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# ACROSS THE FENCE

Great News



## Nabiac Op Shop

## re-opens on

## 21st July

&

## Nabiac Library

## re-opens on

## 6th July

\*check articles inside for details

News from the Wallamba Watershed is a

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## Editorial.

Hi all,

*A beautiful day outside, but freezing in the office and the fingers are causing problems with my typing*

A mixed month of clear days and cold nights, but so far, no frosts. Have had drops to 3degrees in the mornings. Bring on Spring.

A couple of new advertisers. One for horse lovers and one for people like me, who don't have the oomph to polish their cars.

We are seeing a relaxation of mixing rules with the virus, but seeing reports of outbreaks in Victoria because of the relaxation, best to try to keep ourselves distanced for a few months yet. Difficult, I know, and tiresome, but health comes first.

No jokes for you this month, sorry, but with the shortage of articles I have reduced the pages to suit, as I would have had to find 3 pages of jokes to fill the empty spaces and it just wasn't economical to do so. Maybe next month there will be spaces to fill!

Hopefully next edition, everyone will be back with reports of their groups activities, and I will also have more details for the local markets as well.

I hope the parents who had to home school their kids during the lock down have recovered enough with the tiny break of the kids back at school to now have them home again for another 2 weeks on holidays.

I have included an article from the MidCoast Council regarding pet cats and dogs and the new rule that is now effective regarding desexing, which I think is a great one, knowing the number of poor animals that are discarded when unwanted or being put to sleep when unclaimed or handed in to the pounds. That is how I ended up with Timidty, a stray kitten that just wandered into my place after either being "dumped" or the kitten of a feral cat. Better to have people responsibly breeding and caring for their pets.

The article from Jenny Fletcher regarding her quilting group and the number of quilts they have made and distributed already this year is amazing. They must spend hours at their machines to keep up that number of quilts and it is all done as loving donations. If anyone can help them with donations of materials unused in your sewing drawers, or money to buy the quilt fillings, I am sure they would greatly appreciate it.


Great news that Nabitac Library is re-opening—I will be there poste haste—and our wonderful Op Shop will be opening again in a couple of weeks with time to shop for winter clothes!

'til next month, stay warm and keep well

**Lyn & Tilley Cat, & Timidty**

(must get a photo of Timidty in case he get jealous)





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## MARKETS

I have not been able to find out details as yet regarding the starting of the differ areas markets.

**Krambach Markets** will **not** be held in July, but they are hoping to open again in August on **Sunday 16th**, conditions permitting, and the coordinator is hoping to see all of their great customers there again. Anyone new stall holders interested in joining them is welcome to call 6559 1375 for details. They will let me know for August's edition.

The **Nabitac Markets** did open on Saturday 25th to a fantastic response. All done to COVID regulations and apparently everyone had a fabulous day.

Hopefully I will have been able to get more information by August's edition on all of the other markets in the area and will resume the list of dates and times then.

Lyn

## Do you need a *Justice of the Peace*?

Then contact

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

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

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

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

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

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

Helene **Murphy**, 0412 778 494

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, Nabitac, 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** Please note that *Shaz* is only taking appointments by phone as she is very busy and is unlikely to accommodate any walk-ins with CV19 still around, so please phone 0410 5416 72 and leave a message and she will get back to you to arrange a suitable time. Huge **Thank you** to all my Loyal clients who rebook each month, this really makes a great difference with keeping everything flowing within the salon.

Welcome July; end of the financial year has come and gone and we have been busy with introducing new ranges of products from Vita 5 to the salon.

CPR products contain natural ingredients that achieve and maintain the perfect balance of protein, moisture, vitamins and minerals to bring your hair to life. Natural, sustainable sourced ingredients. No harmful sulphate's, parabens, no added salt. Never tested on animals - Cruelty free and a 100% Australian owned family business

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UV filter offers ongoing protection from colour fade, Green Tea provides antioxidant defence. Silk Amino Acids and Hydrolysed Silk, hydrate, strengthen and repair. Rice and Milk Proteins assist with repair. Cashmere Proteins to strengthen for colouring longevity. Pearl extract adds shine for an illuminating and radiant result.

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*Sunny & Rosie*

Potatoes are from the same family of plants as deadly nightshade, If the potato were to be discovered now, it would probably not be approved as a food

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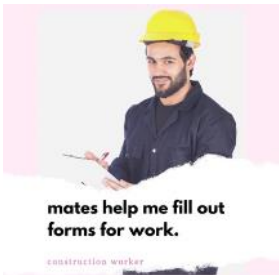
## Diagnostic Assessment for students who have:

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**irlentaree@gmail.com**



mates help me fill out forms for work.

construction worker

Recently in our Taree clinic, we tested an adult construction worker who avoids reading and writing. When he has to fill out forms or read for inductions at work, he gets help from fellow workers. When his specific irlen tint was diagnosed he was able to read more fluently and he said it made a huge difference! He said he no longer needed to use his finger to keep his place and

was now able to see all the letters in the words. (He was only able to identify this AFTER he saw the words with the irlen tint) He said the words on the page were not confusing like they were and he could understand what he read now. The page was easier to look at, no longer bright and uncomfortable. He was very happy to finally work out why he had always struggled at school and why he avoided reading and writing most of his life. He is excited for the future and what the world of reading can open up for him.

For more information or assessment, contact the Irlen Dyslexia Centre Taree. M:0409 653 700 - E:irlentaree@gmail.com or visit our website [www.aaic.org.au](http://www.aaic.org.au)

### An introduction to Zac

Hi, my name is **Zac**. My wife and I moved to Firefly just over 12 months ago.

In January of this year we took a leap of faith and bought a little mobile business called the **Touch Up Guys**. I specialise in fixing bumpers and paint touch ups on all types of vehicles. But I can also fix alloy wheels and give your vehicle a good buff and apply paint protection.

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follow the journey



Hi, I'm **Anke** and I teach horses and riders to understand each other and to work healthily and together in their chosen discipline

I use techniques both in hand and under saddle based on solid classical principles with a foundation of dignity, kindness and respect for the horse and rider.

If something feels not quite right with your horse, its progression or perhaps intermittent lameness or soreness when in work it is worth having a look at the movement pattern. I can help you identify and strengthen the weakness and work with what you have to progress towards what you want. Qualified **EA L1 Dressage Coach**.

I'm lucky to have recently moved into the area and am building up training facilities. Keen to connect with like minded local horse owners and lovers so please do call or message me. I'm located in Minimbah Road. 0408 882 730

## QUILTING NEWS

Six months of the year gone and 331 quilts delivered this year.

We have used our time productively in a marathon of sewing.

We are extremely happy to be accepted by the Nabitac Memorial Neighbourhood centre to be a sub-group.

Our latest donation was 31 quilts for Worimi Babies for when they get to meet their mob; it was supposed to be soon but has been postponed to later in the year.

We went to Upper Pappinbarra to meet with representatives from the Red Cross, D.P.I. and lifeline. It was an information day about available relief for bushfire victims, and we gave them 30 quilts.

This was exactly the connection we wanted as we feel it is important to help people in our local region.

Also, we sent 30 quilts to the far South Coast; as winter approaches the people are very cold and there is no available firewood.

What didn't get burnt in the bushfires, is locked up in the State Forests! We thank Rotary for getting these to where they are needed

Our quilting machine went off to have a service. It has done millions of stitches, and our log book is up to about 670 quilts quilted on it.

*Jenny Fletcher.*



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## MINIMBAH MATTERS



**M**inimbah Rural Fire Brigade is all smiles again. We have our fire truck back and in good working order. It didn't sit idle in the Station for long before we were called out to a motor vehicle accident. There's just something about having your own truck with your own Brigade name on it. Ah, the little things in life that mean so much!

**Save the date: Saturday 12<sup>th</sup> September, 2020**

Channeling every positive thought imaginable, we have registered with the NSW Rural Fire Service to hold our **Get Ready Day** at our Fire Station on 12<sup>th</sup> September. At this stage it is anticipated it will be from around noon onwards, but please, once you have written this in your diary, watch this space for more detailed information.

Easing of COVID-19 restrictions have allowed us to resume holding meetings provided we abide by distancing and disinfecting rules. Therefore, on the second Saturday of each month we are planning to be at our Station by 9.00 a.m. for our monthly meeting. You are more than welcome to call in and see us.

### We are learning all the time.

There is currently a Parliamentary Enquiry being held as a result of the horrific 2019-2020 fire season. Aiming to minimize mistakes and improve our knowledge, capability and outcomes on an on-going basis, it is standard procedure for the NSW RFS to hold an After-Action Review after any incident. The size and nature of the incident determines the size and nature of the Review. This past season was exceptional, hence the Parliamentary Enquiry.

One thing that has just come out of the enquiry is that some of the community does not have a clear understanding of the Fire Danger Ratings and how to respond to Bush Fire Alerts. This is very concerning to us and one of the topics we will be focusing on at our Get Ready Day. You may very well need to know this before 12<sup>th</sup> September, so here is some brief information to tide you over.

### Fire Danger Ratings

**Minimbah and immediate surrounds are in the  
North Coast Weather District.**

*The Bush Fire Danger Ratings give you an indication of the possible consequences of a fire, if one was to start.*

*Bush Fire Danger Ratings are based on predicted conditions such as temperature, humidity, wind and the dryness of the landscape.*

*The higher the fire danger rating, the more dangerous the conditions.*



When the Fire Danger Rating (FDR) is Extreme or Catastrophic for your area, any fires that start are likely to be fierce, making their control impossible until weather conditions moderate. Even a well prepared, well constructed and actively defended home may not survive.



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During a bush fire, Alert Levels are used to give you an indication of the level of threat from a fire.

**Remember – don't wait for a warning.**

Some fires start and spread so quickly there may not be any time for a warning. If you get a **Bush Fire Alert**, you must take it seriously. Failure to take action can result in death or injury to you or your family members.

There are three levels of **Bush Fire Alerts**:



### Advice - Blue Flame

A fire has started. There is no immediate danger. Stay up to date in case the situation changes.



### Watch And Act - Yellow Flame

There is a heightened level of threat. Conditions are changing and you need to start taking action now to protect you and your family.



### Emergency Warning - Red Flame

An Emergency Warning is the highest level of Bush Fire Alert. You may be in danger and need to take action immediately. Any delay now puts your life at risk.

*For some fires, you may hear a warning message over your radio or television, such as a siren, or you may receive an Emergency Alert. Other fires may start so quickly that there will be no time for any warning at all.*

If the Bureau of Meteorology advises an Extreme or Catastrophic FDR for the following day, leaving bush fire prone areas the night before, or early in the day is your safest option – do not wait and see. It is an **advice of what the consequences may be** in the event of a bush fire starting. You are basically being put on notice that you should have enacted your Bushfire Survival Plan and know exactly what to do and when you are going to do it. We'll also talk about that at our Get Ready Day.

**INFORMATION: Where do you get it?**

Bush Fire Information Line	1800 NSW RFS
NSW Rural Fire Service website	<a href="http://www.rfs.nsw.gov.au">www.rfs.nsw.gov.au</a>
Local Radio, TV, Newspapers	
Download the app	Fires Near Me
NSW RFS Mid Coast District Office	1300 Mid Coast. 1300 643 262 <a href="https://www.facebook.com/NSWRFSMidCoastDistrict">https://www.facebook.com/NSWRFSMidCoastDistrict</a>
Minimbah Rural Fire Brigade	681 Minimbah Road, Minimbah Email: <a href="mailto:minimbahrfb@hotmail.com">minimbahrfb@hotmail.com</a>

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**The number to call for the answers to all your questions is**  
**1300 643 262.**

**When burning off, at least 24 hours before you light up, you are required to notify your neighbours, and the RFS.**

\*\*\*\*\*

### *From the Captain and the wonder of nature.*

**A**s mentioned, our truck is back. Long wait for parts from Japan and the need to manufacture a new tank.

The old non-repairable tank had a consistent leak and during one particular event, Minimbah Brigade, together with perhaps four other units were on property protection east of our station. Fire is in the tree-tops and 75m away, our pump was connected to the home swimming pool and there was constant movement with crews getting ready and moving about.

Imagine our surprise to discover a large death adder curled up under our truck, under the water dripping from our leaking tank.

We had seen several during the season but all much smaller, usually as large as a broom handle and perhaps 30cm long. A fully-grown adult can be up to a metre long. Our visitor may have been 70cm and 7cm in diameter, we didn't have a tape measure but a good example. Was this one perhaps driven out of the thick scrub by the approaching fire and injured? The real question is, how did it reach our truck with the crew traffic and how did it find that particular drip of water? Amazing. And "yes" to your question - the animal was relocated.

As this is being written we are in the winter solstice which means that the days will become longer but not necessarily warmer for some time yet. A good time to ready your property for the coming fire season which generally begins in September in the Mid Coast; get rid of rubbish, prune your garden and have your (hopefully not needed) Bush Fire Survival Plan ready.

Stay warm and cuddle up – no need for that extra blanket.

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### **Nabiac Landcare**

Nabiac Landcare members are back in the bush! We've had a great roll-up at our weekly working bees and have been able to resume working at both Bullock Wharf Reserve and Lily Pilly Bend. It's been great seeing people walking along the tracks enjoying the bush.



At the moment we are targeting White Passionfruit (*Passiflora subpeltata*). This inedible and possible poisonous white flowered relative of the edible passionfruit is quite visible climbing in bushes and trees along the road. It has pale grey three lobed leaves and is bearing golf ball sized pale green fruit at the moment. If you are controlling White passionfruit in your patch take care when pulling it. Its shallow roots spread sideways and break quite easily. Roots left in the soil will send up new shoots. I find it easier to 'scrape and paint' the stems of larger specimens to avoid this problem.



The other weed of the moment is Bridal Creeper (*Asparagus asparagoides*). It is an asparagus incognito—looks nothing like the other common weedy asparagus. It is shooting vigorously at the moment from its strong mat like perennial root system. It's small green leaves and thin fragile stems belie its ability to climb three metres and smother shrubs. Bridal creeper is drought tolerant, has a root system that suppresses plants near it by its competition for water and nutrients and produces many small burgundy red berries that birds and other animals eat and excrete the seeds pre-fertilized! Although not a serious weed in Nabiac at the moment it has the potential to spread and is becoming more common in the Bullock Wharf Reserve.

We were very excited in the past couple of weeks to discover several patches of small terrestrial greenhood orchids (species ?) in the Reserve. Very small and not the kind of orchid you'd put in a corsage but still their discovery was enough to get some of us down on hands and knees to appreciate them.

Nabiac Landcare works 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.

Remember, even if you can't help in the bush, you can do your bit for our lovely area by removing weeds from your own backyard and removing fruit and seeds from exotic plants that the birds and wind will spread. And most of all enjoy the local bush!

**Liz Rees 6554 3196**

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## Nabiac Village Futures Group

There are a number of Nabiac planning opportunities happening now.



**Sustainability Plan** - the ‘Sustainability plan working document’ has been sent to those members of the community who expressed interest in sustainability initiatives in Nabiac. The first meeting of the Sustainability Action Group will be held on a date to be advised in the August edition of Across the Fence and on local social media. Contact **Christal Pearce 0431 194 385**

**Cultural Plan** - Council are also seeking community feedback - How do you want arts, culture and creativity in your everyday life? What matters in our community?

<https://www.midcoast.nsw.gov.au/Have-Your-Say/MidCoast-Cultural-Plan-2036>

Online, we’ve been looking at MidCoast Council’s Draft Delivery Program (2018-21) and Operational Plan (2020-21). We are comparing it to our **Nabiac Community Strategic Plan (2016 – 2021)** to ensure that our community will be well supported by MidCoast Council in achieving our Plan. A copy of Nabiac’s Plan can be found by browsing publications on nabiac.com <https://nabiac.com/wp-content/uploads/2019/08/Nabiac-Community-Strategic-Plan-2016-21-revised-3.pdf>

**Memorial Park** – watch out for another round of upgrades to the pathways around the Memorial.

## Attention:

**Wallamba District A & H Assoc. Inc. LADIES COMMITTEE is seeking new members to join their happy group.**

They are holding their first meeting since the lock down came in and it is on **Tuesday, 14th July at 1.30pm** in the Agricultural Hall Foyer at the Nabiac Showground.

All are welcome to come along and get an idea of what their committee does.

They do a lot of work catering for the show and cattle sales and other functions when asked and are a happy group.

Just turn up and ask for Jean.



NABIAC  
EXCAVATION  
SERVICES

Phil & Ben Martin

Mobile: 0407 948 755

## Nabiac Second Chance Opportunity Shop

Established 1993

Open Monday to Friday  
9am to 12noon

Saturday 9am to 12 noon  
(only on Market Days)

37 Nabiac St, Nabiac  
6554 1876



## News from Nabiac Second Chance Op Shop

Open Monday to Friday & Saturdays (only on Market Day.)

**Nabiac's Second Chance Op Shop and Shed will be re-opening Tuesday 21<sup>st</sup> July 2020.**

Strictly 9.00am to 12.00pm. Not before or after these times.

Social distancing and sanitising will be required and are strict conditions of re-opening.

Please be responsible and observe 1.5mtr distance rule at all times. All that we ask is everyone show respect for others with the 1.5mtr distancing rule.

**If this is not adhered to the Op Shop and Shed will close.**

### DONATIONS:

Please hold your donations until we open and make sure you are donating and **not** dumping. We can only accept good, clean saleable goods as the costs to dispose of any rubbish is large and we want all the profits to go to our community not rubbish disposal.

All large items such as furniture for the shed are to be brought in during business hours and not left at the shop or shed. These items are to be inspected by our shed co-ordinator on his days Tuesdays, Thursdays and Fridays, before accepting your donations. Please call in advance on 6554 1876 to arrange inspection by *John*.

Thankyou in advance for your co-operation.

Renovations to the Op Shop and Shed are coming along nicely and both are looking great.

Our carpets have been cleaned by *Josh at Midcoast Carpet Cleaning* who has done an awesome job and generously gave us a big discount as we are a big part of our wonderful community.

A big Thankyou Josh.

Josh has offered to give anyone a 10% discount on carpet cleaning if you mention Nabiac Op Shop. You can contact him on 0400 265 360.

Looking forward to seeing all our dedicated customers when the Op Shop and Shed reopens on 21<sup>st</sup> July 2020.

We are looking for volunteers, both Ladies and Gentlemen, so if you have a spare few hours and would like to join our wonderful team please call Kathryn on 0414836414 to arrange a time to sign you up.

Regards

**Kathryn and all our wonderful and dedicated volunteers at Nabiac  
Second Chance  
Op Shop.**

## YOGA @ Wootton

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Mon: 9 - 10am

Wed: 9:15 - 10:45am

Contact Naomi - 0414387008





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## Nabiac Memorial Neighbourhood Centre



Our Centre began its life in 1915 when nurse Sarah Jane Nixon laid foundations for "Araluen". Araluen continued as a small private hospital until 1947. There are no records for many of those years other than stories of Nurse Sarah Bidner (nee Nixon) and the memories of many families who benefitted from the hospital.

**Spanish Flu in Nabiac** – Laura Sykes writes about the early days of Araluen - ".....an outbreak of pneumonic influenza in 1919 when the hospital, the school and the School of Arts in Clarkson Street, the Agricultural Hall and a private home were all transformed into emergency hospitals." (Copies of Laura's book are for sale at the Op Shop \$25).

By 1947, while the old building was sound, it was no longer a working hospital and was somewhat neglected. At a public meeting called by the RSL in September 1947 a Committee was formed and the decision made to purchase the hospital from Mrs Bidner. Much was done locally to prepare the hospital to reopen as the Wallamba War Memorial Hospital. The Hospital continued until closure in 1981. By 1984 the building became the Nabiac Memorial Neighbourhood Centre. Over the years many activities were conducted in the old hospital, including Doctor's rooms, Preschool, Meals on Wheels, the Library, and the Clothing Pool to name a few.

The Centre has a Constitution that states the following purposes:

- to promote respect and consultation between residents and Local, State and Commonwealth governments through a Community Strategic Plan;
- to advance the health and wellbeing of the local community through the ongoing support of (but not limited to) local facilities such as community gardens and parks, play-grounds, and sporting, recreational and cultural amenities;
- to promote the wellbeing of residents through opportunity for sustainable lifestyles, care of our environment,

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opportunity for volunteering, and participation in arts and crafts;

- to work towards the provision of affordable and accessible facilities for community groups and activities;
- to manage the operation and maintenance of the Neighbourhood Centre property for the benefit of the Nabiac community.

We have several volunteer subcommittees. These are

**Nabiac Village Futures Group** – having responsibility for the Community Strategic Plan

**Nabiac CTC** – offering internet use and support, printing, scanning, laminating, faxing

**Second Chance Opportunity Shop** – processing and selling donated second-hand goods

**Nabiac Landcare** – eradicating weeds on reserves and providing information to the public

**Aub Ferris Sports Complex** – redevelopment of the Aub Ferris Oval

**Nabiac Nook** – the latest group to join with us – selling their own arts, crafts and produce in Nabiac.

**Mid Coast Community Quilters** are working on joining us. They are volunteers who work together to make and donate quilts into communities and support groups.

Both the Nook and Quilters have similar purposes to the Neighbourhood Centre

We welcome the new members from the Nook and the Quilters. Some of the projects supported by the Neighbourhood Centre, through Op Shop funds raised, are the Swimming Pool, the children's play equipment, BBQs and picnic tables, Annual Show fireworks, Riding For Disabled, and donation of a quilting machine. The Op Shop also funds ongoing maintenance and renovation of the Neighbourhood Centre building, the Shed and the Centre's grounds. This has only been possible through the work of our volunteers. Next month we will pay tribute to some long term Op Shop volunteers.

**Louise Collins**, Secretary, Neighbourhood Centre

## MICHAEL BOURKE PLUMBING

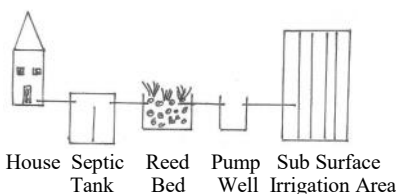
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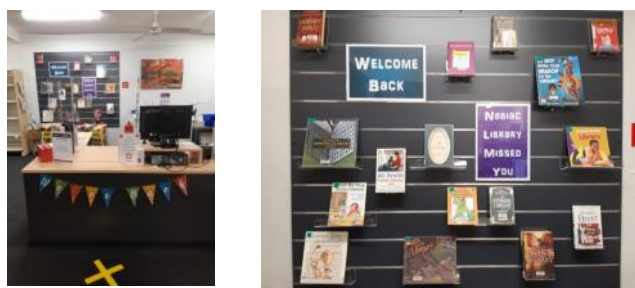
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0404 495 422**



## Between the Pages Nabiac Library News




Hello there to all our Nabiac Library friends! It has been a long three months since you have been able to enter our beautiful Nabiac library. We have heard the question many times; when will Nabiac Library be open again? It is rewarding to know we have so many folk who love our little Library and miss being able to access it. Check out these images and guess what they hint at!



Thank you to Yasmine our wonderful Nabiac Library Coordinator for this welcome message to our local lovers of Nabiac Library. See you soon!

### YOU ARE CORRECT! NABIAC LIBRARY WILL BE REOPENING AS OF MONDAY 6<sup>th</sup> JULY 2020.

At this stage it will be just for borrowing and returns and a number of Covid-Safe protocols will be in place. Please be mindful of this when you come to visit us. The protocols are not onerous; just ensuring we all still stay safe and well. Be assured that all returns will follow Covid- Safe protocols and will be quarantined appropriately before being available for loan from the shelves. We really look forward to having you back and do hope you will come and see us!

Our Winter hours of opening will be:  
Monday 3pm – 4:30pm  
Tuesday 3pm – 4:30 pm  
Thursday 9am – 11am  
Saturday 10am – 12noon

**WE DO HOPE YOU WILL COME BACK! WE MISS YOU!  
PLEASE HELP KEEP OUR LIBRARY SPACES ALIVE.**

### JULY SCHOOL HOLIDAY ACTIVITIES FOR OUR CHILDREN

As yet our MCC Libraries are not open for the School Holidays activities for children in our local libraries. However, we can offer these amazing opportunities; just jump on line and enjoy. Please take note that you will need a ZOOM account for the Crazy Collage Faces



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**NABIAC MOWER AND TRACTOR REPAIRS**

and the Make a Notebook workshops. They all sound like great fun and we'd love to see your completed projects in at Nabiac Library. Please bring them in for us to see!

### Virtual School Holiday Events

#### Make a Kaleidoscope



Grab a fabulous take-home pack from MidCoast Libraries or The Manning Regional Art Gallery and create this wonderful kaleidoscope.

Learn how to make your very own colourful kaleidoscope with this fun and easy take-home pack. All the essentials and instructions are supplied.

An instructional video will be available on MidCoast Libraries website and The Manning Regional Art Gallery website from Monday 6<sup>th</sup> July to Friday 17<sup>th</sup> July. Ages 5+

**Bookings not essential. Simply pick up a pack throughout the school holidays from all open MidCoast Libraries and The Manning Regional Art Gallery. Packs will be available for collection from Friday 3rd July.**

#### Make a Model Canoe



Grab a fabulous take-home pack from The Manning Regional Art Gallery or Mid-Coast Libraries and create this amazing model of a traditional canoe.

Use a specially designed template to make a model of a traditional canoe that really floats. A take-home pack will be supplied

containing all you need to make this beautiful canoe.

An instructional video will be available on The Manning Regional Art Gallery website and MidCoast Libraries website from Monday 6<sup>th</sup> July to Friday 17<sup>th</sup> July. Ages 5+

**Bookings not essential. Simply pick up a pack throughout the school holidays from The Manning Regional Art Gallery and all open MidCoast Libraries. Packs will be available for collection from Friday 3rd July.**

#### Crazy Collage Faces



Thursday, 9<sup>th</sup> July 2020 | 10:00 am to 11:00 am

Manning Regional Art Gallery and Mid-Coast Libraries present a free ZOOM workshop on how to make Crazy Collage Faces.

What type of crazy faces will you create?

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The possibilities are limitless!

Use parts of faces from printed images or magazines to create fresh new portrait collages.

All the essentials and instructions are supplied in a fabulous take-home pack. You will be sent a link to a live instructional zoom event where you can share in the fun with other kids.

Ages 5+

**Places are limited, so book now!**

<https://library.midcoast.nsw.gov.au/Events/July-Holiday-Program-Crazy-Collage-Faces>

Packs will be available for collection from your nominated location. We will contact you when your pack is ready for collection.

**ZOOM VIDEO CONFERENCING** - You will need a Zoom account to participate.

A link and instructions will be sent to you prior to the workshop.

#### Let's make a Note Book



**Thursday, 16<sup>th</sup> July 2020 - 10:00 am to 11:00 am**

Join MidCoast Libraries for a free ZOOM workshop on how to make a gorgeous handcrafted note book using a special take-home pack.

How much fun will you have making your very own gorgeous hand crafted note book using a variety of papers

and repurposed books. You even get to bind them together using an awl. It is **sew** easy.

All the essentials and instructions are supplied in a fabulous take-home pack. You will be sent a link to a live instructional zoom event where you can share in the fun with other kids.

Ages 8-17


**Places are limited, so book now!**

<https://library.midcoast.nsw.gov.au/Events/July-Holiday-Program-Lets-Make-a-Note-Book>

Packs will be available for collection from your nominated location. We will contact you when your pack is ready for collection.

**ZOOM VIDEO CONFERENCING** - You will need a Zoom account to participate.

A link and instructions will be sent to you prior to the workshop.



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#### What about a few ideas for adults?

##### Online - Haynes Car & Motorcycle Manuals



Online manuals covering a vast range of car and motorcycle makes and models, with up-to-date content including common repairs, routine maintenance and servicing procedures. Library members will be able to access the manuals directly on the library computers but also from home using their library card number.

Some manuals also include video tutorials

##### Make @ Home MidCoast



##### **Episode 3 – Blackout Poetry**

Do you have some old books and are wondering what you can do with them? Try this!

Brought to you by MidCoast Libraries and [Manning Regional Art Gallery](#)

This special collaboration provides creative activities that can be completed at home. It's a fun, interactive way to

get creative and is suitable for all ages and abilities.

<https://www.youtube.com/watch?v=Ctgy5-wurYc&feature=youtu.be>



## **Wallamba Fishing Club**

### **AGM**

**Sunday 19th July, at Nabiac Hotel,  
3.00pm following weigh in.**

**NEW MEMBERS ALWAYS WELCOME**

If you like to fish, come along and join us.

Michelle Pascoe  
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**Sam The Handy Man Can.....**

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## Show News

Well things are starting to look up, or more like out. With the reduction of COVID-19 restrictions we're all starting to get out and about again. It was great seeing so many people at the Nabis Farmers' Markets yesterday.

In light of this, the Show Committee is working up its COVID Plan in preparation to holding a General meeting in July. A note will go out to all members soon to confirm this is possible and the details. Subsequent to that is our plan to hold our AGM as usual in August.

As mentioned last month, there has been quite a lot of activity around grants.

We're very pleased to advise that our application, with help and



support from the MldCoast Council, NSW Showgrounds' Stimulus Funding 2019/20 has been successful. By the time you read this the works should have started at the Showgrounds. This project is for the part-replacement, repair and painting of the Show Ring. I'm sure you'll all agree that a spruced up fence will greatly improve the focus within the grounds, upon the Ring.

Trusting this finds everyone safe, healthy and on their way to having our community back to normal very soon.

With our regained freedom we can now start to focus on our 2021 Show, on Saturday 6<sup>th</sup> March. As a community based and focussed event, we look forward to working with many of you, regulars and new folk alike towards delivering another great one.

*Sally Henderson*  
Secretary

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**The Wallamba Watershed's History** — Another in a series of historical articles gleaned from the archives of the "Manning River Times, 1939, by Bob Mann

**DEPUTATION:** Messrs R.J. Salter and Clive Bussey waited on the meeting of the Manning Shire Council on Monday as a deputation. Mr Salter asked for attention to the road down the river. He said it was the only practicable out let for cream. Two suppliers at least would use the road. They were willing to assist the council to the extent of £40 if the council would spend £20. The President said that Mr Anderson, Newcastle, who was interested in a property on the other side said he was also prepared to put in £20. Mr Salter said that Mr Drury was also prepared to put in £10. That would be £50 altogether for gravelling. They had corduroyed the route and also had done bad pot holes. The President said that they intended to do the work with the grader but bush fires interfered.

**Councillor Hammond** - 'How much more would be needed to make the road trafficable? The President said that Mr Ruprecht had stated if the corduroyed work was done they could finish in half a day. The plant was at present at Mount George and would be working on the Upper manning for 3 months. It was decided that the councillors of Riding C. inspect.

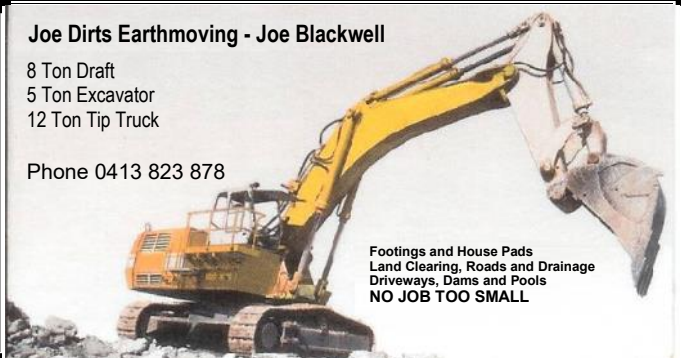
**PROPOSED WALLAMBA BRIDGE:** Mr C.E. Bennett, M.L.A., forwarded to the Manning Shire Council on Monday the following letter from the Secretary of the main Road Board.

**Mr S.A. Henderson** under date August 1<sup>st</sup> Main Road No. 110—**Bridge Over Wallamba near Nabitac.** With reference to your personal representation on behalf of the Manning Shire Council, I have to advise that the Department has not carried out any preliminary survey work in connection with the construction of a bridge over the Wallamba River near Nabitac. With reference to the statement in the council letter to you to the effect, that the council considers the bridge should be constructed without cost to the council, I would point out as the river crossing is on the main road the Department is unable to vary the rate of assistance granted generally to councils which in this case is three quarters of the total cost. Should the council submit an application for assistance to have the bridge constructed on the afore mentioned basis then the matter will have the consideration of the Department. Mr Wright said they should see if they could get assistance. They did not have the money to do the work. It was a very important thing. It was decided to try and have it looked into as a defame (sic) matter Sept 13th 1939 MRT.

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## Nabiac Farmer's Market -

**Nabiac Market returns! Woohoo**  
 We hope you enjoyed the first market back ☺☺

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 \*culinary delights \*kombucha \*pasture-raised meat & eggs \*honey  
 \*coffee \*massage \*plants \*garden art \*market BBQ \*

**----Make It. Bake It. Grow It.----**

We believe that fresh produce and local shopping are good for you and your community, so are really excited to be re-opening the market. The committee has endeavoured to meet all required guidelines for re-opening. We trust that everyone will understand that things will be a little different for the few next markets. We appreciate our community's continued support whilst the market gradually gets back into full swing.

I am stoked to announce that last Saturday's market was a big success! Here's an update from **Deborah Knoke**, the market coordinator.

- First market back since February
- Covid safety plan in place- well-implemented and supported by stallholders and visitors.
- 39 stallholders in attendance. Low numbers for us, but some still concerned about Covid and are planning to return next month.
- Cold, damp start, but turned out sunny and very pleasant.
- Excellent crowds. Visitors seemed to enjoy the freedom to visit the markets once more.
- Constant stream of people all morning from 8am.
- All stallholders very happy and recorded record sales.
- Lots of comments on how great it was to see the markets back, from visitors and stallholders.
- Fresh fruit and veg were in abundance.
- Beautiful flowers, plants, winter seedlings, breads, pastries, gourmet mushrooms, hand-made craft items.
- Many stallholders, meat, bread sold out early.
- George and Sons sold out of his quality meats at 9:30!
- Barbecue took over a thousand to go towards community projects.
- New stallholders welcome to apply and sites now available.



# Manning Valley

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**Stall holder feature: Mother Fungus Gourmet Mushrooms**



Stu and Adele Hartley are the proud owners of Mother Fungus Gourmet Mushrooms. They operate from their property in Old Bar and have been selling their mushrooms at farmer's markets since April 2019, which are sought after by restaurants across the mid-north coast.

Mother Fungus Gourmet Mushrooms are mostly Oyster varieties, including king brown, pink, white, yellow, grey and pearl. These beauties flourish in the wild on fallen logs and decomposing wood. Adele and Stu have created the perfect growing conditions in temperature controlled cool rooms, on organic cane straw or sawdust.

A powerhouse of nutrients, oyster mushrooms are a rich source of protein, fibre, magnesium and six of the eight B group vitamins. They contain magnesium, potassium and twice the iron of button mushrooms. Important for nerve function, mushrooms also boast immune boosting properties and provide abundant energy.



They have a beautiful silky mouth feel and add amazing texture and depth of flavor to many savoury dishes.

Adele and Stu's mushrooms grace the plates of restaurants from Port Macquarie to the Hunter Valley and more in between, with weekly deliveries of this savory gourmet fare. Find them at Nabiac Market and ask about their other products.

We look forward to seeing you at the next market in July. Remember your bags, granny trolley and that our wonderful stallholders be there, come rain, hail or shine. Thank you – market committee J.

**----Make It. Bake It. Grow It.----**

\*Stall holder applications are open. Simply go to the website and download the vendor information forms from the website: [nabiacfarmersmarket.com](http://nabiacfarmersmarket.com). Call: 0422 177 122. Or Email: [nfmcommittee@gmail.com](mailto:nfmcommittee@gmail.com)  
 Follow us on Instagram. Thank you – market committee J. by **Laura Pennington** ☺

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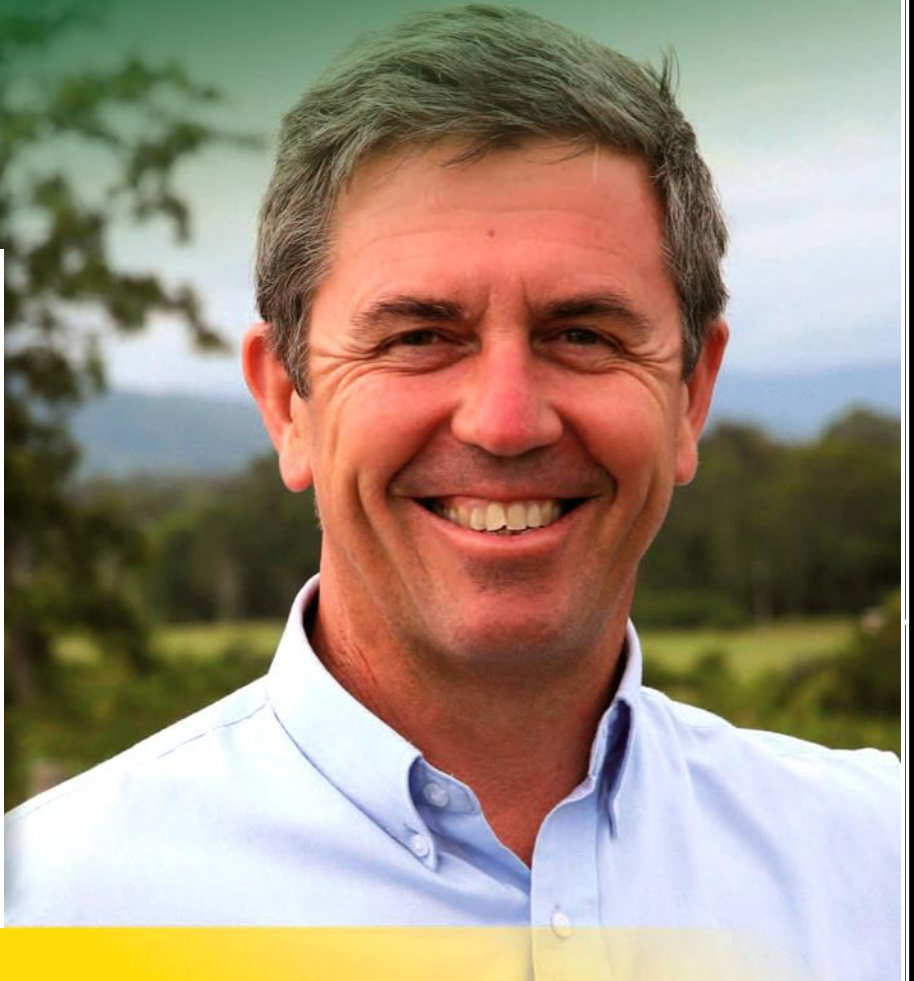
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## Artists of Wallamba Inspire ~ Create ~ Connect



How good to see our local galleries beginning to open again with Art classes and groups returning for adults and children!

**Manning Regional Gallery** has extended their current exhibition of the **Doug Moran National Portrait Prize** until 2<sup>nd</sup> August. This is a great selection from one of Australia's most excellent and longstanding portraiture prizes as artists seek "to interpret the look and personality of a chosen sitter." Well worth a visit. As is **Gloucester Art Gallery** with its vibrant and diverse **NAIDOC exhibition** until 12<sup>th</sup> July only. So be quick for this one, to see the diversity of Aboriginal and Torres Strait Islander artwork and culture.

**GLAS, Great Lakes Art Society**, in Forster will recommence classes from 6<sup>th</sup> July with the gallery reopening in August. **Taree Artists Inc** is gearing up for a **Members Exhibition** in October, a replacement this year for the annual Taree Open – cancelled due to Covid-19. They have excellent arts information in their monthly Member Newsletter, as does GLAS. Consider a membership with one or both – a great way to keep up with the local Arts scene and people.

**Forster Arts & Crafts Centre** and our own **Nabiac Nook** have also re-opened with work available from many of our local artists. *Jeff Chant*, at **Earth Body and Soul** in Nabiac, is hosting a small works Gallery Exhibition for Artists of Wallamba – so drop in to see the art, and to explore the marvellously diverse range of wares Jeff offers!

Just read of a new gallery opening at Wingham on July 3<sup>rd</sup> with a retrospective show by owner and artist, *Sue Reynolds*. **DFUNK GALLERY** is billed as a creative hub and exhibition space. So, check it out when you're in the area.

Artists have a great resource for supplies with **The Edge Gallery & Art Supplies** in Taree, and **Memory Lane** in Forster.

**This month two Artists of the Month**, both of whom will be part of a new exhibition space at **Earth Body and Soul, Nabiac**.

### Diane Willey



Kombi Life – Old Bar Beach Festival 2018, © fotografs by diane

Born in England, **Diane Willey** arrived by ship in Australia with her family when she was 5 years old, living in Queensland and then Sydney. As a child, she marvelled at the magic of her Dad's slide shows. Crashing waves she'd seen as their ship rounded the Great Australian Bight, suddenly came to life on the lounge room wall. Her 16<sup>th</sup> birthday present was a Kodak Colourburst 100, a polaroid-style instant camera where photos taken were quickly put into her jacket pocket to develop! A love of photography, and the stories she can create, has always sat on the sidelines of a business career incorporating sales, marketing and organising trade exhibitions for major companies in Australia and overseas.

With the arrival of the internet in the 1990's, Diane's opportunity to link up with photographers from around world was exciting, allowing her to enhance skills and techniques, taking her own work to the next level. For the past 12 years, her work has featured regularly on Channel 10's weather segment. She has appeared in a feature article in Focus Magazine, completed the photography for *From our Farm* website and *Food in Mind* Magazine. A

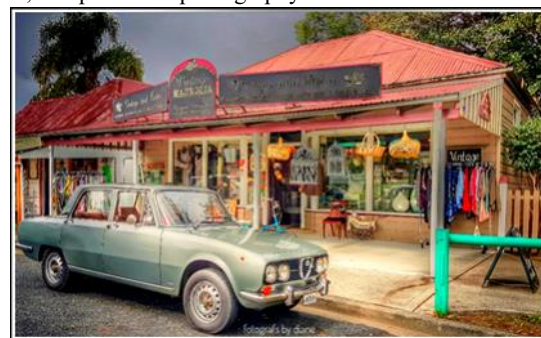
recent highlight for Diane was her appointment as the official photographer for the British High Commissioner to Malta at the Malta Classic Grand Prix in October 2019.

Moving from Sydney in 2007, Diane and her partner have managed their 186-acre property at Firefly. Following severe injury, Diane gradually found her way back to health via Bowen Therapy, when all other treatments had failed to help. This was a catalyst for her to study, becoming an accredited Bowen Therapist in 2014. She runs her practice in the peaceful surrounds of her property.

Diane's healing work and her passion for photography complement each other. She particularly loves working in Macro mode, portraying the tiny detail of life that often goes unnoticed. See Diane's work at Earth Body and Soul from the beginning of July.

Find Diane at:

[www.facebook.com/fotografsbydiane](http://www.facebook.com/fotografsbydiane) and [www.facebook.com/bowtechbydiane](http://www.facebook.com/bowtechbydiane)



From the Local Historic Buildings Collection, 2018, © fotografs by diane

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## Di Smith



**Di Smith** comes from a graphic arts and photography background in the print media, news and music industries, working with the iconic Redback Graphix in inner city Sydney during the 1980's. Moving to the Department of Education for a number of years, Di designed learning materials for primary and high schools, working in Sydney and Brisbane. In her move to the Mid North coast, Di took the opportunity to complete studies in Fine Arts at Tuncurry TAFE, developing her skills and knowledge in painting and drawing. Whilst at TAFE, Di discovered the Colourist Hundertwasser whose graphic style and colours have inspired a passion for colour that is apparent in her current work.

Di is enjoying entering work into local exhibitions and venues, and was awarded First Prize at the Members Exhibition, 2019 at Lake Street Gallery for her mixed media *Pretty in Pink*.

Recently Di branched into 3-dimensional pieces with her custom work providing a unique and exciting talking piece for residential home owners. Di's vibrant work will be on view at Earth Body and Soul from the beginning of July.

Find Di at: [www.facebook.com/diannesmith](https://www.facebook.com/diannesmith)



Contact **Kate Landsberry** on 0402 287 244 or **Carmel Spark** on 0419 273 849 for more details of **Artists of Wallamba** and if you would like to join our very active member **Facebook Page**. We have ongoing information for many exhibition and competition opportunities that our members share, along with inspiring quotes and ideas.

**Our next meeting is on Sunday morning July 19<sup>th</sup>, so please call for time and address details!** We love to welcome local artists and art supporters and guarantee creative company, delicious food and warm hospitality whenever we meet.

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## Restrictions continue to ease

Monday 29 June 2020



MidCoast Council's volunteer run libraries, visitor information centres and tip shops will be among services to the community to restart from Wednesday, following a further easing of COVID-19 restrictions and the welcoming back of volunteers.

"We've really enjoyed being able to welcome the community back into our spaces over the last month, and are really pleased to be able to welcome our valuable volunteers back over the coming weeks," Council's Director of Liveable Communities, Paul De Szell said.

The first of the openings will be the Taree and Gloucester Tip Shops on Wednesday, with Taree Visitor Information Centre following a few days later.

Visitor information centres in Forster and Gloucester reopened at the beginning of June, and the Taree Centre will reopen from Friday 3 July with reduced hours. The centre will initially reopen from 9am to 12 noon, Monday to Saturday – while volunteer run centres at Tea Gardens, Pacific Palms and Bulahdelah will reopen under a staged approach currently being finalised.

While the majority of Council's libraries opened their doors at the beginning of June, branches run by volunteers have remained closed. However, from next Monday, 6 July, Old Bar and Nabiac Libraries will reopen to their communities.

"The Libraries team has continued to adapt to the conditions throughout this pandemic and they're offering their usual school holiday program online in July, which will be really popular.

"Library users will also be pleased to hear that our public computers will become available, albeit in a limited capacity, during this round of restrictions easing."

The Manning Regional Art Gallery is also welcoming back volunteers and will be reopening the smaller spaces in the gallery from this week.

Council is also working to reopen their camping grounds as soon as possible, following a comprehensive assessment of these sites.

"We do ask our community to continue to practice social distancing, and not to come into our facilities if they are unwell or have recently been in contact with a confirmed case of COVID-19."

Venues including the Manning Entertainment Centre will remain closed at this point in time, as per the requirements of the State Government's COVID-19 Public Health Order.

For more information on openings and restrictions go to

[www.midcoast.nsw.gov.au/covid](http://www.midcoast.nsw.gov.au/covid)



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### Funding for Nabitac Plant to improve water security

MidCoast Council has welcomed the announcement by Federal MP Dr David Gillespie of a \$1.47m grant to increase capacity at the Nabitac Inland Aquifer system, further improving water security for the Manning – Great Lakes water supply system.

"Severe water restrictions were enforced late last year during one of the worst droughts ever experienced in our region, and Council undertook several actions to ensure we could continue to supply emergency water to our largest population, in Manning and the northern Great Lakes areas," said Council's Director of Infrastructure and Engineering Services, Rob Scott.

"We are very pleased that the Federal Government will partner with us to complete Stage Two of the Nabitac Inland Aquifer scheme, which will build more capacity for Manning and the northern Great Lakes should we experience another prolonged drought."

The Nabitac Bore Field is an important element of Council's response to drought conditions.

Stage Two started late last year, to lift the Nabitac scheme's production to 12 million litres per day. At that time under the severe level four restrictions, the Nabitac plant was able to take some pressure off Bootawa Dam supplies until the drought ended.

"This grant allows us to now complete Stage Two, involving the duplication of most of the treatment process equipment. This will add six million litres per day to the plant's overall capacity, taking it to a treatment capacity of at least 18 million litres per day.

The estimated total cost of Stage Two is around \$6 million, with Council contributing the remainder of the cost. "This will place us in a much better position should we ever face such a crippling drought again," said Mr Scott.

With the return of regular rainfall this year, Bootawa Dam has now been completely refilled.

"To see the dam full again is a great contrast to earlier this year and a reminder of how responsive our system is to rainfall and river conditions".

For more information about the Nabitac Inland Aquifer Scheme, and MidCoast Council's other water supply schemes, visit [www.midcoast.nsw.gov.au/watersupply](http://www.midcoast.nsw.gov.au/watersupply).

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### New annual permits for cats and dogs Wednesday 1st July

MidCoast Council has welcomed the news that the NSW Government is introducing annual permits for **non-desexed cats** and restricted dangerous dogs, as a way of encouraging responsible pet ownership.

From **Wednesday 1st July**, owners of cats that are not desexed by four months of age will be required to pay an \$80 annual permit, in addition to their one-off lifetime pet registration fee.

Annual permits for non-desexed cats will create a stronger incentive to desex cats, which will in turn improve their health and wellbeing, including reducing the risk of some cancers.

Improving desexing rates will also lower demand on pounds and shelters, reduce euthanasia rates and help to address concerns about feral, stray and roaming cats and their impact on local wildlife.

"This is great news from our perspective because anything that promotes responsible pet ownership means less animals in the pound and more information is available to us about the pets in our area," said Bruce Moore, MidCoast Council's Manager of Development Assessment.

Similarly from **1st July**, owners of dogs of a restricted breed or formally declared to be dangerous will also be required to pay a \$195 annual permit in addition to their one-off lifetime pet registration fee.

"We hope this will serve as a further disincentive to owning high-risk dogs and encourage owners to better manage the behaviour of their animal," added Bruce.

"We see too many dog attacks in our region, with a serious attack happening only last week so this is more positive news to help us try and bring this number down."

From today, local pet owners will be able to pay for annual permits using the [NSW Pet Registry website](http://NSW Pet Registry website) or through MidCoast Council.

Anyone registering a cat on the NSW Pet Registry will be informed that they must pay for an \$80 annual permit if their animal is not desexed by four months of age.

Annual permit fees will go directly to the Companion Animals Fund which pays for companion animal management by local Councils including pounds/shelters, ranger services, dog recreation areas, and education and awareness programs.

The fund is also used to operate the NSW Pet Registry and carry out responsible pet ownership initiatives.

For further information about these permits, visit [www.olg.nsw.gov.au](http://www.olg.nsw.gov.au) and search 'pet ownership'.

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## REAL KULTCHA

Well, I guess it has to be said: I'm a glass half-full kind of bloke. Some sports are back but it's just my luck, those sports involve my two teams and they've both taken early beatings. Of course, it's not all doom and gloom because *The Sea Budgies* (alright, alright already – *The Manly Sea Somethings*) have also copped a bit of a thumpin' and so dastardly was one of their losses (*hee, hee, hee*) my friend in Canberra was moved to send me an e-mail complaining "**WE WUZ ROBBED**". He then completed the missive (thankfully, a short one) by saying *Shame about The Lizards!*

### *And may the fleas of a thousand camels infest your left armpit!*

Oh, it's so nice to have sport back but it's not been all-smooth sailing!

Oz Rules have a hub up at the Gold Coast where the two Perth teams are playing out of and they're apparently homesick and are making noises about wanting to go home. That'll put the cat among the canaries because, if they do, they'll have to be quarantined for two weeks so what happens to the AFL comp then? Gill McLachlan must be tearing his hair out. And then a player from another team tested positive to COVID-19 and the game his team was supposed play in has been postponed – but nobody knows yet till when. Given the virus is ramping up again in Victoria, there's a chance other teams could be effected and what's the bet they'll still be playing this year's "shortened" Oz Rules competition on Boxing Day. That could mean we'll see a Test Match, the start of the Sydney Hobart yacht race **AND** an Oz Rules final or grand final all on the same day! Who'da thought!

**The Glorious St George** (*lizards, indeed*) have won their last two (count them – one, two) games, Mary's job seems safe for the moment and with a little bit of luck, they could now be on their way to the Grand Final. I should also mention *The Warriors* are also based on the Gold Coast and while they've won a couple of games, their last one was a loss and it was a baddy. They came up against a red hot *Bunnies* outfit and got wholoped to the tune of 40-12. The Club management took a *Not-happy-Jan* view of that and coach Stephen Kearney was punted. He could be the first of several coaches visiting Centrelink shortly.

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The rule changes Peter V'landys has brought into the ARL appear to have been good but they still need a very firm referee's hand on them. The last game I watched I could see the effect of how their coach had altered his team's play so as to slow the game down. This wasn't what Peter wanted and he'll need to talk seriously to the Referee group. I also dropped him a line with my thoughts on a couple of minor innovations I felt would be good but I've yet to hear back from him. I'll keep you in posted.

Down south (the last time I looked) *The Mighty St Kilda* were in the top eight (on percentages) but with a couple of tricky games to come. How they'll fare down the track we'll have to wait and see. For the local who thinks *The Tigers* are all conquering and will take out the flag this year in a canter, I have some ever so sad news: **THE TIGERS LOST (badly) TO THE HAWKES!** Still, the sun rose the next morning so I have to assume it's a fact that the local's God may not be the #1 membership ticket holder at *The Tigers* after all, as he's insisted telling me on oh so many occasions!

It has now been confirmed that Rugby Australia (RA) has cobbled together a five team competition (yep, no *Sunwolves* and they've swallowed their pride and "welcomed back" the *Western Force*, who they punted a couple of years ago) that is due to begin on July 3<sup>rd</sup>. The press release reads like a *Big Orange* tweet but the bones are, the teams will play each other twice and the two games each week will be played on Friday and Saturday nights beginning around 7:00pm. Sadly, it appears, the games will only be televised on Fox Sports! What can I say?

On the "other" sporting field, that hasn't been interrupted by the virus, I note the Labor Party is up to it's old tricks of Branch Stacking. It was George Hegel (1770-1831) who uttered the immortal words: *But what experience and history teach is this, that peoples and governments have never learned anything from history.* Now close your eyes and think - how many times have you heard the news flash that a Labor Party in one State or another, has been found out branch stacking? Without really thinking too hard, I'm sure I can remember three or four examples and it makes me wonder if those fools think nobody is watching? They ought to know you can't keep that kind of thing a secret these days but every new generation of polities seems to need to reinvent the wheel, so to speak. It reminds me of a joke (though in truth, it's not a joke) I saw t'other day: *Everybody has a right to be stupid but politicians just abuse the privilege!*

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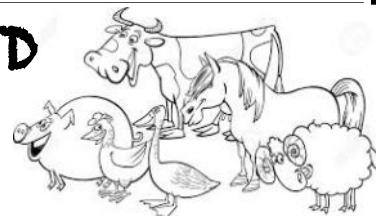
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1 kg Rump steak cut into 8cm pieces  
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2 lge Red Capsicums, cut in 6cm pieces  
2 Red Onions cut into thin wedges  
2 cloves Garlic, sliced  
8cm piece of Ginger, slivered  
1tbsp Sweet Paprika  
½ tsp Chilli flakes  
2 tbsp. Tomato paste  
1½ cups Beef stock  
2 tbsp Balsamic vinegar

**METHOD STEW**

1. **Preheat oven** to moderate 180°C. Heat half the oil in a large heavy based pan. Add half the steak and cook on medium high for 1 minute on each side. Remove and repeat with remaining oil and steak. Place in a medium sized round casserole dish.  
2. **Add extra oil** to pan. Cook capsicum, onions, garlic, ginger until they start to brown. Put into the casserole dish.  
3. **Add paprika**, chilli flakes and tomato paste to the pan and cook, stirring, for 1-2 minutes. Cook further 1 minute with stock and vinegar added. Pour mixture over the meat and capsicum. Cover and place in the oven for 1 hour.  
4. **Remove dish** from oven, uncover. Spoon heaped tablespoons of dumpling mixture (see below) on top of the meat, about 10-12 dumplings. Return to the oven uncovered for 10-15 minutes or until the dumplings have risen and are golden.

**INGREDIENTS FOR DUMPLINGS**

1 cup Self Raising Flour, sifted  
1 cup Polenta  
½ cup Tasty Cheese, grated  
1cup Buttermilk  
Salt & Pepper

**METHOD DUMPLINGS**

Place flour and polenta in a medium mixing bowl, stir to combine. Add cheese, salt and pepper and mix through. Make a well in the centre of bowl and add buttermilk and stir through with a dinner knife until a soft dough is formed.

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- \* that some people get lost in thought because it is unfamiliar territory.
- \* that people who eat natural food die of natural causes.
- \* that you need to be nice to your children because they will choose your nursing home

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A book ... it was written over 3,000 years ago, has been translated into many languages and five billion copies have been printed. This book has shaped history, saved people from death and suicide, been used to teach reading and writing and is described as poetic literature. It is the most read book in the world.

Did you guess this is describing the Bible? It comes in many shapes and sizes and you can even get bible apps on your phone.

Writers like Shakespeare and Mark Twain referred to it and you'd be surprised how many of our expressions come from it ... *eat drink and be merry ... by the skin of your teeth ... a fly in the ointment ... the blind leading the blind ... pride comes before a fall ...* are just a few.

My children had high school ones from the Gideons and I have one my father gave me from an hotel room ... which I always felt guilty about owning.

You might be interested to know that the first *Sunday Schools* in Britain used the Bible as a base to teach *working* children to read and write. By 1785 there were 250,000 children at Sunday Schools and these 'schools' were the precursors to modern education. In the days when children worked in mines etc. Sunday was probably their only day off. Even today some education programs in poor countries are bible - based.

There are amazing stories from across all the wars ... of soldiers saved by a bible in their pocket and, in one case, of bullets from a plane coming through the tin hospital roof and striking the bible on the bedside table ... not the soldier.

You can read these on the internet by typing in - '*soldier saved by Bible*'.

An especially moving one was about *Frank Viner* in the First World War. Some words from Psalm 91 went through his mind ... '**A thousand shall fall at your side and ten thousand at your right hand and you will not be harmed**' ... and for some reason, he moved his Bible from his right hand to his left hand pocket, just before being hit

## Nabiac and District Pre-school

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## Nabiac Kids' Shack

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Before school care: 7am-9am

After school care: 3pm-5.30pm

Vacation Care: 7am-5.30pm

by a blast which threw him to the ground and killed his comrades. Shrapnel from the explosion embedded in the bible and thus his life was saved. His father had given him the bible for his 21st birthday.

Another story was how reading a Gideon bible in a hotel room stopped a man from jumping off the eight storey high balcony.

There are more miraculous, incredible stories in the Bible ... the floating axehead (2 Kings 6), the sun standing still (Joshua 10), God killing an enemy army (2 Chronicles 32) ... plus many in the New Testament.

Whatever you think of the Bible, it's message is timeless and eternal – Houtos gar egapesen ho Theos ton kosmon or **God loves you.**

We know how important it is to hear from someone the words 'I love you', but what if you never heard those words in a language you understood? That's why translators continue the work of making the Bible available to more people worldwide.

God's Word is with us through every circumstance in life including wars and pandemics, speaking words of comfort and hope.

Why don't you read the Bible and find out what God is saying to you.

*the Counsellor*

## 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 - Krambach (closed 1pm to 2pm)	6559 1240
Post Office - Nabiac	6554 1211
Fire Permits	6591 2900

## News From The News

### Nabiac Uniting Church now Nabiac Community Church is hopefully restarting in August

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

### St Bernadette's Catholic Church, Krambach – On

**July Mass** times are Saturday 4<sup>th</sup> at 6:00pm - Saturday 11<sup>th</sup> at 6:00pm - Saturday 18<sup>th</sup> at 6:pm and Saturday 25<sup>th</sup> at 6pm

**August Mass Saturday 1<sup>st</sup> at 6:00pm**

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

### St Thomas' Presbyterian Church, Krambach now

### Krambach Bible Church (a ministry of Wingham

Presbyterian Church from 6<sup>th</sup> July On

A Family Service is held on the **every** Sunday of each month at 11am. **All** dominations welcome to join in. Any enquiries please phone **Robert** on 0400 310 357.

### St Paul's Anglican Church, Nabiac (Not sure, couldn't contact Joy)

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.



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- Tennis or Golfers Elbow
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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.

Hello everyone,

I would like to thank all of our wonderful clients for following our protocols. Thank you to everyone for cancelling your appointment when you are feeling unwell. All of these things keep everyone safe.

We are very proud of our town and our community is awesome. Stay safe, happy and healthy everyone.

I now give you the saying of the month.

*Kindness is loaning someone your strength instead of reminding them of their weakness.*

*Belinda ☺*

**FOR SALE** Various Breeds of Rabbits including Mini Lop Eared and Netherland Dwarfs.  
 Phone Steve: 6559 1284 or 0458 252 952

Remember if you want to know what is happening in Nabiac, just look it up on the web - [nabiac.com](http://nabiac.com)  
 If you want to advertise an event, visit the web site and click **SUBMIT**

\*\*\*\*\*  
 ★ **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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