed for Nabiac Show!!

Until next month, come and enjoy our wonderful Nabiac Library!!
See you there!! Happy reading!!

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QUILTING NEWS

2019 was a great year for the Mid Coast (NSW) Community Quilters. We distributed 487 quilts during the year. The major recipients were the Palliative Care ward of the Taree Hospital, Women's Refuges, Police domestic Violence Unit, cot size quilts and Blankets of Love were also given to Taree Hospital. In addition we gave quilts to people facing Trauma and Challenges. We also donated quilts to be raffled. We sent quilts to Syrian orphans and locally 17 quilts to Rainbow Flat.

We are really appreciative of the recognition and support of the local community. The **Old Bank Centre** nominated us for a community grant in conjunction with **Australia Post**, and with the help of **Ross Dearing** and the **Village futures Group** we were awarded \$500 for a roll of wadding and sundries (Threads).

Taree Craft Centre nominated us to receive the proceeds from their "Share a Craft" day. We received the monies from the raffle and their Bric-a-Brac stall, as well as generous donations from other craft groups.

Taree North Rotary Club has also been a very generous sponsor. We were invited to talk at a Dinner Meeting about our activities and also a Show and Tell of the various sizes of quilts that we make and to whom they are given. They liked what they heard and visited us for a social barbecue at Belbora so they could see how everything is set up.

My house is a constant "drop off" point for people donating fabrics and sundries. These are sorted into our 7 pantry cupboard of fabrics, and inspire us to create nice things. We are truly blessed to receive such generous donations.

As an aside; From my *Days for girls* volunteering in the Philippines, I was visited by our hosts from Dinigat and the Rotarian organiser and I was able to pass on 9 donated sewing



machines and an over-locker to be shipped out by container.

This year has got off to an amazing start! We were asked to make quilts for children undergoing counselling because of bushfire trauma, about 40 please! Well in less than 4 weeks we produced 56! They measured 4' x 5' (I am

an old person and don't think in metric) **Every student attending Mogo Public School received a quilt.** (photo below)

Hopefully somebody local will win the quilt we have donated to the Wallamba District A and H Association as first prize in their raffle. Tickets available at the Show and at various businesses around town. (photo above)



Jenny Fletcher - Secretary



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Nabiac Landcare

What a difference a month and about 400mm rain makes! It's time to take another walk in your patch of bush and check out what's happening. Be amazed at the resilience of the eucalypts and lomandra and make note of what weeds are re-appearing. But first cover yourself with an arsenal of mozzie repellents, thick clothing and a fly veil. We may have lost billions of invertebrates with the fire and drought but the flies and mossies are staging their recovery. Although uncomfortable for us, hopefully they are food for a lot of hungry creatures.

Nabiac Landcare is continuing with follow up weeding at both Lilypilly Bend and Bullock Wharf. In addition we've planted some understory trees at Lilypilly Bend in areas where we removed a heavy privet infestation last year. Both areas are greening up nicely and Woosters Creek has had a good flush through Lilypilly Bend. The tracks in both areas are muddy and slippery so take care when using them. **Please do not drive on the tracks at Bullock Wharf.** The damage caused by driving through the ruts and puddles have made them dangerous for cyclist and pedestrians.

On the weed front—

Maderia vine is growing very rapidly in the hot humid conditions. We've been finding regrowth in areas that we had thought we'd successfully cleared.

If you have a creek with Maderia vine infestation up stream be sure to check along the high water mark in a month or so for the floods contribution to your weed problem.

Fire affected **Camphor Laurels** are beginning to shoot from their base. One method of control I've read about but not tried is to continuously knock these shoots off, weakening the plant and hopefully it will eventually give up the ghost.

Senna (cassia) is also staging a comeback! I think the combination of drought and a thorough soaking has triggered lots of seedling growth. Last week we were pulling seedlings out by the handful in areas that had seeding plants removed several years ago.

Nabiac Landcare work each Wednesday (weather permitting) 8-9am to 11am, followed by morning tea. 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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Krambach Garden Lovers News

Another good gathering of 38 members and 3 visitors for our February meeting which was followed by the AGM.



The good falls of rain have been welcomed by all and the display of flowers in our competition certainly have enjoyed the cooler and wet weather so hopefully our members will have lots of entries for the Nabiac show in 2 weeks time.

A photo competition was also on display, many thanks to those who brought along some interesting photos. Congratulations to the winners.

Members were treated to a very informative talk on climbing plants by **Ross Dearing**, thanks Ross it was very interesting.

The following members were elected for the coming year

President:	<i>Val Sonter-O'Neill</i>
Vice President:	<i>Judy Bonnefin-Wright</i>
Secretary:	<i>Cindy Dearing</i>
Assistant Secretary:	<i>Jenny Ang</i>
Treasure:	<i>Kathy Winter</i>
Public Officer:	<i>Tony Gough</i>
Committee Members:	<i>Jackie Walker, Christine Heffernan, Heather Fisher and Pam Moody.</i>

Life memberships were awarded to **Judy Bonnefin-Wright, Sandy Taylor, Brian O'Riley** and also **Jill O'Riley** who unfortunately passed away after she was nominated

Plans for the Friendship Day are well under way, members wishing to attend can contact Cindy on 6554 1916

Our next meeting will be at **Norm and Helenia's** home, Germany Lane, Krambach on March 30th and the for the competition colour is either **yellow or green** or a combination of both: remember **5 stems** only.

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

Happy Gardening **Val**

MICHAEL BOURKE PLUMBING

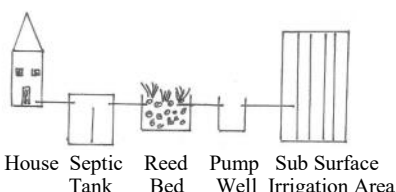
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BLUE BLOCKING GLASSES: MISCONCEPTION

With screens being a big part of our lives (and our children's) there has been an increase in people having difficulty sleeping and having sleep disorders. Blue Blocking glasses can certainly help these sleep problems, however it is a misconception that blue-light blocking glasses will help reduce eye strain when you spend all day looking at computer, smartphone screens, tablets or other electronic devices.

Recent research from Brigham and Women's Hospital (BWH) suggests that the use of light-emitting electronic devices – tablets, some e-readers, smart phones, and laptops – in the hours before bed-time can negatively impact the circadian clock, which synchronizes the daily rhythm of sleep to external environmental cues. "We found the body's natural circadian rhythms were interrupted by the short-wave length enriched light, otherwise known as blue light, from these electronic devices," said Anne-Marie Chang, PhD, corresponding author and associate neuroscientist in BWH's Division of Sleep and



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Circadian Disorders. "Participants reading a light-emitting e-book took longer to fall asleep and had reduced evening sleepiness, reduced melatonin secretion, later timing of their circadian clock, and reduced next-morning alertness." Because the blue light that emanates from technology is linked to suppressed levels of melatonin, it can negatively affect your ability to fall asleep. ***Consider blue-light-blocking glasses only if you're glued to your phone in the evenings, and struggle to sleep through the night because of it.***

If you suffer from repeated eye strain from staring at computers or electronic devices all day, blue-light-blocking glasses ***aren't the best solution.*** Doctors recommend instead that you take breaks from looking at your computer (some advice 20 seconds looking away for every 20 minutes of work). The best solution for those who suffer with eye strain, headaches and other physical symptoms when staring at a computer or electronic device all day are Irlen Spectral Filters. Irlen Spectral Filters allow you to stay on these electronic devices for extended periods of time without experiencing physical symptoms. They work by blocking out the exact colours of light which are causing physical symptoms and reading difficulties. The tint is individually determined so as to provide optimum brain function and maximum protection for the brain, while protecting health and well-being throughout the day.

For more information or self-test visit www.aaic.org.au or contact the Irlen Dyslexia Centre Taree on 0409 653700/irlentaree@gmail.com.

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MINIMBAH MATTERS

Minimbah Rural Fire Brigade is busy doing everything apart from fighting fires at present, and hey, isn't that great. The entire Mid Coast Rural Fire Service (RFS) District has started this year's training program so over the next six months or so we will have Members undertaking training in Basic Fire Fighting, Advanced Fire Fighting, Crew Leader, Chain Saw use, First Aid, Rural Fire Driving, Off-Road Driving and Community Engagement and possibly some others. Of course, not everyone is doing every course, but we have at least one Member involved with each of these courses this year.



What does Minimbah Brigade need? **Active fire fighters**

When do we need them? **NOW!**

This is the ideal time for anyone interested in becoming a volunteer Fire Fighter to join our Brigade. The 2020 Bush Fire Danger Period will be upon us before we know it, and it is therefore essential to have completed at least the Basic Fire Fighter course in order for you to be legally permitted to attend a fire. Your uniform and equipment are provided, and all training is carried out by highly qualified people at no cost to the volunteer.

Please give this some serious thought. If you know a Member of our Brigade, by all means speak to them about joining, otherwise you can direct your enquiries to our Captain, **Bruce Weller** on 0428 935 537 or email our Secretary at MinimbahRFB@hotmail.com. The Brigade meets at our **Fire Station at 9am on the second Saturday of the month*** for our regular meeting, which is followed by some training, and again at 9am on the **fourth Wednesday of the month** specifically for training.



*There will be no formal Brigade meeting or training on 14th March, 2020 due to our commitments at the NABIAC Show.

YES, we'll be at the **NabiAC Show** again so do come along and say Hi. As well as our Stall, which will open during the day and will more than likely have *Millie* in attendance, our crew has once again been asked to help out with property protection and safety during the demolition derby and the fireworks. We hope to see you there.

In line with the District's Fire Access and Fire Trail (FAFT Plan), we have been checking and mapping various fire trails in our Brigade Area. This of course is part of our preparedness program for upcoming Fire Seasons.

We are upping our preparedness, have you upped yours? There has been an enormous amount of leaf litter, fallen trees and branches etc. accumulating on the ground over the past few months. All of a sudden, the trees and shrubs are growing like you wouldn't believe. Are they perhaps encroaching on your driveway? An archway that will accommodate your family car may look cozy and picturesque, but would a fire truck be able to get to your house in case of an emergency?

Due to the continuing low fire dangers for the Mid Coast District, effective from **now**, fire permits will no longer be required until later in the year.

Ts & Cs apply, of course. And C, C, C, C & C are requested.

That's **Terms and Conditions** apply,
and

Consideration, Clearing, Communication, Caution and Care are requested.

Perhaps, just think of it as though you were applying for a fire permit. When building a pile, you are not aiming for the Mile High club. Clear around the area to be burnt. Provide at least 24 hours' notice to your neighbours (even those across the road or across the river) and the RFS. Check the weather forecast for that day and the next few days. Ensure you have sufficient equipment, water and people on hand to do the job and to keep the fire contained to your property. Sounds a lot, but it's really just common sense.

Don't let this year's clean up and burning off period come and go without getting rid of as much fire fuel as possible on your property. For information regarding up to the minute requirements concerning lighting fires, please call **NSW RFS Mid Coast District Office on**

1300 Mid Coast. (1300 643 262)

Report emergencies to Triple Zero. 000



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Nabiac Village Futures Group News

Reminder that our meetings are held at the Neighbourhood Centre, at 7pm on the **first Wednesday each month** except for January.

Highway Signage

The sign at the highway entry south of Nabiac Hotel has been damaged for some time. We wrote to Stephen Bromhead MP requesting follow up with Roads & Maritime. Hoping that he soon has a response for us.

Mid Coast Renewal Committee

We've recently 'liked' this group's Facebook page. Lots of interesting information here. This group arose out of the aftermath of the bush-fires, and is a community led response to determine what local communities believe they actually need. Our representatives will be attending the next fortnightly meeting on Sunday 1st March.

Nabiac Community is our group's Facebook page. It's for information about Nabiac and the local area. We share local information on this page. Also see www.nabiac.com for Nabiac information.

Sustainability Planning

This is moving along, **Sarah Langdon** has been meeting with various community groups, gathering information and ideas that will be incorporated into our Community Strategic Plan. The current version can be found here

<https://nabiac.com/wp-content/uploads/2019/08/Nabiac-Community-Strategic-Plan-2016-21-revised-3.pdf>

Nabiac Oval Trees

A big thank you to those who looked after the new planting of trees around the Oval during the drought. These trees replaced the previous trees that didn't survive. They are looking healthy but it seems like now they are being tested with continued rain!

Historical Photos - Archie Blanch Collection

We have 2 folders of copies of some uncaptioned photos taken by the late **Archie Blanch**. **Patsy Maurer** volunteered to follow up captioning the photos and has been talking to people about names to add to the prints. Is there anyone else who may also be interested in looking at them? You never know you may find an old relative or friend that you recognize!

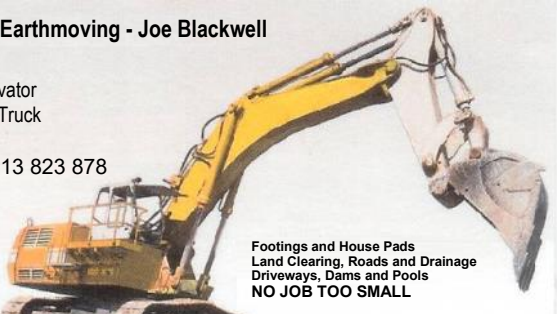
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The Nabiac CTC centre at 37 Nabiac St Nabiac, is open to the public on Monday to Saturday, from 9.30am to 12.00pm Phone (02) 6554 1876

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

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

Photocopying & faxing is available Monday to Saturday mornings

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

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

Monday Morning: Photocopying and Faxing

Tuesday Mornings: Sheila, Jillian & Alan will be here to help with the basics: File Management, creating Documents in Word, Publisher & Excel, Email, Internet Searches, Powerpoint and saving and adjusting Digital Photographs. So if you have any questions come along.

Wednesday Mornings: Suzie will help with the basics, emails & internet searches

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

Jillian Wood

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)

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-----Make It - Bake It - Grow It-----

Nabiac Farmers' Market ...You are what you eat...

There's a bumper crop of diets to choose from. The ever-increasing surge of health advice has people bantering the benefits of Paleo; Ketogenic; Vegetarian; Gut health; Raw food; Vegan; Mediterranean; Lemon detox; Five & Two; Pegan (this is vegan + paleo)! Even the good old Balanced diet! There are varying opinions and science about all of them, however there is one thing they all have in common; an emphasis on whole, un-processed foods.

Here's the best part! No matter what your dietary requirements, your health is in good hands at your local Farmers' Market!

Just to name a few...

Turmeric - This vibrant spice is good for making food flavoursome, preserving and has anti-inflammatory benefits. Add pepper to enhance the curcumin absorption. This versatile spice can be added to meat and veggie casseroles, curries, scrambled eggs, soups, cakes, frittata.

Veggies, herbs, fruit - Select a range of local vegetables, fruit and herbs. These are packed with nutrients for optimum all-round health.

Mushrooms - Rich in Vitamin D & B. Vitamin D is not destroyed by cooking and can also be enriched by drying the mushrooms in the sun.

Grass fed beef - High in protein, B group vitamins, zinc and iron.

Pasture raised Eggs - Packed with protein, essential fats and nutrients.

Macadamia nuts - Contain healthy fats; good for heart and brain health.

Garlic - Has a range of health benefits, including heart health.

Raw Honey - It is yummy, contains antioxidants and is antibacterial. It aids wound healing and contains a range of health benefits.

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by Laura Pennington

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Due to the fact that our History writer's article is still floating somewhere in Australia Post's maze, I have included a poem that he has written instead.

MANY YEARS AGO

There were patches over patches
On the clothes that old Dad wore.
And all us kids had hand-me-downs
Because we were so poor

Mother never had the money
To buy us shoes and socks
So we tramped around the country side
Our feet were hard as rocks.

On a hundred scrubby acres
Old Dad put down his roots
But that was many years ago
In the days of hob nail boots.

We had horses, ploughs and harrows
To cultivate our land
Our light at night was lamp and lantern
And we milked the cows by hand

There were long punts on the river
And a boat picked up our cream
Back in the days when farmers
Grew corn and saccaline

There were teammasters with their wagons
Hauling logs into the mills
There were bushmen cutting sleepers
On the stoney, ridgy hills

Away back in the twenties
It was so hard to survive
There were jobless by the thousands
Tramping the countryside

You would see the old time swaggie
On every country road
Men that had no future
And weary from life's load

Dear Mother often wondered
How we'd get enough to eat
To have both jam and butter on your bread
It was a special treat

Our old home was no mansion
We had no luxuries
Our clothes line was fencing wire
Strung out between two trees

The never ending sameness
Of a pioneers working day
Will be remembered by old timers
Like me who's old and grey

But the restless world keeps changing
And the lifestyle our children know
The old folk would never dreamed of
Many Years Ago

Bob Mann

Saccaline -Sogram wheat

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The \$2.99 Special

We went to breakfast at a restaurant where the 'seniors' special' was two eggs, bacon, hash browns and toast for \$2.99.

'Sounds good,' my wife said. 'But I don't want the eggs.'

'Then, I'll have to charge you three dollars and forty-nine cents because you're ordering a la carte,' the waitress warned her.

'You mean I'd have to pay for not taking the eggs?' my wife asked incredulously.

'YES!!' stated the waitress.

'I'll take the special then,' my wife said.

'How do you want your eggs?' the waitress asked

'Raw and in the shell,' my wife replied. She took the two eggs home and baked a cake

An Irishman is cleaning his rifle and accidentally shoots his wife. He immediately dials 999.

Irishman: "It's my wife! I've accidentally shot her, I've killed her!"

Operator: "Please calm down Sir, can you first make sure she is actually dead!"

click *BANG*

Irishman: "Okay, done that. What next?"



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A Church Story

The pastor asked if anyone in the congregation would like to express Praise for answered prayers. A lady stood and walked to the podium.

She said, "I have a Praise. Two months ago, my husband, Tom, had a terrible bicycle wreck and his scrotum was completely crushed. The pain was excruciating and the doctors didn't know if they could help him."

You could hear a muffled gasp from the men in the congregation as they imagined the pain that poor Tom must have experienced. "Tom was unable to hold me or the children," she went on, "and every move caused him terrible pain. We prayed as the doctors performed a delicate operation, and it turned out they were able to piece together the crushed remnants of Tom's scrotum, and wrap wire around it to hold it in place."

Again, the men in the congregation were unnerved and squirmed uncomfortably as they imagined the horrible surgery performed on Tom.

"Now," she announced in a quavering voice, "thank the Lord, Tom is out of the hospital and the doctors say that with time, his scrotum should recover completely."

All the men sighed with relief.

The pastor rose and tentatively asked if anyone else had something to say.

A man stood up and walked slowly to the podium. He said, "I'm Tom."

The entire congregation held its breath.

"I just want to tell my wife that the word is sternum"

*****88

For the Ladies (and men)

HOW TO CLEAN THE HOUSE

1. Open a new file in your PC .
2. Name it "Housework."
3. Send it to the RECYCLE BIN.
4. Empty the RecycleBin.
5. Your PC will ask you, "Are you sure you want to delete Housework permanently?"
6. Calmly answer, "Yes," and press mouse button firmly.....
7. Feel better?
Works for me!



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Because I am getting desperate, some short, inane, jokes

Two Aerials meet on a roof - fall in love - get married
The ceremony was rubbish but the Reception was Brilliant.

Man goes to the docs, with a strawberry growing out of his head.
Doc says, "I'll give you some cream to put on it."

"Doc, I can't stop singing the green, green grass of home."
"That sounds like Tom Jones syndrome."
"Is it common?"
"It's not unusual."

A man takes his Rottweiler to the vet.
"My dog's cross-eyed, is there anything you can do for him?"
"Well," says the vet, "let's have a look at him"
So he picks the dog up and examines his eyes, then checks his teeth.
Finally, he says, "I'm going to have to put him down."
"What? Because he's cross-eyed?"
"No, because he's really, really heavy"

"Doctor, I can't pronounce my F's, T's and H's."
"Well you can't say fairer than that then"

So I went to the dentist.
He said "Say Aaah."
I said "Why?"
He said "My dog's died."

So I got home, and the phone was ringing. I picked it up, and said
'Who's speaking please?'
And a voice said "You are.."

So I rang up my local swimming baths.
I said 'Is that the local swimming baths?'
He said 'It depends where you're calling from.'

So I rang up a local building firm,
I said 'I want a skip outside my house.'
He said 'I'm not stopping you.'

Apparently, 1 in 5 people in the world are Chinese. And there are 5 people in my family, so it must be one of them.
It's either my mum or my dad. Or my older brother Colin. Or my younger brother Ho-Cha-Chu.
But I think it's Colin.

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Calling young photographers

As part of their 2020 Youth Week celebrations, MidCoast Council will host a photography exhibition at Manning Regional Art Gallery, showcasing the creative flair of the region's young photographers and submissions are now open.

This great addition to the Youth Week calendar is back for another year and allows young people across the MidCoast to have their voice heard through a creative and engaging medium.

The theme of Youth Week 2020 is '**Speak Up. Be Involved. Get Connected. Have Fun**' and submissions for the exhibition will need to capture at least one aspect of the theme.

"We're excited to have Youth Week coming around again and this photography exhibition is a great way to kick off the festivities," said Russell Ingram, MidCoast Council's Community Strengthening Officer – Youth.

"Each year we're blown away by the creativity, interpretation and quality of the entrants and it will be interesting to see what photos come through to capture this year's theme." To take part and have the opportunity for your photo to be exhibited at the Gallery, visit www.midcoast.nsw.gov.au/youth and select Youth Activities & Events to find a link to the submission portal.

Entry is free, and up to four different photos can be submitted per person, along with a title and short description of how your image embodies the theme.

Submissions are **open until 11pm Sunday 22 March** and entrants must reside in the MidCoast Local Government Area and be aged between 12 and 24 years.

The photo exhibition is one of a number of exciting events being planned across the MidCoast region during Youth Week, with other activities to include the popular *Live n Loud youth concert*, the *Nextwave Film Festival* and a variety of other engaging initiatives for young people to get involved in.

Further details will be announced as the program is finalised.

Youth Week 2020 will run from **1-9 April** and is an opportunity for young people to express their ideas and views, act on issues that affect their lives, and create and enjoy activities and events.

To keep up to date with local youth initiatives and events, follow the MidCoast Youth Facebook Page <https://www.facebook.com/MidCoastYouth/>.



Biripi Way development application approved

The Hunter Central Coast Regional Planning Panel approved MidCoast Council's development application for a centralised Council administration office in the former Masters site on Biripi Way when it met in Taree today.

The panel undertook a visit to the site and listened to a number of community submissions before delivering its approval for the development, subject to a number of conditions.

The independent panel also took into account the application documents – including the statement of environmental effects, the economic impact assessment, traffic impact assessment - and public submissions made during the exhibition period, as well as the relevant planning legislation and policies.

The panel imposed several conditions on the approval, requiring the Council to provide a shuttle service from the Taree CBD to the new office on Council meeting days, as well as limiting the number of seats for the proposed café to 60 and restricting the café operation hours to 7am to 7pm.

MidCoast Council's General Manager, Adrian Panuccio, welcomed the decision of the independent panel.

"This decision means we are able to move forward on the project which will result in more efficient and effective services for our community."

Moving forward Council currently has an expression of interest out for the operation of the café, and a tender for the construction works is currently open, with a decision likely to be made at the 22 April, 2020 Council meeting.

Council is also working with Colliers International Newcastle to market the properties identified by Council to be sold or leased as part of the \$20 million financing strategy for the centralisation project. The first properties to be marketed will be vacant land on Chapmans Road, Tuncurry and the two Breese Parade, Forster offices. A resolution of the elected Council is required prior to the sale of any property.

Offices in Gloucester, Stroud and Tea Gardens will continue to operate as they currently are and are not impacted by the plans. Council has also made a commitment to provide a customer service point in Forster at the Civic Precinct, which is currently under construction.

The community can keep updated with the project by visiting www.midcoast.nsw.gov.au/headoffice

The full conditions for the development consent will be available on the Regional Planning Panel's website over the coming days.

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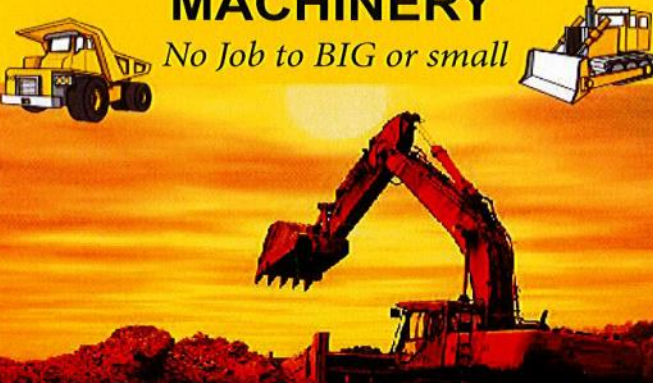
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Neologisms, alternate meanings for common words.

1. Coffee (n.), the person upon whom one coughs.
2. Flabbergasted (adj.), appalled over how much weight you have gained.
3. Abdicate (v.), to give up all hope of ever having a flat stomach.

I'D LOVE TO BE EIGHT AGAIN

A man asked his wife what she'd like for her birthday.

'I'd love to be eight again' she replied.

On the morning of her birthday, he arose early and made her a bowl of Coco Pops and jammy toasties!

He took her to Alton Towers and put her on every ride in the park:

- * The Death Slide
- * The Wall of Fear
- * The Screaming Monster Roller Coaster

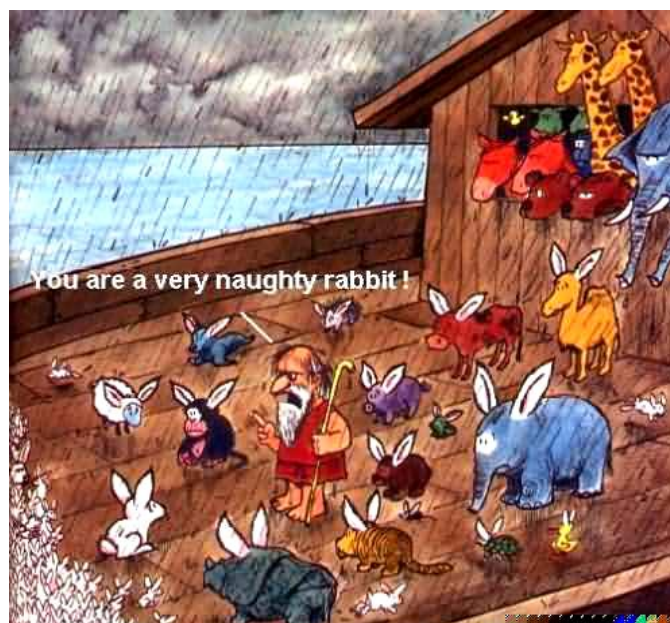
Five hours later she staggered out of the theme park. Her head was reeling and her stomach felt upside down. Right away they journeyed to a McDonalds where her loving husband ordered her a Happy Meal with extra fries and a refreshing chocolate milk shake.

Then it was off to the movies: the latest Kiddies three hour epic cartoon, a hot dog, popcorn, all the Coke she could drink, her favourite lolly and M&Ms What a fabulous adventure!

Finally she wobbled home with her husband and collapsed onto the bed exhausted. He leaned over his precious wife with a big smile and lovingly asked 'Well dear, what was it like being eight again?'

Her eyes slowly opened and her expression changed to one of total realisation...'I meant my dress size, you stupid twit !!!'

The moral of this story: Even when a man is listening, he's still gonna get it wrong.....



4. Esplanade (v.), to attempt an explanation while drunk.
5. Willy-nilly (adj.), impotent.
6. Negligent (adj.), describes a condition in which you absent mindedly answer the door in your nightgown.
7. Flatulence (n.) emergency vehicle that picks you up after you are run over by a steamroller.

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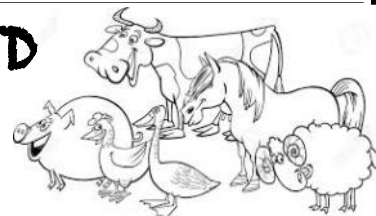
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REAL KULTCHA

I never thought it would be such a tough job being a columnist! It's so much easier being a couch potato and just let the news, opinions and comments flow over you: hell, you don't even have to think! But each month you mob seem to make the effort to check in and see what garbage I'm throwing at the wall this time.

Well, last month's rant was a **CLASSIC**, even if I do say so myself (and I do).

For instance, the northern Heavenly Cohorts, *The Glorious St George* and the ARLW's *Gorgeous St George* both did very well in the Nines tournament in Perth. The men did lose the Final to *The Cowboys* by half a block but at least they were in it! The women, on the other hand, won their Final against *The Broncos* and did it in a canter. Sadly, the tournament added to the number of men in their now infamous hospital ward and there's a slim chance I may get a run in the early rounds. Stay tuned.

I did predict however, The Oz Open (that's tennis for you late comers) would be "interesting" and it was. Djokovic (who was seeded #2) managed to hang in there against Dominic Thiem (#5) and took out the title though he didn't have it all his way. **NEWS FLASH!!!** Keep an eye on Dominic because he's young, he's hungry, he's fit and he's going to be around for many years and will win the title down the track. Over in the women's competition however, it was nothing short of a massacre. Yes, it was hot. Yes, it was smoky. And yes, we're on t'other side of the world, which means lots of travel for everybody. All I can say is **SUCK IT UP PRINCESSES!!** It's the same for everybody. How many times have I got to explain this? Each Grand Slam is different and if they weren't, what would be the point of playing any of them? The French is on clay, Wimbledon is on grass, the US is on a synthetic surface as is The Oz Open but come what may, it's going to be **HOT** here!! When the dust did finally settle on the women's final we found that a former Russian national and now US citizen, Sofia Kenin (who was seeded #14 by the Oz Open boffins) had beaten un-seeded Spaniard Muguruza for the lollies. And what happened to The Fed, Nadal, Serena et al? Well, in short, they're getting old and the question is, will we see them back again next year? Possibly, but I wouldn't bet on it.

The Galahs are over in South Africa at the moment playing a three match T20 competition and last night they (*The Galahs*) had a blinder, scoring 6 for 196 off their twenty overs. The South Africans must

Sam The Handy Man Can.....

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have thought they were up against it but the total would have been thought as gettable. It wasn't and they managed only 89 runs and Ashton Agar took a hat trick! They're looking good but if I had any advice for our team, it would be – Beware of the cornered beast! The team (and the country) got stuck into Warner quite viciously last trip (said something not very nice about his wife) and the rest is history. If the team can ensure David doesn't hear any of the sledging the fans will throw at him there's no reason why they can't win this one.

The ICA Women's T20 World Cup also began last night with the first game in Sydney. Sadly, our girls came up 17 runs short against the Indians but that loss might be just what they needed to jerk them into gear.

By the time you read this we'll know how *The Galahs* fared in South Africa (I think they'll win) and the T20 World Cup will be well advanced and we'll have a better idea of how our girls are doing (I think they'll also win).

Nostalgia Corner. Hand up all those who can remember *The North Sydney Bears*? Well, *The Bears* were a foundation club in rugby league here in Oz but fell on hard times and were dropped from the competition years ago: back when Adam played half-back for *The Bethlehem Bombers* and their home ground was North Sydney Oval. Well, (still with me?) the NSW government is "renovating" several stadiums at the moment (and that's costing you and I some \$2 billion) and one of these is Allianz – the home ground of *The Roosters*. So the boffins have scheduled *The Roosters* July 4 match against *The Warriors* at the North Sydney Oval and this will be the first NRL game there since May, 2005. Could be interesting. There are a number of other factors at play here as well. *The Sharks* are said to not be travelling all that well (no Chief Executive, no licensed club, a borrowed home ground and problems on the field) so if the NRL wants to expand the competition there'd be a second team in Brisbane, *The Sharks* would be dropped and *The Central Coast Bears* created to play at the Gosford Stadium. And just to add a further wrinkle to the rumour mill, that's where *The Roosters* are to play *The Sea Budgies* in Round 2 this year. Interesting.

Oh yes, and the local raucous Richmond ratbag has already started talking about the *really good odds* of Richmond having a threepete! Spare me days!

Talk at you next month,

The Hillside Critic

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THURSDAY

MEAT & VEGE RAFFLES

FRIDAY

***RAFFLES &
ENTERTAINMENT***

SATURDAY

***\$2 HORSE TIPPING COMP
EVERY SATURDAY***

***SECOND CHANCE
MEAT TRAY DRAWER***

WT HOWARD FUNERALS

HELPING NABIAC SAY
GOOD BYE SINCE 1922

4/25 MANNING ST. TUNCURRY
PHONE 6557 6757

Lyn's Larder

A different take on the old fish cakes.

POTATO, CARROT & TUNA CAKES

INGREDIENTS

200g	Potato, cut into large wedges
250g can	Tuna, drained
1	Spring onion, finely chopped
1small	Carrot grated (40g)
1tbsp	Flat leaf parsley, finely chopped
	1tsp grated lemon rind
	Plain flour for dusting
1	Egg, 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 together well and form into 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 1.5cm. 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 and a green salad if desired. Can be served with hot vegies for a winter meal



82 Clarkson Street, NABIAC 2312
PH: 6554 1107

Fax 6554 1593 A/H 6550 6243

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Hard Wired for Giving

Science has a way of discovering what we already know. In an article called 'Hard-Wired for Giving', the Wall Street Journal wrote -

Contrary to conventional wisdom that humans are essentially selfish, scientists are finding that the brain is hard-wired for generosity.

You only have to read some of the drought and bushfire stories to know the truth of this. An example that comes to mind ... started by one man, the 'hay runners' are a team who deliver hay to needy farmers in drought and fire; others who donate both the hay and the fuel for the trucks; the farmer who said 'take my allocation to Victoria because they need it more than me'. Then there was the elderly couple who had to evacuate from fire and their neighbours saved their house for them. You've no doubt heard other stories, there would be many not heard as well.

When we eg. donate to a worthy cause, the middle region of the brain 'lights up like a Christmas tree'... apparently the same thing happens when we eat chocolate but don't let that influence your generous intentions.

Some of the reasons are that -

- * giving literally makes us happier
- * it's an antidote to greed
- * it deepens our relationships
- * it helps us connect to God

These benefits apply whether it's our money or time we give, and many give up their time. Volunteers in a survey described their lives as 'very happy'.

You may ask why do we feel happy when being generous. I believe God hard-wired us that way.

The Bible says a lot about giving ... 'God so loved the world He gave His only son' (John 3:16)

and you've probably heard 'It's more blessed to give than to receive' (Acts 20:35).

Kindness is not doing something for someone because they can't, but because you can. (Andrew Iskander).

God loves a cheerful giver ... and others love them too.

The Counsellor

Mid Coast Retirement Village Lawyer
Philip Goodsell
Solicitor

M: 0427 614 271
W: 6550 2267
E: philip.goodsell@inet.net.au

PO Box 58
Dyers Crossing NSW 2429
ABN: 37 142 741 447



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

NOTICE

As a result of funds raised from our Monster Christmas Raffle held late last year, and as we had announced all proceeds would go the local fireys, we are happy to advise that we are donating **\$200** each to the Rural Fire Service at Nabiac, Minimbah and Krumbach.

Along with the community, we can't thank these wonderful people enough for their massive efforts in protecting homes and property.

Our Thursday night raffles held at the pub are very successful with prizes of local meat and fresh fruit and vegetables.

In case you may not know, the Hotel Courtesy Bus runs this night. So call in and say hello and chance your luck.

Hope to see you at the local.

Maureen



Useful Numbers

EMERGENCY - Police - Fire - Ambulance 000

Essential Energy - General enquiries	132 391
Essential Energy - Power outages	132 080
Police	131 444
FAWNA (NSW)	6581 4141
MidCoast Koalas in Care	6552 2183
WIRES (Wildlife Rescue)	1300 094 737
RSPCA (Taree)	6552 7177
Post Office - Dyers Crossing	0400 298 330
Post Office - Krumbach	6559 1240
Post Office - Nabiac	6554 1211
Fire Permits	6591 2900



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Commonwealth Registered Public Weighbridge

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Taree 2430

Ph: 02 6552 7320

Email: tareesandgravel@gmail.com

WELCOME TO WALLAMBA DAY!

When: Sunday 22nd March 2020

Where: Town Oval, Nabiac

Time: 2pm



Come along and join us for a BBQ, meet your team mates and hear about the 2020 season.

Beforehand, please think about whether you'll be able to help out as a Coach, in the canteen or as a Team Manager.

We look forward to seeing you all there.

Prez P.

BUSHFIRES

**CRUEL DESTRUCTIVE BUSHFIRE
YOU HAVE DESTROYED MY LAND AND FENCES
BUT YOU HAVE NOT DESTROYED MY FAITH IN
MY FELLOW MAN
WHAT WONDERFUL HUMAN BEINGS THEY ARE**

Heleh Jackson

Do you need a *Justice of the Peace*?

Then contact

Stuart **Weller** on 6554 1904 (Nabiac)

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

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

Jackie **Buckingham**, Buckinghams Real Estate, Nabiac on 6554 1107

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

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

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

News From The News

Nabiac Uniting Church

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

Holy Communion is celebrated with the service on the **3rd** Sunday.

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

St Bernadette's Catholic Church, Krumbach

March Mass times are Saturday 7th at 6:00pm - Saturday 14th at 6:00pm - Saturday 28th at 6:pm and Saturday 29th at 6pm

April Mass Saturday 4th at 6:00pm

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

St Thomas' Presbyterian Church, Krumbach

A Family Service is held on the 2nd & 4th Sunday of each month at 9:30am. Everyone is welcome to join in. Any enquiries please phone Robert on 0400 310 357.

St Paul's Anglican Church, Nabiac

A service will be held at **10:00 am each Sunday** All welcome
1st & 3rd Sundays - Contemporary Service
2nd & 4th Sundays - Traditional Service

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

March Mass - Friday 13th at 9:30am followed by morning tea
Saturday 21st at 6:00pm

***Note Friday Service**



For all of your home, building & yard maintenance - gutter & roof cleaning, painting & repairs, slashing & mowing, yard clearing, pool cleaning & pool fence installation, decking
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Belinda's

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NABIAC

CNR NABIAC & CLARKSON STREETS

6554 1326

Barb's

Hair care...

0431 168 318

Belinda available Monday - Wednesday - Friday
Barb available on Monday - Tuesday - Wednesday - Thursday
Jess available Friday, Saturday (by Appointment) Otherwise we are shut Sat.

Hi everyone,

The Coastrek girls would like to thank everyone who supported us, with our raffle night at Krambach pub on Feb the 14th.

We raised an amazing **\$1,200.00**, which will be divided among our 4 teams. This will help us reach our target of \$2,000.

Our Coastrek walk is Friday the 27th of March, so any donations before then are most welcome.

Thanks again to everyone.

Now for the saying of the month

Start each day with a grateful heart.

Barb, Belinda & Jess ☐

FOR SALE

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



Phone Steve: 6559 1284 or 0458 252 952

* **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 *

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