

and it's FREE, too!

# ACROSS THE FENCE

A little something to brighten your days using your imagination thinking what your family and friends would look like if they took heed of this



First it was - alcohol kills Covid  
Then heat may kill Covid.  
Now direct sunlight may kill Covid.  
So, if you see me outside in my yard drunk,  
naked and laying the sun, mind your own  
business.  
I'm conducting important medical experiments.  
You try it.



OK! I was desperate for something for the cover  
Laugh and enjoy the day - life is too short to be staid and  
miserable



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**Ben Strange**

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## Editorial.

Hi all,

Well, we are all still here and, hopefully, the dreaded COVID bug is being kept out of our area with us all trying our best to keep isolated or "socially apart".

It is hard not to be able to give your friends a hug hello, or even your extended family a quick kiss on the cheek—reminds me of the days of my youth when we were very British and just shook hands.

It wasn't until I first married and as my, then husband, was French and they all did the kiss hello bit, that I first gave my sister and brother a kiss hello or goodbye. Got a tad confusing with my in-laws as there was a certain amount of protocol as to how many kisses (on the cheeks, of course) you gave. One on each cheek for friends, ie 2 kisses, 3 if it was a very close friend or family and could end up at 4 for immediate relatives. I was never sure how many to give.

Now the double cheek kiss seems to be de rigour world wide.

Not a lot of news again this month, although some groups are meeting so there are some articles back.

A couple more new advertisers as well, for your consideration.

Non permit grace re pile fires is coming to a close at the end of the month so we have to get a move on with our clearing of paddocks.

Spring weather is starting to creep in—my magnolia has popped about a dozen buds already, but the nights remind us that it is still winter.

Anyone coming to visit in the Bunyah area will have to go via Dargaville's/Milligan's Lane or right down the end of Wallamba Road to Waterloo Road as the wooden bridge on Bunyah road just up from Wallamba Road is no more. They are giving us a 2 lane cement job to replace it, supposedly finished by November!

The showground is getting lots of work done to it thanks to a couple of grants the Show Committee has been granted. Should look pretty spiv by the time the next show is held. Already has new fencing on Showground lane's entry which I will check out when I deliver the paper.

I am hard pressed as to a front cover at the moment as there are no events happening this month to advertise on it.

Maybe just a happy picture!

'til next month, stay warm and keep well

Lyn & Tilley Cat, & Timidthy



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## MARKETS - August

Still unsure of open markets.

Krambach is **not** holding its August market

Nabiac will be holding theirs

*Dear Alcohol,*

*We had a deal, you were going to make me funnier, sexier, more intelligent and a better dancer. I saw the video, we need to talk.*

*-Anonymous*

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**

## 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**, Buckingham's 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

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, Nabiac, N.S.W. 2312 - **please phone**

**WHEN you have left articles there to be collected**

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

**ALL ART WORK IN JPG ONLY**

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

## ADVERTISING COSTS

Advert Size	1 Mth	6Mths (per month)
Business Card	\$ 25.00	\$ 15.00
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**HAIR** *by Shaz* **N**abiac Hair & Beauty salon hope you have all enjoyed your winter hibernation and are ready to shake off the cold with some August winds.

Now is the time to come into the salon and pamper yourself now that the holidays are over and you can have a little ME time. ☺ Our salon stocks a number of product brands, so there is no need to go into town for your products.....If we don't have it in we will order it in for you. Now in stock is the very popular *Hair Straightener H2D*. This product is fast taking over the GHD for better value.

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

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

Dry hair from the cold winter and heaters will be revived with our Extensive deep cream treatment which goes under the dryer for amount 25mins. This will instantly add shine and strength back into the hair.

For the clients who have asked about **Ali**, who is an accredited Practising Dietitian, Sports Dietitian and a massage therapist. Ali is happy to accommodate anyone who would like to see her in the side shop of the salon, totally private and very professional; please phone Ali direct on 0401 489 447 to arrange a time that would suit you.

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

**Just a reminder that there is NO salon phone now, but you can phone direct to Shaz on 0410 541 672 to arrange an hair appointment. Please leave a message and Shaz will get back to you as she could be busy Applying colour or is already with a client.**

**Please note due to cv19 this is a no walk in salon now, and if you would like an Hair appointment just phone the salon and Shaz will be happy to accommodate where she can.**

**Thankyou for your understanding and thank you to my loyal clients who rebook for their next visit, this really helps to maintain some sanity when things run smoothly lol**


Until next time

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**Jim's Bookkeeping**



**Joanne Penton**  
 Jim's Bookkeeping (Nabiac)  
 ABN 54 214 422 457  
 m: 0478 830 846  
 e: [joanpen@jimsbookkeeping.com.au](mailto:joanpen@jimsbookkeeping.com.au)

If no answer: 131 546  
[www.jimsbookkeeping.com.au](http://www.jimsbookkeeping.com.au)

**Jim's Bookkeeping is now open in Nabiac.**

**Joanne Penton** has started up 'Jim's Bookkeeping Nabiac'. Joanne works with small and medium business owners struggling to stay on top of paperwork and complexities associated with the Australian Taxation Office and especially changes due to COVID-19.

"My job is to take the pressure off the business owner and tackle their paper war, getting paperwork compliant and cutting the red tape whilst they are running their business; or better still, off enjoying family time".

Joanne has been employed in the accounting and bookkeeping field for over 30 years and as such is aware how much the behind the scenes of running a business has changed. She has also owned and managed several family small businesses.

Joanne's services range from initial set up of chart of accounts, simple and complex transaction processing, profit and loss reporting, single touch payroll compliance, BAS and IAS submission. Her services are available on either a casual or retainer basis and pricing is calculated and offered on a personal assessment process.

The first consultation (usually about an hour) at which Joanne seeks to fully understand the unique aspects of each business and organisation and what they are trying to achieve is free.

Joanne has professional and public indemnity insurance and all her work is unconditionally guaranteed and backed by the Jim's Group of Companies. She holds registration with the Taxation Practitioners Board and with the Australian Bookkeeping Network.

Joanne can be contacted on either 0478 830 846 or [joanpen@jimsbookkeeping.com.au](mailto:joanpen@jimsbookkeeping.com.au)

\*\*\*\*\*  
 \* **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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### Nabiac Memorial Neighbourhood Centre



When our Op Shop reopened in July, one of our new volunteers gave us a copy of a news article dated 20<sup>th</sup> February 1985. The article was written by *Margaret Fens*, Secretary of the then newly formed Nabiac Memorial Neighbourhood Centre.

Margaret described how, after 4 years and much negotiation, the old Hospital land and building would be kept "in the hands of the community. It will be called the Nabiac Memorial Neighbourhood Centre. For the newcomers to the area, the word 'War' has been dropped from the old name and 'Memorial' kept as a tribute to the many people in the past who made the purchase of the land and the building possible so long ago. The building gave good service to us as a Hospital, and now it will continue to give even greater service to the community by having a multiple use....".

Funds to convert the building and purchase equipment were raised by the Committee. "The Committee's funds also paid for all of the alterations and additions for the Pre-school which has been operating for almost a year and which has surpassed all expectations. This has been achieved through the foresight of the Committee for the Centre and the hard work of the Pre-school Committee in preparation for the

Pre-school. All local labour has been used for all repairs and building alterations and all purchases for equipment made locally, in order to stay along the lines of community involvement... We have a long way to go, and with your support for its use, the Centre will be a great asset to the community.....If we want something badly enough, we'll work for it and get it. **This is your Neighbourhood Centre. We hope that you'll support it in whatever way you can.....It can only be achieved by community involvement.**"

Some years after Margaret wrote this, the Op Shop had its humble beginnings as a Clothing Pool run by volunteers. The Op Shop developed in leaps and bounds over the years, providing both funds for quite impressive community projects, and a hub for reusing and recycling. It also provided an opportunity for the community to volunteer in the day to day operation of the Op Shop.

With the coming of COVID19 this year the Op Shop closed from March through to July. During this time, a number of our volunteers, some of them long term volunteers, decided not to return on reopening of the Op Shop.

We would like to take this opportunity to thank ALL of the volunteers associated with the OP Shop over so many years. Their volunteering has been part of the growth of our Neighbourhood Centre as an asset of our community.

Louise Collins, Secretary, Neighbourhood Centre

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## MINIMBAH MATTERS



**M**inimbah Rural Fire Brigade doesn't usually ask much, but when we do, we are amazed by the positive response. Now we have a **BIG ASK!**

With the exception of a few days of severe winds, the current conditions are well suited for lighting up those piles, wind rows and other general areas of accumulated dry material you have on your property. By now you all know the rules that apply to burning off, so please, do yourselves, your neighbours and your local Rural Fire Brigade a huge favour - get stuck in and prepare your property for the coming Bush Fire Danger Period. We can hope, but there is no rule that says we can't have consecutive horrendous fire seasons.

### DO IT NOW PLEASE

*Or to put it more friendly ....*

"The time has come", the Fireys said,

"To talk of many things:

Of leaves - and trees - and dangerous goods -

Of Survival Plans - who to ring.

And what to do if there's no power -

And what the fire season brings.

Now is the time", the Fireys said,

"To stack those sticks - get gloves and hat

Just because it's cold and wet right now

Don't sit around all day and chat.

It won't be long before spring returns

And it's too late to deal with that.

High piles are scary", the Fireys said

"So best keep them long and low

If you live on acres - there are some takers -

It takes days to burn a wind-row

The fire is yours, so keep it close by -

To the neighbours it must not go

"Twill be Permit time soon", the Fireys said

"And thus we surely beseech:

All gutters are cleared - all rubbish removed -

There's nothing an ember can reach.

Burn what you must - your judgement we trust

*Please - Listen to what we do preach."*

**For the answers to all your questions please call  
NSW Rural Fire Service Mid Coast District Office  
1300 643 262.**

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

Our Brigade is multi-tasking in a very up to the moment kind of way at present.



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Keeping within the Covid-19 guidelines we are carrying out some small but vital training sessions especially for those Members who are aiming to extend their qualifications to the next level. This means that Crew Leader and Advanced Fire Fighter contenders, and the instructors, are checking the updated Covid-19 regulations every time they attend a training session. Hand sanitizing - tick! Social distancing - tick! Don't come if you are coughing, etc. In fact, we have recommended the entire Brigade undertakes the online Government Infection Control course because, regardless of how few people attend, the Certificate that is issued must be produced at any meetings, training or assessment run by the NSW Rural Fire Service.

Our **Get Ready Day** was planned for 12<sup>th</sup> September, but in all probability, it is highly **Unlikely** that it will go ahead on that day. You know why - Covid-19 restrictions. The best we can offer you is "it will happen but it won't happen overnight". Our Get Ready Day may eventually be in Autumn next year when we will be able to give you some alarming info and preparation pointers about winter fires. Which brings to mind the following little gems:

### Don't sleep with a wheat bag at night, it might ignite.

Wheat bags can ignite, and are not designed to replace hot water bottles for warming beds. Regularly check your wheat bag for signs of wear and tear or scorching. With age, the fillings dry out and become combustible. Only use wheat bags for direct application to body aches and pains.

### Electric blankets can warm you in winter, but take care to use them safely.

According to the July, 2020 edition of *Choice Magazine*, "almost 33,000 electric blankets and throws have been recalled since 2016. Electric blankets can be used safely if you maintain and check them properly, particularly if they've been in storage during the warmer months. It is never recommended you leave them on overnight, even if the manufacturer claims it's safe to do so."

### From the Captain

Been quiet for all Brigades this last little while. We don't expect this to last and you guys can help. It may be winter but a few days of sunshine will change things considerably.

So get your burn offs done. We have one month before permits are required and whilst obtaining a permit is not a big task, it does add to the hoops you must deal with. Gather all your rubbish away from anything important, have a hose handy, stick a match in it and have the snags ready.

So have a clean-up, if the last season taught us anything, it was those properties that were free of rubbish were the easiest to protect. We all attended places where the opposite was true and sadly lost some.

BH

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### **Nabiac and District Pre-school**

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### **Nabiac Kids' Shack**

5 Clarkson Street, Nabiac  
0438273360

Before school care: 7am-9am  
After school care: 3pm-5.30pm  
Vacation Care: 7am-5.30pm

### **What's happening at Nabiac Preschool...**

Well..... what a year this has been so far. Things are starting to feel a little bit more normal here at Nabiac Preschool. We have had a crazy year so far with many of our children isolating with families for most of April and May. Term 2 saw our children starting to return and we were so happy to welcome them back.

There was so many learning experiences during term 2 based on the children's interests and developmental needs. We love exploring and seeing where our learning journeys lead us ☐



Nabiac Playgroup has received a mini make-over with the help of **Bree** at Mid Coast 4 Kids. We are confident that this term will see a return

to this fun Monday morning group. Jump on their Facebook page 'Nabiac Play Group' to keep up to date with all the important information.

We have very limited vacancies remaining in our Preschool aged room (year before school) for this year so if you are interested in enrolling please come in to see us to see if the days we have available suit your needs.

[nabiac@hotmail.com](mailto:nabiac@hotmail.com) 65541170

### **NEWS FROM BUNYAH**

### **NOTICE OF CANCELLATION OF**

### **BUNYAH'S 2020 CHARITY SPRING FAIR**



### **REGRETTFULLY THERE WILL BE NO EVENT THIS YEAR**

Due to the difficulty of holding large events and limiting numbers whilst complying with COVID 19 restrictions, it wouldn't be the same if we were to go ahead

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### **Nabiac Landcare**

**T**his month's "spot the weed" challenge is the succulent, **Mother-of-Millions**; its lovely red-orange flowers are standing up proudly at the moment. No, the drought didn't kill them and they are back! No, don't tell me - but do yourself a favour and get rid of them before they spread. If you want to learn more about this weed consult WeedWise,

<https://weeds.dpi.nsw.gov.au/Weeds/MotherOfMillions>. **Yes, it can kill cows and dogs.** If you see Mother-of-Millions on public land or have neighbours who are irresponsible, contact your local Midcoast Council weeds officer.



The two Nabiac Landcare teams are continuing the follow up weeding of our two sites. The team at Bullock Wharf has just about finished its blitz on white passionfruit and now have been heard saying "There are millions of b\*#@\* baby camphor laurels coming up along the Nabiac Street end of the reserve".



A weed brought in from Bullock Wharf for identification is the **Chinese or Golden Rain Tree** (*Koelreuteria elegans* subsp. *formosana*). This is a garden escapee that is quite invasive in warmer areas and has the capacity to do environmental damage. We have found

numerous 10-20 cm high seedlings along the Donaldson Street side of the reserve. I'm not sure their appearance is due to the combination of environmental conditions that we have experienced or that a tree has recently matured and is seeding in the local area. <https://weeds.dpi.nsw.gov.au/Weeds/ChineseRainTree>



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. Most of all enjoy the local bush!

**Liz Rees 6554 3196**

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1/18 Ferris Place Nabiac 2312

# 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

**PLEASE NOTE THE OP SHOP AND SHED WILL BE CLOSED THE FIRST WEDNESDAY OF EVERY MONTH**

Open Monday to Saturday 9.00am to 12.00pm

Hooray Nabiac's Second Chance Op Shop and Shed re-opened Tuesday 21<sup>st</sup> July 2020.

We have had a lot of customers come through in the last week which has been very successful. The total sales in 6 days have been amazing. Thankyou for your patience, dedication and support.

The Op Shop has registered a Covid 19 Safety Plan for protection of our volunteers and our customers.

**PLEASE READ AND TAKE NOTE OF THE CONDITIONS OF ENTRY AS PER OUR COVID 19 SAFETY PLAN DISPLAYED AT THE ENTRY OF OP SHOP.**

Just a friendly reminder to be responsible and observe the 1.5mtr distance rule and only 3 people in a room at a time in the Op Shop and roughly 20 in the shed and please respect others near you.

If you are unwell or showing any signs of Covid 19 please stay home for everyone's safety.

A big thankyou to our wonderful customers for their co-operation adhering to these restrictions.

I would like to take this opportunity to thank all the wonderful volunteers for all their hard work in the weeks/months leading up to our opening. An amazing job was done by all.

Sadly we have some long term volunteers who are no longer able to volunteer.

Just to mention a few; *Eleanor Carrier*, who actually help start the Op Shop and has been volunteering for 27years, *Carol Grace* for 24years, *Carol Wells* for 7years and *Charlette Thompson* for 4years. A very big thankyou to you all for your contribution in the success of the Nabiac Second Chance Op Shop. You will all be missed by our volunteers and all the many friends you have made over the years.

### DONATIONS:

The Op Shop is accepting donations. Please be mindful of what you donate.

We can only accept good, clean saleable goods/clothing as the costs to dispose of any rubbish is large and we want all the profits to go to our community not rubbish disposal.

The Op Shop is *unable* to accept prams, all car booster seats, cots, high chairs, mattresses and all bike helmets.

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 *John* before accepting your donations. John works Tuesday, Thursday and Friday.



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Thankyou for your co-operation in advance as we appreciate your donations.

I would like to send a big thankyou to our wonderful *Tim* from Nabiac Pharmacy for donating sanitiser to be used throughout the Op Shop and Shed.

Also a big thankyou to *Kevin Lynch* for donating and filling the pot-holes in our carpark as a temporary solution

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 0414 836 414 to arrange a time to sign you up.

Regards

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

## Nabiac Village Futures Group

**H**ave you given any thought to how fortunate we are to have a community newspaper?



"Across the Fence" is supported financially by local advertising. It's edited and produced voluntarily by Lyn Reid and it relies on contributions from local groups and individuals. It's a record of the happenings in our local area. It's where we go to find out about local events such as weekend markets, and reports and news from a variety of local community groups. Many of us enjoy reading what happened in the Wallamba area 80 years ago, and its possible that in another 80 years someone will be interested to read about our activities in 2020.

It is free, distributed monthly at various businesses and covers Nabiac and the surrounding area (Wootton, Failford, Dyers Crossing, Krambach and Coolongolook). You can also find past copies online at nabiac.com in the publications section.

Let's keep those articles and reports being forwarded for publication.

### Sustainability Planning Group

The first meeting of the Sustainability Action Group will be held on Saturday 22nd August at Aub Ferris at 1pm. Please contact *Christal* on 0431 194 385 if you'd like to attend; a copy of the working document will be sent for you to read before the meeting.

### Op Shop Reopening

Congratulations to the dedicated team of volunteers who've worked hard to reopen our popular Second Chance Opportunity Shop this month. During the closure time there has been much planning behind the scenes to reopen as a manageable and safe business which meets COVID requirements. Well done folks.

**Louise Collins**, Secretary NVFG ph 0409 585 635

## YOGA @ Wootton


Hatha yoga at the  
Wootton Hall  
All Welcome!

Mon: 9 - 10am  
Wed: 9:15 - 10:45am  
Contact Naomi - 0414387008

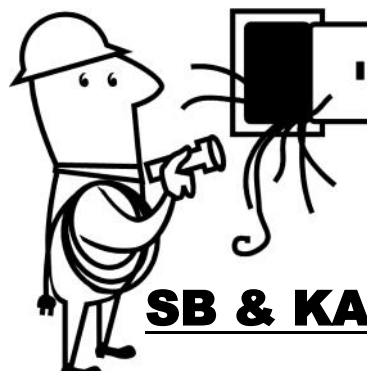




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## Show News

After a false start due to the power outage and nasty weather, the Show Committee undertook a cautious return to face-to-face meetings this month. Good COVID distancing and hygiene were practiced, of course.

During the meeting it was confirmed that due to our delayed start back to 'work', the AGM this year will be held at our September meeting. That's **Tuesday 8<sup>th</sup>, 7.30pm at the Showground Hall.**

At last Saturday's Farmers' Markets, many of you will have seen the progression of work being undertaken per the NSW Government Showgrounds Stimulus Funding (F/Y 2019/20) grant we received.

These improvements include work to the ring and top gate on Showground Lane. At the ring the old timber posts along Nabiab Street have been replaced with metal posts, to standardise the fencing. Timber rails are being installed and replaced as needs be. The final detail will be a complete new paint job. It will be much safer and more visible once completed.

For safety purposes, in consultation with MidCoast Council, the pedestrian and vehicle access at the top gate have been separated. The roadway was been extended in line with the gate changes, with road base laid and the surplus soil relocated for the creation of garden beds. (Photo attached)

At the completion of these Grant funded works, the Committee plans to undertake some additional beautification works not included in the original scope. We'll be making a call in the near future, for volunteers to participate in a working bee.

The newly repaired awning at the western end of the Luncheon Room and the new railing are in need of painting, and we'll include the top gate ticket box to give it a spruce up. For those who are not painters, there's the opportunity to create and plant the new gardens on Showground Lane.

We'll be happy to see regulars, as well as new volunteers to help with this community project. Please send your expressions of interest, or questions via e-mail to [wallamba.show@yahoo.com.au](mailto:wallamba.show@yahoo.com.au) or call the writer.

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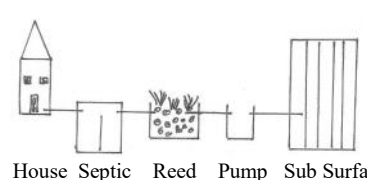
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Peter

*Between the Pages*  
**Nabiac Library News**




### WOW Nabiac Library is open!!!

Everyone, including the Library, welcomed all our wonderful members back during July!!! Good to see everyone practising distancing and keeping visits short, giving all a chance to borrow and keep healthy too. All returns follow the Covid-Safe protocols and will currently be quarantined for up to four days before being available for loan from the shelves.

*MidCoast Libraries will continue to offer free events and programs online and we encourage the community to visit our website to find out what's coming up, what's available or what might interest you?*

You won't want to miss **"The Niche Academy"** online tutorials to help you use our e-Resources and other online tools e.g. accessing Ancestry Library, Basic PC trouble shooting, Borrow Box – eBooks and eAudiobooks, Zoom Let's Learn to Use it and so-o-o much more. It's worth a browse if you have a bit of time and a desire to learn.

### AUGUST Zoom Events:

**Virtual Food Smart Tips & Tricks Workshop Saturday, 01 August, 2020 | 02:00 PM to 03:00 PM**



MidCoast locals are passionate about protecting our environment. Join us for a free, fun live-streamed event to explore practical ways we can all help out our environment in our homes. In this fun online workshop learn some easy tips & tricks to reduce food waste in your kitchen. Discover how to make: Reusable fruit and veggie

produce bags and bees wax wraps.


**ZOOM VIDEO CONFERENCING** - You will need a [Zoom account](#) to participate. A link and instructions will be sent to you prior to the workshop. This workshop is presented by Love Food Hate Waste and MidWaste Regional Waste Forum. Bookings are essential for this workshop.

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**Zoom Storytime with Meredith from Forster Library Wednesday, 12 August, 2020 | 10:30 AM to 11:00 AM**



Enjoy books and songs on screen with **Meredith** from Forster Library. Storytime sessions are suitable for children aged 2-5yrs and their parent/carer. You will need to register to attend these events and have your screen on and be visible during the session. Numbers are limited. Bookings are essential.

**Zoom Storytime with Amanda from Gloucester Library Monday, 24 August, 2020 | 10:30 AM to 11:00 AM**



Enjoy books and songs on screen with **Amanda** from Gloucester Library. Storytime sessions are suitable for children aged 2-5yrs and their parent/carer. You will need to register to attend these events and have your screen on and be visible during the session. Numbers are limited. Bookings are essential.

### ALL ZOOM EVENTS IN AUGUST are ZOOM VIDEO CONFERENCING

**Cost Free event** **Contact** MidCoast Libraries 6592 5290  
[library.events@midcoast.nsw.gov.au](mailto:library.events@midcoast.nsw.gov.au) [Get tickets here](#)

**Family History lovers can continue to access ancestry.com and use at home until the end of August through Midcoast Libraries website, the link is found in the library catalogue. See the Niche Academy tutorial on Trove, an excellent source of family history information!!**

We look forward to seeing you soon in our awesome Nabiac Library!!

**Sam The Handy Man Can.....**

**M: 0416 373 172**

<b>FIX IT</b>  <ul style="list-style-type: none"> <li>Doors</li> <li>Windows</li> <li>Fly Screens</li> <li>Tiles</li> <li>Gyprock</li> <li>Paint</li> <li>Any Brick Problems</li> <li>Leaky Tap/Showers</li> </ul>	<b>BUILD IT</b>  <ul style="list-style-type: none"> <li>Extensions</li> <li>Concrete Footings</li> <li>Retaining Walls</li> <li>Bag Rendering</li> <li>Block Laying</li> <li>Stone Work</li> <li>Curved Walls</li> <li>Water Features</li> <li>Wood Fire Ovens</li> <li>BBQs</li> <li>All Brickwork</li> </ul>	<b>CLEAN IT</b>  <ul style="list-style-type: none"> <li>Rubbish Removal</li> <li>Property Maintenance</li> <li>Gutter Cleaning</li> <li>Lawn Mowing</li> <li>Garden Care</li> </ul>
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### Show Development Grant received from Federal Government for NABIAC Showground

The Australian Government, through the Regional Agricultural Show Development Grant program, is supporting the Wallamba District Show Committee in upgrading the entry to the NABIAC Showground.

The President of the Wallamba Show, Mr *John Baker*, said "Our vision for this project is a more aesthetically pleasing and functional entry point to the Showground off NABIAC Street."

"The benefits of this project are many, however the two most obvious are, creating a sense of arrival at the Ground and safely managing the entry for all-ability pedestrians and vehicle visitors."

"Currently during events such as the annual Wallamba District Show, visitors are forced to line up along the edge of a relatively narrow road while heavy vehicular traffic makes its way past", Mr Baker said.

Federal Member for Lyne, Dr *David Gillespie* was a supporter of our application and said Agricultural shows are the heart and soul of our regional communities and provide an important opportunity for primary producers to come together and support each other.

"Country shows like the NABIAC Show bring and keep communities together and provide a key injection into the local economy."

"The funding and associated works will see our local show and the show ground continue to grow in size and popularity, I want to see our agriculture shows to be enjoyed for generations to come," Dr Gillespie said.

Mr Baker said MidCoast Council have been an enthusiastic supporter of the project that will involve the construction of a new ticket entry point, improved drainage and landscaping work on the NABIAC Street road side, as well as an all-ability pathway that will lead from the front entry up to the Library.

"The funding Dr Gillespie secured will also allow us to install directional and informative signage at the entry that will improve the visitor experience and lead to greater utilisation of the Ground's assets," Mr Baker concluded.

For further information, contact;

Colin Henderson [ceejnabiac@gmail.com](mailto:ceejnabiac@gmail.com) 0400 704 788



### NEW LOOK FOR NABIAC SHOWGROUND

The entry point to the NABIAC Showground is about to undergo a major facelift. As anyone who has visited the Showgrounds lately would know, the front gate and its surrounds are looking a little tired.

All this is about to change with five key aspects of the entry to undergo substantial works.

With the support of the MidCoast Council (MCC) the NABIAC Street side of the ground will have a concrete apron constructed from the fence to the road to provide a safer pre-entry point without having to dodge cars and trucks.

At this stage it is envisaged that the apron will span approximately 15 metres across the front.

Issues like better drainage and landscaping will be addressed to improve the areas visual appeal.

The front entry gate is being moved approximately 5 metres further away from the main hall and will be widened to allow two-way traffic.

The area currently being used as the entry road, will be hard surfaced to a width of 5 metres to provide an all-ability pedestrian access from the new entry point up to the Library.

Construction of a ticket/pedestrian entry point on the Hall side of the current driveway will complement this work and in these more uncertain times, allow organisers better control of numbers coming into the ground.

To ensure that both visitors and locals will know that they have arrived at the showground, an archway sign will be designed to span proudly over the new entrance way stating NABIAC SHOWGROUND.

The project is being managed jointly by the MCC and the Wallamba Show Committee with consultation already taking place between these parties and an engineer.

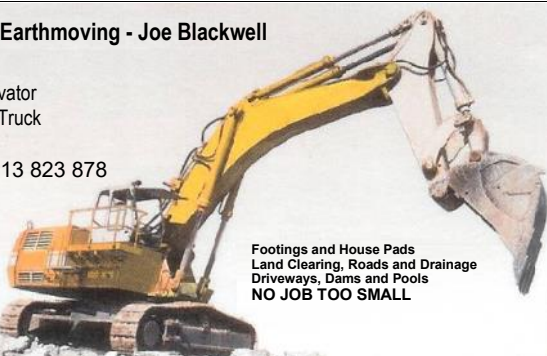
Local trades and suppliers will be used in the project that will be completed in time for next year's show on 6<sup>th</sup> March, 2021.

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**Paddock to Market.** Bringing fresh, local produce to the community captures the essence of a country town. The committee are continually seeking ways for the market to flourish and continue to thrive. We would love to see even more local fresh produce, pasture-raised eggs and meat; seeds & seedlings. We are also interested in: Hand-made garden art, recycled products; traditional craft-making and skills; hand-spun wool; worm farm/composting systems.

Be part of our vibrant market community with your own business. A market stall can be wonderful marketing for your business. A stall is also a great way to test out your products and the buyer market.

**Small farm ideas.** If you've found yourself gazing at your land, musing ideas, now is the time for action with Spring around the corner. Here're some snippets to sprout some ideas!

- A few acres of land, a shed or your kitchen can provide additional income.
- Ideas include: Micro-greens; Fruit trees; vegetables; herbs; flowers; edible flowers; bees; mushrooms; vermiculture; specialty crops; raising seedlings; running animals: goats, pigs, chickens and crops can be rotated on a just a few acres. Any surplus veg and greens can be fed to the animals.
- Value added products are always popular: chutney; preserves; sauerkraut; pesto; relish.
- There is a growing demand for pasture-raised meat and eggs.
- If you're creative, turn your hobby into profits: garden art with recycled materials; art; craft; natural textiles; skin products; pottery; beeswax wraps; weaving.
- Brainstorm with like-minded people. Create a mind map of ideas.
- Join local networking groups, community groups, such as Landcare, art groups.
- Consider what the impact will be on the neighbours.
- Consider a course, such as Holistic Management (Inside Outside Management).
- Check out these links for some inspiration.
  - <https://grocycle.com/small-scale-farming-ideas/>
  - <https://www.profitableplants.com/turn-dirt-into-dollars-with-a-microfarm/>

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**Good Ol Mum's** highly acclaimed, Beetroot Chutney and Fig Jam, have customers flocking to farmers markets in droves. Tomato Relish, Sweet Mustard pickles, Beetroot Chutney, Strawberry Jam and many more to tantalise the taste buds... a delectable range of tastes to naturally turn any meal into fine fare.

### Find Good Ol Mum's at markets in these areas:

Nabiac, Forster, Gloucester, Newcastle, Port Macquarie and Harrington (on long weekends). Also available via the website and area stocked at the Nabiac Nook. Message Pat on FaceBook, or via the website to find out more. <https://goodolmums.weebly.com>

We look forward to seeing you at the next market on Saturday 29<sup>th</sup> August. Remember your cooler bags, and that our wonderful stall-holders be there, come rain, hail or shine.

Thank you – market committee ☺

\*Stall holder applications are open. Simply go to the website and download the vendor information forms from the website: [nabiacfarmersmarket.com](http://nabiacfarmersmarket.com). Call: 0422 177 122.

Or Email: [nfmcommittee@gmail.com](mailto:nfmcommittee@gmail.com)

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## Artists of Wallamba Inspire ~ Create ~ Connect



It's so good to see art groups and galleries back in action, even with new regulations in place.

### Pacific Palms Arts Trail:

Last Sunday of every month, Pacific Palms artist studios & galleries open their doors to visitors! Enjoy the relaxing drive and diverse artistic talents of Pacific Palms local artists at your own pace. This is a fabulous incentive and a great day out. See

<https://www.pacificpalmsartsinc.org.au/artstrail> for details of time, dates and a location map. Top it off with lunch and drinks in the area.

**Manning Regional Gallery** currently has an exhibition of **Women Artists from their collection**, including Wendy Sharpe, Dagmar Cyrulla and Laura Matthews, on display until 20<sup>th</sup> September. From 6<sup>th</sup> August, also until 20<sup>th</sup> September, visit the exciting exhibition called **Puppets and Paint – The Art of Bruce Rowland**. Bruce is an accomplished and highly skilled puppeteer and puppet maker based in Newcastle. For the first time marionettes and paintings will be exhibited together.

Visit the new **Dfunk Gallery** at 105A Isabella Street, Wingham where Sue Reynolds is having a retrospective exhibition. This great new space is available, on application, for workshops and collaborative and solo exhibitions.

**Gloucester Art Gallery** exhibition: **Essence**, by Christopher Steele, runs until 6<sup>th</sup> August, with a combination of digital media and mark-making that forms the basis of his compositions of water, trees and the female figure. From the 14<sup>th</sup> August see **Pix from the Stix** – a photographic exhibition for a new 2020 vision. Check the website for opening hours.

**GLAS, Great Lakes Art Society**, in Forster has recommenced classes and also have a new member exhibition on display.

**Artists of Wallamba** gathering for July was held at **Beate Brooks Tracey's** property at Burrell Creek. Under the huge gum overlooking the valley we were supplied with paper, paints, brushes and markers.



*Rawleigh's*  
TRADE MARK

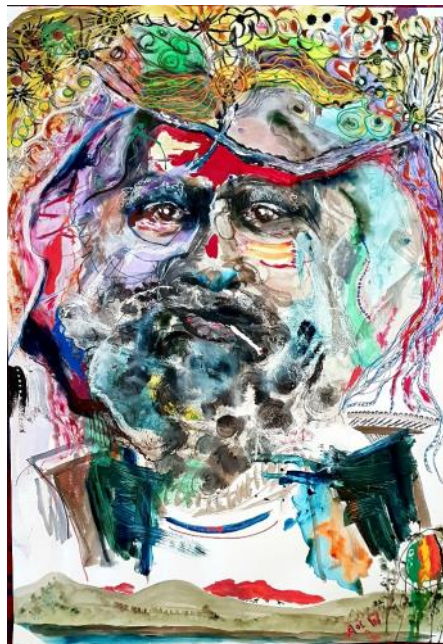
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Beate explains the back story: "Using a large sheet of paper, I wanted to touch on the topic of inequality and indigenous rights, and drew a rough portrait of **Uncle Jack Charles**. Without sharing the original intent, I encouraged everyone at the Artists of Wallamba gathering to make their mark on the drawing in any way whatsoever. I had expected the original image to be completely covered up and changed, however it turned out that the other artists had opted to stay with the image and add to it, in effect adorning it. It didn't take much to add some finishing touches, as I felt the piece already portrayed the intended subject."



**Uncle Jack Charles**

*A mixed media collaboration by Artists of Wallamba*

### Artist of the Month – Deborah Knoke, Artist and Market Coordinator Nabiac Farmers Markets chats with **Kate Landsberry**

Born in Stoke on Trent, Staffordshire, England, Deborah grew up in the area known as 'The Potteries' and home to Royal Doulton, Royal Albert, Wedgwood and Minton's.

At 15, and with a passion and talent for art, Deborah was offered opportunity to attend Leek College of Art however 'becoming an artist' wasn't a general choice in her town at that time, and Deborah chose instead to take up a local traineeship with Minton China learning the skilled craft and trade of 'best gold gilder'. Here she would add the fine gilded detail using either 18 or 22ct gold to the various pieces of tea sets and dinner ware.. A highlight of these times was to work on the gilding of a dinner service for the Shah of Iran. Deborah then worked for Royal Albert, part of the Royal Doulton group, on such sought after collectable patterns as "Old Country Roses"

It was work she enjoyed for over 10 years before making the huge decision to move to Australia in 1981. With 2 young children, Deborah became a single mother, fitting various work around her family. In 1986 Deborah and **Robert** met, marrying and moving to Thirlmere on the South Coast of NSW, where they purchased a small run-down acreage and, with the goal of self-sufficiency, created a herb nursery. Deborah also began working for the Macarthur Country Tourist Association and, within 18 months was Tourism Manager for Liverpool, Campbelltown, Camden and Wollondilly councils

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(Macarthur Region) – a sizable challenge with a family and home business to run! Deb loved working in tourism and promoting the area she lived in.

Life changed with another baby on the way and Deborah finally started painting again, working in ceramics and adding a craft shop to the herb nursery. Under the name of Avalon Herb and Fragrance Garden, Deborah created a medieval theme based on the Arthurian Legends operating from home and attending the local markets. Returning to part-time work, Deborah took up a position at Wollondilly Council, setting up a community nursery, working in bush regeneration and with local land groups. This role became full time and Deborah became Councils Environmental Officer - Community Projects. In 2001 Deborah joined MACROC, an alliance of three local councils and became the Agri (Rural) Tourism Office for the area a 12 months project assisting local producers and growers and establishing the Camden Produce Markets which is still a huge success today. After the project finished, she created her own business Farmgate Rural Tourism and established the Macarthur Growers

Association and continued operating the markets for local growers and hobby farmers.

Deborah is amazingly energetic, always up for a challenge and with the ability to apply what she knows, learn the rest as she goes and have a good laugh as needed! In 2003 work took Robert to the UK for 3 years where Deb had the chance for what she feels was her most rewarding work, as mentor and student liaison officer for marginalised children entering high school. Here Deb worked with kids often written off by society and systems, helping them to find a seed of hope and value, a greater understanding of self and the skills to begin to make different life choices.

In early 2007 Deborah (now returned to Australia) found herself in a mundane job looking for new direction. The sad emotional loss of her father in the UK, proved a catalyst to her resigning to finally study art – the opportunity she had not taken at 16. With 'first day at school' excitement she began learning drawing, painting, printmaking and ceramics, completing initial Visual Arts studies and then studies in Aboriginal art and culture.

Of course, Deb went on to create a small business under her studio name "Midsummer Artistry" exhibiting and attending the local Creative Traders market in Picton, NSW.

In 2016 Deborah and Robert made the move to Krambach and began a year of renovations to their now much-loved Dream Catcher Lodge. They have both embraced the opportunity to be involved with the local community, garden, land and artist groups.

In 2018, Deborah was invited to take over the coordination of Napiac Farmers Market, and now with Robert on board, they share the same passion. Deborah has continued her artistic journey working in acrylic paints, with recycled and repurposed materials and with wood burning in her studio, with Robert assisting with his wood working skills. She has won several awards in Napiac Show and is an active member of Artists of Wallamba, exhibiting work regularly. Now looking toward further study, it seems likely whatever Deborah undertakes, will see new and exciting results!



*Wolf and Feathers Totem*

*Wood burning by Deborah Knokes*

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 August 23 at Firefly. 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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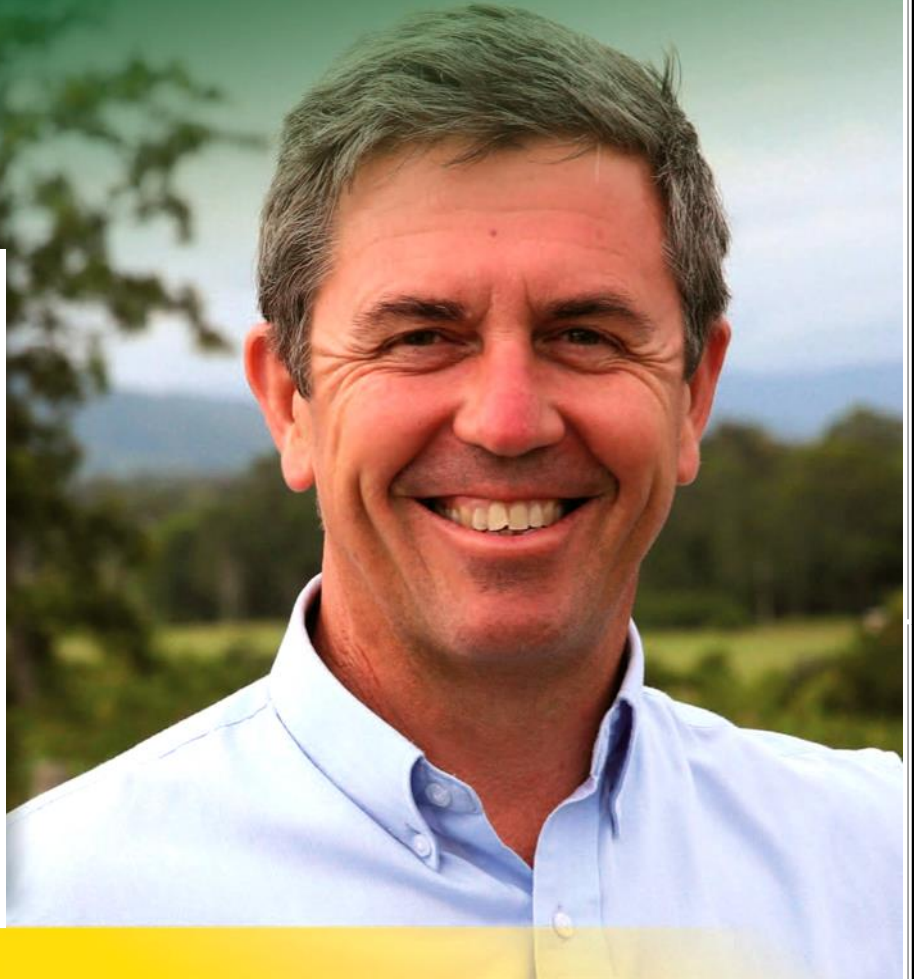
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**The Wallamba Watershed's History** – Another in a series of historical articles gleaned from the archives of the "Manning River Times, October, 1939, by Bob Mann

**KILLED BY THE FALLING LIMB OF A TREE:** Mr **H. J. B. Paff** : Many friends throughout the district of the Wallamba and Manning heard with great regret on Monday morning of the sudden death of Mr **Henry John Jacob Baptist Paff** of Bulby, one of the best known dairy cattle breeders in the upper Wallamba district. He was one of the most progressive farmers in that district and took a keen interest in all matters attaining to the success of the men who followed dairying for a living. At the annual meeting of the Upper Wallamba Co-Operative Dairy Society he was always a regular attendant and contributed much to the debates therewith. He was a seeker for information in the best sense of the word with a view to constructional results and he was always listened to with attention. It appears that he recently purchased a property at Firefly Creek some 12 miles from Gloucester and with one of his sons was out there about 2:30pm on Sunday afternoon last discussing the matter of whether it should be fenced right off or sub-divided. While they were conversing in the bush his son heard a crack above them and called out to his father, but before the latter could get to safety a limb came down and struck him conflicting fatal injuries. They had not been under the tree more than a few seconds, when the limb broke above them. Dr **Munroe**, of Gloucester was sent for but the patient was dead before he arrived. We understand that an inquest will be held on Monday next. The late Mr Paff was a son of Mr & Mrs **Patrick Paff** of Firefly Creek where he was born and lived nearly all his life with the exception of a few years spent on the Richmond River. For the last 20 years he has had his own property at Bulby Brush where he built up a very fine herd of A.I.s dairy cattle. He married Miss **Bridget Hogan** who lived on the Wallamba River. A widow and five children survive.

**DYERS CROSSING:** The district shared in the recent rainfall and while it replenished the tanks and gave the farmer the opportunity to sow his crops, still much more is needed to maintain the splendid shoot in the grass; weather conditions certainly gives the farmer encouragement and since the conditions overseas call for the best effort in our rural industries it is gratifying to all to see the land give of its best.

Following a recent output of butter for the factory during the past year quite a lot of improvements and additions have been added to the plant. These include a large amount of modern machinery - a new boiler, the funnel of which is now a landmark for the village, and a new store. The store is very spacious and shall cater for the wants of the suppliers for many years to come. The new manager, Mr **Suton**, is now with us and appears to be quite happy in his new surroundings.

Mr **Alf Woodward's** tender for the erection of the New Church was accepted and it is hoped that a start will be made with the work during the present week. On Saturday 28<sup>th</sup> October the Lord Bishop of the Diocese will visit the parish and lay the foundation stone. It is expected a large gathering will witness the important event.

During the holidays Mr **Roger Lee**, teacher at Macksville, paid a visit to his sister, Mrs **George Paff**. Roger is a corporal in the militia and was on his way to Sydney to undergo a period of training.

Mr **White**, who until recently was on **Milligan's** farm, has moved to Belbora and Mr **Mel Stevens** has moved into Nabitac. We welcome Mr **Leon Schneider** to our midst. He has taken over Mr **Murrays** farm at Cocumbark. Miss **Ina Cook** has just completed a very pleasing holiday with her brother in law and sister, Mrs **Whyte-Butler**. Miss Ina still appreciates a return to her favoured locality, the Wallamba. Little **Roderick**, son of Mr and Mrs **Harry Croker**, recently had a nasty fall from his horse when the girth broke and he dislocated his elbow.

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## Lyn's Larder

*I used to make this curry a lot. It was a favourite of my husband.*

### INDIAN BEEF CURRY

#### INGREDIENTS

- |        |  |
|--------|--|
| 1kg    | Topside steak cut into 2½ cm cubes           |
| 4      | Onions (medium)                              |
| 2      | Cloves Garlic - crushed                      |
| 1 tsp  | Tumeric                                      |
| 1 tsp  | Cumin  |
| 1 dsp  | Coriander                                    |
| 1 tsp  | Ground Ginger                                |
| 1 tsp  | Paprika                                      |
| 125 g  | Butter (4oz old measure)                     |
| 2      | small Bay leaves                             |
| 120 ml | Yoghurt - plain (Greek) (¼ pint old measure) |
| 1 tsp  | Garam Masala                                 |
| Salt   |  |

#### METHOD

Thinly slice 2 onions. Chop other 2 very finely and combine with crushed garlic, tumeric, cumin, coriander, ginger and paprika.

Heat butter in a pan, sauté sliced onions until golden brown. Add onion mixture, fry 3 minutes, stirring constantly. Add meat, season to taste with salt; reduce heat and fry for 5 minutes. Add bayleaves, yoghurt, cover, reduce heat, and simmer until meat is almost tender. Add garam masala, simmer covered, until meat is tender.

Serve with boiled rice, pappadams, thin cucumber slices in yoghurt, dried coconut, diced tomatoes and mango chutney or lemon for a great meal.

**Note:** Yoghurt should be room temperature before adding to curry; this will ensure it does not curdle when added to the hot liquid.

As my husband liked **HOT** curry I would pop in a couple of very small dried red chillies.. Be careful using them, they are very hot.

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## REAL KULTCHA

Whoever said, “*The Times They Are A Changing!*” must have seen the COVID crisis coming. Mind you, there’ve been a few good jokes doing the rounds and here are several I liked: *Went to this restaurant called The Kitchen. You have to gather all the ingredients and make your own meals. I have no idea how this place is still in business!; Does anybody know if we can take showers yet or do we just keep washing our hands?; I’m so excited – it’s time to take out the garbage. What should I wear?; and Home schooling’s on again and one of my little monsters just phoned in a bomb threat!*

On the sporting fields – Oh Boy! I’d suggest the AFL is going through the biggest upheaval ever. To begin with there are now **NO** teams based in Melbourne and there are **NO** games being played there either! Because of the second wave of COVID sweeping Victoria, all the teams have re-located to everywhere else (Queensland, Adelaide and Perth) and at the time of writing the two teams in Sydney have been warned they could be re-located to north Queensland. The Mighty St Kilda are for instance, based in Noosa but safe in the knowledge that having trained hard on the Moorabbin goat track, every other high class ground will be a doddle to play on, so watch them go!

And if that’s not enough for fans to get their heads around, Victoria actually passed legislation in their Parliament to make sure the Grand Final had to be played at the MCG, but it now looks a cert the 2020 game will be played in either Brisbane or Perth. Also, there is no season draw available. The AFL is putting it out in dribs and drabs because they have no idea who might be available because of COVID and to make up time, the new draw will see teams playing matches every four days! Whoever wins this season is going to earn it! Hoodathought!

Baseball in the Hew Hess Of Hay has just begun and Dr Fauci (the US Chief Medical Officer, who has had a couple of run-ins with *Big Orange* who, just for the record, wanted to treat COVID by having folk drink disinfectant) threw out the first ceremonial pitch and it did not go well. Do you recall cricket tragic John Howard visiting our troops in the Middle East when he attempted to bowl a ball: yep, he dropped it a tad short and it almost bounced up and hit him on the nose? Well, the best that could be said for Dr Fauci’s pitch was he

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flattened the curve and the ball actually socially distanced itself from everything ending up crossing the foul line closer to first base than home plate!

In this time of change (or possibly lunacy) I should also report *The Washington Redskins* have been shamed into changing their name because some “sensitive people” feel it is a derogatory reference to native Americans. This year they will be known as *The Washington Football Team* until they can decide on a new name and you’d have to think several other teams might now begin to feel the pressure: *The Kansas City Chiefs*, *The Atlanta Braves* and *The Cleveland Indians* for instance. Here in Oz of course, *The Parramatta Eels*, *The Sydney Roosters*, *The Canterbury Bulldogs*, *The Manly Sea Eagles*, *The Penrith Panthers* and *The South Sydney Rabbitohs* might all have to change their names as the Animal Liberation Army steps up their pressure. The lunatics are in charge of the asylum!

I tried to find out what was happening with *The Cross-Country Wrestlers* but their web site is about as clear as mud! After many attempts though, I did discover that last night, *The NSW Blues* were thrashed by *The Melbourne Rebels*! By all the saints of NSW Rugby (the Thornett brothers, the Ella Brothers and even Nick Farr-Jones) how far can a side from the Great State of NSW fall if it’s beaten not just by a cricket score, but also by a team from Melbourne! Thankfully. I didn’t watch it. I was engaged in something far more important: I was flossing my ear lobes.

And that brings me to Soccer here in Oz. I have no idea where (in this time of COVID) the teams are actually based or when they play but their web site is generally quite very accessible and it appears the Sydney FC is on top of the league and doing it in a canter.

Speaking of sport here in NABIAC, I visited our own field on Show-ground Lane t’other day. Six months ago it was named *The Aub Ferris Sports Complex* in honour of the man who did much to create the field. There’s now a new sign on the refurbished pavilion that declares it to be the *Aub Ferris Canteen And Amenities*! Who authorised that downgrade of Aub’s work?

And further to possible name changes, I assume *The Canberra Raiders* will have to change their name as it sends the wrong message to children referring, as it does, to those bandits who raped and pillaged their way across the British landscape many eons ago. In the spirit of Political Correctness, perhaps they could be renamed *The Canberra Condoms* to pay tribute to the dick heads in Parliament House!

Talk at you next month,

*Hillside Critic*

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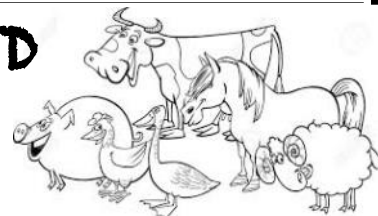
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While on a plant hunting expedition in Hawaii, 19th century Scottish botanist, David Douglas, fell into a pit trap. A bull then fell on top of him and killed him.

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## Good Medicine

### Anxiety

Do you feel anxious ... or depressed ... do you think God seems far away ... or doesn't care about you? The TV seems to give us all bad news ... the pandemic ... job losses ... the economy ... riots. Why would God allow these things anyway?

We don't really know but the Bible says He gave man free will and we chose to rebel against Him. God is infinite, He knows all that has happened and all that will. Aren't you glad we can't see into the future ... how we would worry! God knows what we're like and tells us not to worry about tomorrow as each day has enough troubles of its own - Matthew 6:34. He knows how much load we can bear.

Now that restrictions are back we might feel even more isolated or worried about how things will end ... or even if they will end. It's natural to feel anxious or fearful when we are faced with something we can't control ... because we like to be in control. However anxiety will turn our thoughts in upon ourselves. How can we change that? ... Prayer can change that by helping us put God at the centre of our lives and remembering that He is in control - a comforting thought to me.

If you are lost for words pray the *Lords Prayer* or the *Psalms*, many of which tell us of God's promises ... eg. You are my refuge, I will not be afraid, You are with me in trouble - Psalm 91; the Lord is my strength and song - Psalm 118:14; The Lord is my shepherd - Psalm 23 is another familiar one. Some of the Psalm writers were feeling anxious or depressed.

Remember Burl Ives' song *Royal Telephone* ... Central's never busy, always on the line, you can talk to Jesus on the royal telephone.

Man discovered that the sun - not the earth - is the centre of the universe. In the same way that the sun is the centre of the solar system, the Son of God can be the centre of our life if we ask Him.

What could you do to help relieve anxiety -

- \* Run or walk ... exercise causes the brain to release 'feel good' chemicals, plus you will get vitamin D from the sun.
- \* Aromatherapy ... scents like lavender and vanilla relieve anxiety ... notice the nice smelling diffusers in shops lately?
- \* Get more omega 3's like fish and flaxseed oils.

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- \* Watch something funny on TV ... instead of the news updates. Laughing releases natural opioids in the brain which make you feel happy and relaxed.

We can ask God to take our fears and anxieties because we don't want them ... He will.

Isolation might be hard to bear but would you prefer isolation or persecution? There might be similarities ... *loss of freedom, loss of employment, confinement, fear of the future* ... but if you multiply many times all the challenges we have faced lately, that is the daily life of many in the world who are persecuted because they go by the name *Christian*. So when we are thinking of our blessings ... food, families, homes, nature, all the good things we enjoy like the rainbow this morning, we can also be thankful for the freedom to believe and say what we think.

**We live in a world where people hurt and people die ... on average 150,000 every day. But every Christ-follower can know the certainty of eternal life in Him.**

*"For as the heavens are higher than the earth so are my ways higher than your ways" Isaiah 55:9*

*The Counsellor*



## NABIAC HOTEL SOCIAL CLUB

President - Jim McGovern  
Vice-President - Terry Crowther  
Treasurer - Deb Wilson  
Secretary - Maureen Ahmeling

### IMPORTANT NOTICE

The club has temporarily ceased its operations, due to COVID-19, for the health and safety of our members and the community.

**Our AGM scheduled for this month has also been postponed until further notice.**

We regret having had to take these measures, but hopefully before long the club will resume as normal, including our Thursday night raffles. Further announcements will be made in the coming months.

In the meantime, to our members and the community at large, let's all keep safe and well.

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Wallamba Football Club would like to take this opportunity to express our thanks and appreciation to **Rod Thomas of RJ & CL Thomas** for the work he did in transforming the amenities facility at Aub Ferris Sports field.

It was the pioneering work of **Aub Ferris** and others in the 70's who consolidated the space so that our community could have an area to play sport, a legacy enjoyed by generations of kids and youth ... and the young at heart.



It was a big community effort, ultimately delivered by Rod and his team, and the new facility will ensure that current and future generations of W's will be able to prepare for, play and watch soccer and continue the tradition.

#### **The Black Bra (as told by a woman)**

I had lunch with 2 of my unmarried friends.  
One is engaged, one is a mistress, and I have been married for 20+ years.

We were chatting about our relationships and decided to amaze our men by greeting them at the door wearing a black bra, stiletto heels and a mask over our eyes. We agreed to meet in a few days to exchange notes.

Here's how it all went.

#### Engaged friend:

The other night when my boyfriend came over he found me with a black leather bodice, tall stilettos and a mask. He saw me and said, 'You are the woman of my dreams....I love you.' Then we made

passionate love all night long.

#### The mistress:

Me too! The other night I met my lover at his office and I was wearing a raincoat, under it only the black bra, heels and mask over my eyes. When I opened the raincoat he didn't say a word, but he started to tremble and we had wild sex all night.

#### Then I had to share my story:

When my husband came home I was wearing the black bra, black stockings, stilettos and a mask over my eyes. When he came in the door and saw me he said:

**"What's for dinner, Zorro?"**

*For the ladies. Hope this doesn't upset anyone's sensibility! Ed*

## **News From The News**

### **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, Krumbach – On**

**August Mass** times are Saturday 1<sup>st</sup> at 6:00pm - Saturday 8<sup>th</sup> at 6:00pm - Saturday 15<sup>th</sup> at 6:pm, Saturday 22<sup>nd</sup> at 6pm & Saturday 29<sup>th</sup> at 6pm

**September Mass Saturday 5<sup>th</sup> at 6:00pm**

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

### **Krumbach Bible Church** (a ministry of Wingham Presbyterian)

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, still 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.

### **St Isidore's Catholic Church, Nabiac**

**No mass to be held until further notice—Church is too small**

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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.

# MOVING SALE

## Everything MUST GO!

Household items - furniture - tractor attachments - garden tools and more

**Open Day:** Saturday **15th August** or

**Phone:** 6559 1580 for prior appointment

**Where:** 996 Bunyah Road, Bunyah

### 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

Hello everyone,

Just our saying for the month

Worry is like a rocking chair. It gives you something to do, but gets you nowhere.

*Belinda* ☺

**FOR SALE**

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



**Phone Steve:** 6559 1284 or 0458 252 952

**LOST** about Saturday 6th July at Nabiac between the Chemist's and Belinda's Beauty Shop, **small silver "pinky" ring with opaque blue round stone, raised design on sides.** Not valuable, but sentimental. If anyone found it please call **Lyn** on **6559 1811**

**Matthew Absalom**

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