

and it's FREE, too!

ACROSS THE FENCE



**Daylight
Saving
Time Begins!**

**2am on Sunday 4th.
Don't forget to put
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an hour**

News from the Wallamba Watershed is a

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Editorial.

Hi all,

Spring might have 'sprung' but it has definitely decided to duck back under the blankets the last few days and been very cold of a morning and night at my place.

Not a lot to talk about with most groups still keeping a very low profile and having nothing to report. Will be very glad when we all can get back to a somewhat normal life.

I expect Forster will be busy with the influx of visitors over the school holidays. A good place to stay away from for safety sake 'til the end of the holidays.

With the little bit of rain we have had, the grass is growing and one of our mower repairers has started advertising again, so I gather mowers are being used and in need of servicing to start on the spring job of weekend mowing.

We need rain again desperately. My ground is rock hard again and the trees are looking a bit tired. The bindii in my lawn - wasn't quick enough with the spray - are ginormous. They are the size of saucers with little arms spreading far and wide. I have never seen bindii the size they are and it is going to be a 'down on the knees' job to pull them out before the kid comes up with the dog and kidlet so they don't have to do the 'bindii waltz' with loud side affects.

Local photographer, Diane, has produced a fabulous 2021 calendar with photos of buildings from Nabiac, Dyers Crossing, Krambach and Firefly. A great gift for yourself, visitors or rellos as a memento their visit to our lovely area. You can also choose any of the pictures to have made into a jigsaw puzzle as well if you are a jigsaw lover.

Have to get your orders in quickly though, so you can get them before Christmas.

The article on page 18 called Farm Force for Kids, sounds interesting. Just hope I read it correctly and our local kids are able to join in it.

Christmas will be with us before we know it so if you have anything you want people notified about, make sure you get it to me by early December. Don't know where this year has gone. Think I will just wipe 2020 as a non-event.

Hope you all enjoy/enjoyed the long weekend and that the kids have had a safe and happy holiday.

Apologies to those whose papers were shadowy. I didn't notice the fault until the run had nearly finished. It started about half way through from what I saw and I didn't have enough paper to re print.

As it was still quite readable I took the chance that you would forgive my tardiness in watching the printer all the way through

'til next month, stay warm and keep well

Lyn & Tilley Cat, & Timidthy



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MARKETS - October

Still unsure of open markets.

Nabiac will be holding theirs

Krambach is hoping to restart again in November

The Manning Valley website shows the names and phone numbers of the different markets.

Might be easier to look them up and double check if they are open if you wish to attend any.

Hopefully I might have more details next month.

The Secret Weekly Farmers Market - 7.30am-12 noon Thursdays, Taree Park.

Gloucester Farmers Market - 8am-12 noon, second Saturday of the month, Billabong Park

Forster Farmers Market - 8am-12 noon, third Saturday of the month, Visitor Information Centre

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

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.

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HAIR by Shaz **O**ctober is here already; the year is slipping by so fast and with daylight saving means longer time spent outdoors whether it be in the pool, at the beach in the surf and sun. We must keep one step ahead of dry, brittle hair that comes with this change.

Vita 5 CPR range has a Nourish - Detangle - Leave in spray that is great to add that protection with the sun. This product is a porosity equalizer, refines the cuticle and reconstructs the cortex. It has active botanical extracts of jojoba oil, sunflower seed extract, Swiss grape seed, Panthenol, Keratin, Silk and Vegetable proteins. Just beautiful for dry damaged hair.

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

Shaz is now booked fully the week before Christmas, so if you are needing a hair cut or colour please phone her mobile and leave a message on 0410 541 672 as there is **NO** landline. Shaz will try her best to accommodate you so you look your best for Christmas.

Don't forget that we have a Credited Dietician who also does Remedial Massage on the premises, so phone **Ali** direct on

Equilibrium APD
Nabiac Hair and Beauty
2/25 Nabiac St, Nabiac



Ali Redman - Dietitian and
Remedial Massage Therapist
Health fund rebates available

0401 489 447
ali.equilibrium@gmail.com
www.equilibriumapd.com

Ali, of Equilibrium APD, is a dietitian, sports dietitian and remedial massage therapist.

Located in with Shaz, at Nabiac Hair and Beauty, she works Tuesday, Wednesday, Thursday and some Saturdays by appointment. All appointments are eligible for health fund rebates if you are with an appropriate fund for private clients, while Medicare Care Plans, DVA and workcover appointments, can also be with the appropriate referral.

For more details or to book in today call or email Ali on the details above.

0401 489 447 to book an appointment.

Christmas Gift Vouchers are available for all services.

A reminder:

Don't forget the Salon will be **closed Friday 2nd October to 12th** for Shaz to have a well earned break....You can still leave messages.

Until next time ☺

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Nabiac Pharmacy News



Hi All!

It is a joy to be able to celebrate the return of warmer weather with springtime. With the drought mostly behind us plants are actually flowering and shedding the pollens again. This years allergy season is particularly bad. The most effective thing to use is daily anti-histamine tablets such as Telfast, Claratyne or Zyrtec. If your eyes or nose are particularly affected we can also help you choose eye drops or nasal spray to complement the tablets.

This spring is different to any other with a new type of optimism in the air. The latest scientific news seems to indicate that we should be optimistic here in Australia. It seems likely that by the time we get past our summer COVID vaccines may be available.

We will all have to keep abreast of the news on this as it hasn't been decided how they will be distributed. The one thing we know is that we can't get them to everyone at once. It is most likely that the government will choose to give them to the most vulnerable people first, the elderly and those with serious conditions first. It also seems at this stage that multiple injections may be needed.

Lastly, please continue to practice social distancing. It is helping to reduce all types of respiratory viruses in the community. I am happy to say that this years Flu season was virtually non-existent because of additional hygiene and social distancing.

Stay safe.

Tim

Community News

VISION
CHRISTIAN MEDIA

In accordance with the Radio Communications Licence Conditions (Broadcasting Licence)

Determination No. 1 of 1998, made under the Radio Communications Act 1992, UCB Australia Ltd advises that it intends to commence broadcasting from Nabiac on the 87.6FM frequency.

Any member of the public who believes that this transmission is causing interference to services provided by other stations should contact the licensee at Locked Bag 3, Springwood, Qld 4127 or phone 1800 007 770.

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Between the Pages

Nabiac Library News



Welcome to our Nabiac Library News for October! Spring has definitely sprung and everything is flowering; the birds are nesting and feeding furiously, obviously enjoying the better breeding conditions this year. It is a great sight to see each day!

Nabiac Showground was a hubbub of activity for the last Saturday in September. The combination of the start of the school holidays, the Nabiac Farmers Market, the Great Lakes Food Trail and the monthly Gooch Goods and Chattels Auction and cattle sales resulted in a huge influx of people into Nabiac and the Showground area. Parking was at a premium, particularly in the morning. This is great for business for all our local retailers. Nabiac is definitely becoming the centre of the tourist named Barrington Coast.

Thankfully, despite the large amounts of people visiting the Farmers Market and the other events at the Showground, Nabiac Library was still able to follow its Covid-19 Safety Plan, with ease. We had three volunteer staff working to ensure we could keep our Library members safe and enable them to feel good about visiting us. Our Library members also expressed their appreciation of our procedures and took their time to enjoy choosing items to borrow, also asking for reservations to be made and in some cases requesting *new releases to be purchased if not already available*.

Requests for Purchase

Did you know you could do that? If you are interested in a new release or any item you cannot find in our catalogues; all you have to do is fill in a request for purchase. Our staff can help you with this; firstly by checking if the request is already available across our 11 Libraries and if not helping you to complete the form for the request for purchase. All you need is the name of the item and its author or if it's a DVD or series which one would you like? We can even ensure that if the item you requested to be purchased, you will be the first person to receive it! How good is that?! Many of our Library members already avail themselves of this service!

October School Holidays Children's Activities

Sadly we are still unable to offer 'in Library' activities due to the current Covid-19 restrictions.

However, this October our MidCoast Libraries are offering a 'gladbag' of school holiday activities for our children. Just call into Nabiac Library to pick up an activity bag for your child or grandchild. You will be surprised at what you find! See below for details.

September/October Holiday Program: MEGA Take Home Holiday Pack

Grab a MEGA Take Home Holiday Pack from MidCoast Libraries or The Manning Regional Art Gallery and spend hours exploring five fabulous activities.

MidCoast Libraries and The Manning Regional Art Gallery (in partnership with Museums and Galleries of NSW) have once again joined forces to create an epic take home holiday pack with five fun art and craft activities: Pop Up Spring Garden; Whirligig; CD Suncatcher; Paddle Pop Harmonica; and a Marble Run.

The pack contains instructions and materials for these activities. Add

P & B Calder

Painting

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0404 495 422



MEGA

Take Home Holiday Pack

★ Paddle Pop Harmonica

★ Pop Up Garden

★ CD Suncatcher

★ Marble Run

★ Whirligig



to this some extra bits and pieces from home and the kids will be entertained for hours.

Ages 5+

Bookings are not essential. Simply pick up a pack throughout the school holidays from MidCoast

Libraries and The Manning Regional Art Gallery. Packs will be available from Monday 21st September.

How easy is that! If you are local to our beautiful village, just come into Nabiac Library at the Nabiac Showground and pick up a Mega Pack and enjoy the fun of creation together! You don't even have to be a member! If you are not a member of our MidCoast Libraries network you may like to join up. We always welcome new members and it does give you and your family access to all our resources across our eleven library branches across the MidCoast Library network.

Do you like books that run in a series?

This month's series is by *Lucinda Riley* and is called "The Seven Sisters". It is a series that takes you all over the world and through various historical events in these countries as each sister finds her origin. You will recognise these many connections. Here is an edited précis. *Lucinda Riley's Seven Sisters* series is inspired by the Greek myth of the Pleiades, the seven daughters of Atlas and Pleione, who were said to have been turned into the star constellation of the same name.

The series follows seven sisters, and begins as their adoptive father – the elusive billionaire they call Pa Salt dies; they are each given a tantalising clue as to their past. Each book is the story of one of the sisters as they trace their origins all over the world in spellbinding tales of love and loss.

The first book in the series is *The Seven Sisters*; followed by *The Storm Sister* which has been nominated for the prestigious Premio Bancarella literary prize in Italy, *The Shadow Sister*, *The Pearl Sister*, *The Moon Sister*, and *The Sun Sister*.

All of the above books are available through our MidCoast Libraries, and those followers of the series are still waiting for the final book for the missing seventh sister.

So if you like mystery, family saga, history and astrology all rolled together then this is a great series to follow and read! See you at the Library.

Opening Hours at Nabiac Library

Please remember we will be **closed for Monday 5th October** for the long weekend.

We are officially open at Nabiac Library:

Monday 3PM-5PM

Tuesday 3PM- 5PM

Thursday 9AM-11AM

Saturday 10AM- 12 Noon

We love our library and we love to help you find what you want. Come and visit us at the Nabiac Showground. You may be surprised at what you find.

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MINIMBAH MATTERS



Minimbah Rural Fire Brigade would like to remind everyone that we are now in the Bush Fire Danger Period and Fire Permits are required if you intend to light up.

FIRE PERMIT REQUIRED



NSW RURAL FIRE SERVICE

Regardless of the time of year, if you are planning to burn on your property, there is always the requirement to let your neighbours and your local Fire Authority know, at least 24 hours before you light up. Also, the fire must not escape your property.

These are legal requirements.

If it's information you are requiring, about things such as joining a Brigade, or contact details of your local Permit Issuing Officer, please call

NSW RFS Mid Coast District Office
1300 643 262

On-line Notification of your intention to burn.

A more convenient way of notifying is on-line. You enter your details directly onto the system, and receive a receipt of having done so.

Simply go onto www.rfs.nsw.gov.au/notify and follow the prompts.

By using the new tool, you will be notified of any **Total Fire Bans** and will be advised to not proceed with your burn.

If you do not have internet access, you can still **notify the RFS by phone on 1300 643 262**



Where the "Heck" are you?

While we were delivering our little Season Update/Get Ready packs last month, we noticed that several properties do not have a "Street number" visible. This time we weren't looking for your property specifically, but if it was on fire we would be.

Mid Coast Council have available, special posts with high visibility numbers on them, and they will install these for you. Installation is part of the fee. To apply for one of these you will need to complete a *Rural Address Application* either through the Council web site, or call in to a Council office.

It **would** be a time saver, and **could** be a life saver if the Ambulance service, Fire Fighters or other emergency service is trying to locate you.



Little things can mean a lot.

As has been proven time and time again, and especially in the 2019-20 Bush Fires, little things can mean a lot. In an emergency the NSW Rural Fire Service (RFS) and other emergency services often need to rely on **Static Water Supplies**.

In the past our Brigade has identified and marked many SWS in our area, and sought permission from the property owner to use these if and when required to help save properties. Times change, property owners change, water supplies change, and sometimes things slip through the cracks. We want to plug up a few cracks and once again need your help.

For an SWS to be useful to us, we require clear access and lots of water which can be accessed by fire trucks and sometimes helicopters. An SWS sign will be affixed to your front gatepost and we will know where to look for it.

Do you have one of these signs on your property and no longer feel it can safely be used by the emergency services? If this is the case, would you please help us out by removing the sign. It could be giving us false hope.

Perhaps you are new to the area and aren't sure why it is on your gatepost. We hope this information has been helpful.

Maybe you have a lovely full spring-fed dam in your paddocks, with no power lines close by, and access for fire trucks and the like, and would be happy for us to use it if we needed to. If so, please let us know.

Email your details to minimbahrfs@hotmail.com and we will be in touch with you.

Thank you so much for the little things you do to help us.

Those pesky little Smoke Alarms

Daylight saving time again. You may (temporarily) lose an hour but please find the time to check the battery on your smoke alarms. They make a dreadful noise when the toast is burning, and they should let you know when the battery is running low. More importantly, they will wake you up if your house is on fire in the middle of the night.

That's another little thing we would like you to do for us, please.

FIRE PERMIT REQUIRED



NSW RURAL FIRE SERVICE

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Nabiac Second Chance Opportunity Shop

Established 1993

Open Monday to Friday

9am to 12noon

(Closed 1st Wednesday of every month)

Saturday 9am to 12 noon

37 Nabiac St, Nabiac

6554 1876



News from Nabiac Second Chance Op Shop

PLEASE BRING YOUR MASK OR YOU CAN PURCHASE A MASK FOR \$1.00.

Open Monday to Saturday 9.00am to 12.00pm

We now have cloth masks made by some of our clever volunteers. Cost \$2.00

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

Closed Wednesday 7th October 2020

I would like to start with a big thankyou to **Maz Delamotte** for her generous donation of degradable plastic bags.

We appreciate your generosity.

The Op Shop and Shed has now been open for 10 weeks after we closed due to Covid 19, with all the changes that took place while closed has proved to be very successful..

A very big thankyou to all our wonderful customer adhering to our Covid19 Safety Plan. It's very important we all continue to practice safe distancing.

Keeping volunteers and customers safe is our main priority

We are turning over stock every day. Come on in and see what is new.

DONATIONS:

We appreciate all your generous donations, without your generosity we wouldn't have our wonderful Op Shop and Shed. A big thankyou to you all.

In saying that please be mindful of what you donate.

Please only good, clean, saleable goods/clothing/Linen and blankets can be accepted.

A friendly reminder that The Op Shop is unable to accept prams, all baby and child car booster seats and capsules, cots, high chairs, all mattresses, bean bags 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 after hours. These items are to be inspected by our shed co-ordinator **John** before accepting your donations.

John works Thursdays, Fridays and every 3rd Saturday of each month, please call the Op Shop on 6554-1876 during shop hours to arrange a time with John.

Thank you all again for your co-operation in advance as we appreciate all donations.

Looking forward to seeing you at the Op Shop.

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



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Nabiac Village Futures Group



The **Wholesome Collective** came to Nabiac on 23rd September to present a mobile cooking and nutrition session. The session was attended by about 16 adults, plus a tiny baby and a preschooler (who surprised his mum as he joined in eating the delicious food). **Mary, Kerry** and **Michael** prepared and served us Zucchini Fritters, with Bean and Corn Salad, followed by Tuna Risotto and Green Salad.

Thank you to **Renee** for the salad greens and herbs from our **Nabiac Community Garden**. Thank you to **Diane** who took the photos and shared the morning on Nabiac News & Chat.

After enjoying the food we were all given a recipe book. It certainly was an inspiring morning, a reminder to us all that healthy food doesn't have to be expensive. You can find the Wholesome Collective information at <https://www.thewholesomeco.com.au/> or on their Facebook page.



Healthy People.....Healthy Communities

NVFG Meetings

Our first meeting since March this year will be held 7th October at the Neighbourhood Centre meeting room. Numbers are limited due to COVID regulations.

Louise Collins

Secretary, NVFG

Nabiac and District Pre-school

37 Nabiac Street, Nabiac

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Open: 8.00am to 6.00pm

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WALLAMBA CWA REPORT

Still observing Covid-19 rules etc., the Branch were able to finally return to their normal meeting venue, that of the Uniting Church Hall, Nabiac.

Thanks to those who helped set up the area and those who made it to the meeting held on Tuesday 8th September which was presided over by Vice President **Iris Cummings** who filled in for President **Margaret** who was unable to be present on the day.

A warm welcome was extended to the 11 members and it was great to have a visitor, **Fay Anderson** a former member, back with us again – we are hoping she will become a regular again. Apologies were received from 3 members including **Jenny** who had recently had knee surgery and we send her best wishes for a speedy recovery.

The meeting began with the regular formalities of National Anthem, CWA Motto and Prayer before a moment's silence was held for the passing of Patron **Norma Flood's** sister **Enid Dawson** of Port Macquarie, **Merle Barber's** sister, **Lesley Westram** of Nabiac and CWA MNC member **Trish Stabback's** husband **Paul**.

Member **Mary** provided our thought for the meeting and it was **"Life is not waiting for the storm to pass; it's about leaning to dance in the rain"**. Merle will bring our thought for the October meeting.

Unfortunately the branch wasn't able to celebrate CWA of NSW Awareness Week but the ladies spoke about the ABC's presentation when former NSW State President **Margaret Roberts** gave an excellent presentation on the subject.

2021 World Day of Prayer Service is prepared by the ladies of Vanuatu and members agreed to receive the service sheets etc. in the hope that by then things will have settled down and we can hold the service at St. Paul's Anglican Church on the first Friday in March, 2021- fingers crossed.

Treasurer **Mary Webber** gave the financial report on the branch and it is hoped to work out the International Donations at October's meeting despite the Branch not able to have an International Day on Ecuador, which was our nominated Country of Study for 2020.

Mary also reminded members that our memberships are due next meeting.

Merle gave her Handicraft report and this included the Branch/Group project on 4 aprons.

A workshop was planned for Thursday 24th September for those



**STEVE MERRICK
FAMILY SWIMMING POOLS**

0412 686 180
Lic No. 178556C

FREE MEASURE & QUOTE



The ladies at Merle's home for their workshop

wishing to attend and it did go ahead with 6 members meeting at Merle's home and beginning the project which Merle would like finished for the December meeting.

Merle advised that she would be attending the State Handicraft meeting at Dubbo 22nd September and would be travelling with fellow Gloucester CWA ladies **Anne Williamson** and **Sandy Tebbitt**. We will receive a full report on it at the October meeting.

Even though we haven't been able to have an International Day on Ecuador, **Penny** has been researching and gave a wonderful insight on this fascinating country which also includes the Galapagos Islands and they in themselves are so rich in wildlife etc and where the area around them has a rich marine ecosystem and were one of the first sites on Earth to be declared a World Heritage by UNESCO in 1978. The capital of Ecuador is Quito situated in the northern Andes Mountains. We will still be looking into the points of interest of Ecuador till May of next year so I am sure we will learn a lot more about it.

Cookery Officer **Jean** informed us that the next competition for cooking will be held 26th November at Macksville and is urging the ladies to have a go and enter the various sections – most of the ladies have put their names down for them. We might see a few winners if we do well with Light Fruit Cake, Cherry Blush Cake, Carrot & Ginger Loaf, Banana Bread and Steamed Fruit pudding, as we have a couple of great cooks amongst the ladies.

- Dam Building & Cleaning
- Land Clearing
- Shed & House Pads
- Civil Earthworks
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Catherine Pickard

Our Cultural segment was presented by member **Ruth** who had brought along a *Brownie Downing* illustrated book "A Tale of Mischief" and a cute Ballerina Teacup and plate featuring the artwork of Browie (she painted mainly piccaninnies in her illustrations) who was born at Manly in 1924.

Pam also showed off a disposable tea/coffee cup featuring the Anniversary of Anzac 100 years 2014-2018 which also featured "The Ode" on it, currently being used by Wingham Services Club.

Penny told us about products – soaps, shampoos, etc., recently advertised in CWA's The Countrywoman – which she had purchased and found very good and would recommend them to all.

Our Ag & Environment Report was given by **Coral** and she spoke about the Waratah which is the NSW State emblem and is one of 5 species. They can also be found in white but most people know them as a red flower. Coral is checking out a local nurseryman who is growing Waratahs to see if we might be able to pay a visit to it. Ruth has also been helping Coral in this area with Pam giving the ladies some paper cuttings with information on whales and wild dogs which are also our topics for this year.

Happy birthday wishes were extended to our Branch Patron Norma Flood, who was celebrating her day on 13th September and also Wedding Anniversary congratulations to President Margaret and **Bruce Weller** for their 58th on 15th September and to member **Jean** and husband **Kevin Price** who celebrated their 68th Wedding Anniversary on 20th September.

What a wonderful achievement to both couples – looking forward to the big ones in a couple of years.

Our next meeting will be the 56th Annual General Meeting of the Branch which will be followed by the monthly meeting on Tuesday 13th October, 2020 commencing at 10.00am at the Church Hall, Nابیac.

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Nابیac Memorial Neighbourhood Centre

Nابیac Memorial Neighbourhood Centre Association Inc.

Annual General Meeting

12th November 2020, at 7pm



Note: the venue will be Nابیac Showground Hall, and that the venue and date as set at the 2019 AGM have changed due to COVID19

Agenda

Financial Report

President's Report

Sub Committee Reports from the following sub committees

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

Election of New Committee – President, Vice President, Treasurer, Secretary and committee members.

Appointment of Public Officer and bank signatures

Nominations are to be received by the Secretary before 7pm Thursday 5th November.

Nomination forms are available online www.nابیac.com

Go to Publications and select the NMNCAI Constitution, scroll to page 22.

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

Louise Collins

Secretary, Nabiac Memorial Neighbourhood Centre Association Inc.
louisecollins1953@gmail.com phone 0409 585 635

MICHAEL BOURKE PLUMBING

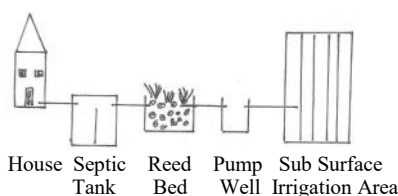
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Calendar 2021

Rural & Rustic - Krumbach to Nabiac via Firefly & Dyers Crossing NSW

Rural & Rustic

Krumbach to Nabiac via Firefly & Dyers Crossing



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JANUARY



FEBRUARY



MARCH



APRIL



MAY



JUNE



JULY



AUGUST



SEPTEMBER



OCTOBER



NOVEMBER



DECEMBER

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Orders now being taken for fotograf by diane 2021 calendar "Rural & Rustic - Krumbach to Nabiac via Firefly & Dyers Crossing" featuring 12 beautiful local pictures from Diane's Rural & Rustic photographic series. Cost \$25.00

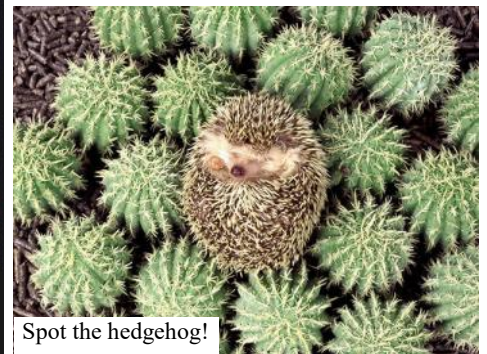
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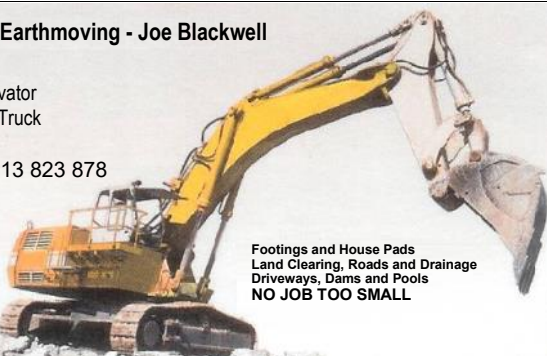


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Reduce your fear of Covid 19! Here's why and how...

Try not to worry. Too much stress increases cortisol in the body, which decreases production of white blood cells, reducing the immune. So overly worrying about every door handle you touch could be detrimental to your health! Keep up the recommended measures with hand washing etc but try not to stress. As we do with snakes, be aware but not afraid. Step up your healthy eating and take up activities to reduce stress.

Heading to your local market will make you feel good and boost your immune! It's true! Shopping outside in the fresh air and spring sunshine; feeling great about purchasing local produce; and nourishing your body with healthy fresh food are all ways to give your body a fighting chance against illness.

Feed your gut bugs (your best friends) with real food. Apart from nourishing your cells, most of the body's serotonin (which regulates mood, sleep and digestion) and the immune cells are produced in the digestive system. So, feeding the friendly gut bugs makes sense! Many of their fave things are found at the Farmer's Market: A variety of fresh vegetables, fruit, kombucha, honey, sour-dough bread, sauerkraut and more! Boost your immune with so many other quality ingredients available too, including: Turmeric, nuts, pasture- raised meat and eggs, and remember the garlic!



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The committee are ensuring all Covid-safe measures are in place, including "shop & go".

The market has been thriving! The number of stalls is back to around 80 and visitors are embracing the new guidelines, including the new "shop & go" style of experience. We'd like to thank the community for their continued support of the market, during various restrictions.



I've just learned that the Great Lakes Food Trail is coming to the market on the 26th September! By time this is printed, this date will have come and gone. I'm sitting here thinking what a fabulous idea the Food Trail has been and know that it'll be a success into the future. This way of supporting local businesses, show-casing local produce and promoting our area should be applauded.



October's stall-holder feature.

Amberdrop Honey...



Drizzled on fresh sour dough bread, in salad-dressings, tea, honey ginger stir-fries.... So many delicious ways to enjoy this delicious honey. Ana and Sven's product range also includes ginger honey, coconut honey and beeswax

products, including lip balm. All totally natural.



Ana and Sven reside with their family of bees on the beautiful mid-north coast. They became smitten with bees... It was love at first drop.

Sven was interested in beekeeping when he was young, but growing up in East Germany, there was little opportunity to become an apiarist, he had to

wait another 35 years to follow his dream.

Anyone watching Sven working with the bees can see that he has an innate sense for what a hive needs. He has a calmness around the bees that is almost Zen-like. It's a pleasure to see these complex, beautiful, and essential little creatures in an idyllic environment.

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Ana and Sven suggest ways you can do your part in order to support bees:

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on their beautiful honey on-line shop and stockists.

See you at the next market, Saturday 31st October – **remember your re-usable bags, cool bricks and to “Shop and Go”!**

For Stallholder applications, go to the website www.nabiacfarmersmarket.com and download the vendor information forms; call: 0422 177 122. Or Email: nfmcommittee@gmail.com
Follow us on Instagram. Thank you – market committee.

By **Laura Pennington** ☺

CTC@Nabiac CTC on Tuesdays.

Nabiac Community Technology Centre will be opening on Tuesday **28th July** for Club Members.

Members will need to book so that we can limit numbers to maintain Physical Distancing Requirements. Please ring **02 6554 3032**.

Members coming to the centre need to bring their laptop and also a mask.

Opening will be limited to Tuesday mornings from 9:30am to 11:30 am at the moment.

CTC @ Nabiac have registered a Covid 19 Safety Plan with Service NSW.

Sheila Perrotet and Jillian Wood.



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For more information or appointment, call Irlen Dyslexia Centre Taree 0409 653700.



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Artists of Wallamba Inspire ~ Create ~ Connect



This year's winner of the **2020 Archibald Prize** is **Vincent Namatjira** OAM for his self-portrait with Adam Goodes – *Stand Strong For Who You Are*. If you happen to be heading to Sydney, a stop at the NSW Art Gallery for the Archibald is always interesting. Often controversial over the years, the Archibald is a celebration of diverse approaches to portraiture. Vincent Namatjira is the great-grandson of the renowned Aboriginal artist **Albert Namatjira**, and the first indigenous Australian to win this prestigious award in its 99-year history. His work is filled with humour and wit, often exploring complex issues related to colonial history and world politics.

The exhibition **Material Sound** has just opened at **Manning Regional Gallery, Taree**. Six artists have collaborated to create and showcase handmade musical instruments using every-day materials, outmoded electronics, recycled components and more, set to challenge your approach to how sound is made and experienced. A great exhibition for a school holiday visit and perhaps ideas for school projects coming up in Term IV.

Gloucester Art Society's Spring Exhibition will be on display until October 5th, and **Great Lakes Art Society Members' Exhibition** until October 9th at **Lake Street Gallery, Forster**. Some great work from artists local and beyond, who have found time within a Covid-19 world to create works that contribute to our vibrant cultural community as it comes back to life.

Taree Artists Annual exhibition will be on until October 9th at the **Taree Craft Cottage**. So, pop in if you're in town. There are over 90 diverse paintings, drawings, sculpture and ceramics. Admission is free and all works are for sale. Great time to purchase an early Christmas gift!

Art and Soul Gallery has recently opened at Wingham, mainly on Thursdays between 9.30am and 3pm and some Sundays until Christmas. The space is filled with a variety of works completed by local veterans and emergency service workers. The group has been creating art toward healing for some time, and members have now decided to exhibit, with sales of their works contributing to ongoing costs of materials. Contact **Jillian Oliver** on 0428 146 210 for more information. Also, drop into **DFunk Gallery** in Isabella Street, Wingham to check their latest exhibition.

Forster Arts & Crafts Centre, Earth Body Soul and our own **Nabiak Nook** have work available from many of our local artists. As does **Lake View Gallery** near to Tallwoods Village, with 10% of all sales being donated to Great Lakes Women's Shelter.

Artist supplies can be found at **The Edge Gallery & Art Supplies** in Taree, and **Memory Lane** in Forster.

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We had a great September meeting hosted by **Deborah Knoke** at **Dream-catcher Lodge, Firefly**. Lots of laughter, good food, conversation, plans for future exhibitions and a wonderfully colourful collaborative artwork!

Artists of Wallamba will be installing a group exhibition at **MCVAG in Gladstone** from **October 14th until November 3rd**. This exhibition had to be uninstalled in March with Covid restrictions, so its great to have a second opportunity! Drop in if you're up that way.

Artist of the Month: Beate Brooks Tracy



Beate arrived in Australia in 1970 with her parents and brother, leaving behind family and friends in Germany to begin a brand-new life, settling initially in Adelaide. Within a short time, the family headed off for adventure to the tiny opal mining town of Andamooka, 600 km north of Adelaide in Central South Australia. It would be hard to imagine a more different lifestyle from the one they had left behind. A dry, dusty, brown environment with very little in the way of modern conveniences provided a huge contrast to their previous rich green European landscape.

Moving between Andamooka and Adelaide for the next few years, the family created a simple lifestyle that Beate often found challenging as she navigated teenage years. In the early 1980's, when Beate was in Year 11, the family moved back to Germany for a time. Beate found herself in a rather mundane job, returning to Australia and then Germany again following love and partner for a time. Finally, back in Australia, Beate lived in Upper Bowman, a small community north west of Gloucester. Here she was a part of a very hands-on lifestyle, building a mud brick house, establishing solar power and even making her own plates and dishes for food. Beate gained a different perspective of life, and took part in pottery classes in Gloucester, meeting tutor and potter **Richard**

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Brooks, who would become her husband and business partner.



Beate created the hand-built pottery side of the business, with both teaching pottery students in Dyers Crossing, as well as selling and exhibiting their work to galleries in Canberra and further afield. Beate loved the precise and geometric nature of her work that allowed her to create and build pottery. Setting up The Old Butter Factory at Dyers Crossing, they ran classes and workshops.

Beate shifted her creative focus to food, beginning a catering business that sat alongside the nature tours and workshops run by a local Mid North Coast

woman. Her keen organisational skills came into play again as she planned menus for weddings and various functions. Working with food covering the areas from Pacific Palms to Gloucester, allowed a diverse and creative catering business to develop and thrive. A further employment opportunity presented itself with Bushland Tukka Café and then The Red Dove Café in Taree, where Beate has worked for the past 5 years, creating country and homestyle nurturing and nutritious food, supervising and training people in the art of hospitality.

In 2018 Beate joined Artists of Wallamba and was invited to join a Draw Every Day Facebook group. And thus, began a new artistic journey!

Sitting at the Other Side Café in Ghinni Ghinni one day, Beate was joined by the resident artist and owner, in drawing together. From here, January 2019, Beate committed to 'a drawing a day'. After nearly 2 years, this practice has seen amazing results as Beate has moved into areas she would never have entertained.

A 'drawing a day' has led to passion for drawing and portraiture, workshops and teaching. Beate would never have envisaged such an



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outcome! She is always excited by the challenge of a sketch portrait, always learning and always growing. With a passion for colour, line and experimentation, Beate finds great joy in the freedom of drawing without extensive planning or labour. Instead she is seeking to produce work that is fresh and immediate, that captures something of the essence of her subjects, something expressive and exciting. Currently undertaking classes in pastel in Newcastle and Maitland, Beate is uncertain what path her journey will take. She is happy for now just to follow that path, learn all she can, and see where it leads!

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 **Facebook Group**. We have ongoing information for many exhibition and competition opportunities that our members share, along with inspiring quotes and ideas.

Our next meeting is at Wang Wauk on Sunday October 18th at 10.30am, so please call for address details. Meetings are always interesting! 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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Dr David Gillespie MP

FEDERAL MEMBER FOR LYNE



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I joined Prime Minister Scott Morrison this week in the Lower Hunter to meet with workers and industry to outline the Liberal Nationals Governments plan to deliver affordable, reliable and secure electricity for Australian households and businesses.

As we saw in Victoria with the closure of the Hazelwood power station, there are real risks to affordability and reliability when large coal-fired generators exit the market.

That's why the Federal Government is setting a target for the electricity sector to deliver 1,000 megawatts of new dispatchable energy to replace the Liddell power station before it closes down in 2023.

If the private sector fails to step up to meet the energy needs of our community, the Government will step in to protect customers and jobs.

As we turn to our economic recovery from COVID-19, affordable gas will play a central role in re-establishing the strong economy we need to support jobs and economic growth.

Increased gas supply will help to continue to put downward pressure on energy prices, providing much needed support to Australian workers and families.

Gas is part of the Government's plan to reduce emissions without imposing new costs on households, while at the same time creating jobs, growing businesses and the economy.



SUPPORTING AGRICULTURAL SHOWS & FIELD DAYS

Applications are now open for the Supporting Agricultural Shows and Field Days program.

COVID-19 is having an unprecedented impact on agricultural shows and field days. Most will be cancelled for 2020. This will have a devastating impact on regional Australia.

The program will help relieve cash flow pressures. It will provide one-off payments to eligible agricultural show societies and agricultural field day organisers to reimburse their eligible expenses for cancelled shows and field day events.

Agricultural shows and field days contribute more than \$1 billion to the economy each year. They attract more than 6 million patrons and are supported by more than 50,000 volunteers.

Applications are now open and close on Friday 9 October visit www.communitygrants.gov.au to apply.

Dr David Gillespie MP

FEDERAL MEMBER FOR LYNE

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Authorised by Dr David Gillespie MP, Corner of High and Hastings Streets, Wauchope, NSW 2446.

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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, November, 1939, by Bob Mann

AERODROME AT NABIAC: £12,000 TO BE SPENT IN PREPARATION - SITE AN IDEAL ONE:- The Inspector of aerodromes wrote under date (?) to the Taree Municipal Council expressing appreciation of assistance by the Mayor and Alderman in standing for an aerodrome site in this district. Every site inspected would be investigated before a decision was made it was stated. At the meeting of the council on Wednesday night the Mayor stated that they had stated in that night's paper that a site near NABIAC was favoured. After many sites had been investigated that site was favoured. The site was 5½ miles from NABIAC, it was crown land. They had brought before the Department all the sites in the district that had been reported to them. For sometime past offices of the Defence Department had been making inquiries in this district for a suitable site for an R.A.A.F. aerodrome and this week it was released that the site near NABIAC had been chosen for one in this district. In all £87000 will be spent in aerodromes, the allocations for the North Coast include Evans Head extension and improvements £5000, Coff Harbour £4000, NABIAC preparing aerodrome £12000. We learn that the site selected is on the Southern side of the Wallamba River. About a mile or so beyond NABIAC is the Geln Ora turn off to the left known as Glenora Road. It is about 4 miles down the river to the beginning of the aerodrome area which will be 2 square miles. The road is only a rough bush one but it can be made into a good one without much expense. The area is perfectly dry and some miles south of and opposite to Failford, the land is of a sandy nature and is crown land.

The timber on it is of a small dimension so that clearing will not be a costly job. The site is some seven or eight miles from the ocean in a bird line and is remarkably level. The selection of the site should prove a big lever in the movement for a bridge across the river near NABIAC. It is understood that Mr *Charley Blows*' old Forster/Tuncurry ferry will be used to cart gravel from the Failford quarry for the work. Messrs *H.E. Milligan* and *W.P. Chapman* Shire President of Taree, respectively and Mr *Montgomery* (Shire Engineer) spent a lot of time taking officers throughout the district on an inspection of possible sites. It is understood work will be commenced at an early date possibly next week.

NABIAC, FEBRUARY, 1940: Great interest is being taken in the NABIAC branch of the Manchester Unity Independent Order of Odd Fellows.

This lodge has only been opened here a little over 12 months and has won a Grand Masters Shield which is given every year to the lodge that has the most *initiations* in Australia for 12 months. This speaks volumes for the popularity of the above society. I believe all members are looking forward to this visit to the Taree branch next Monday where they will play for the Eucha Shield which Taree now holds and they are confident of people to see a car go by and leave no cloud of dust blowing into their shops.

We are experiencing a very dry time at present. Many farmers are having difficulty in obtaining water for their stock and most pastures look as bare and brown as the road. It is to be hoped rains will come soon for this part of the district.

LABOR AT NABIAC AERODROME - LETT TO MR BENNETT, SYDNEY MARCH 7TH, 1940: "With regards to the personal representation made by you on behalf of Mr Magennis of NABIAC in respect to the employment of labor at the NABIAC Aerodrome, I have to advise you that before this work is commenced instructions were issued that in the engagement of labour therewith, consideration was given to the suitable unemployed to the 1st November last at NABIAC - Taree - Forster and Coopernook and in accordance with this instruction information has been received by the Department that the whole of the suitable married men registered for employment at NABIAC to the 1st November at NABIAC were engaged for this work from the centres mentioned were as follows - NABIAC 6, Taree 10, Forster 10, and two carpenters from Gloucester. The next call is to be made up from the unemployed at Coopernook, but in all cases the engagements concerned were made from the unemployed register at the State Labour prior to the 1st November. In the engagement of any additional men for this work, consideration will be given to the claims of local married men who were registered at NABIAC.

Yours faithfully

G.C. Gollan

Minister for Labour and Social Services

C.E. Bennett Esq. M.L.A. March 13th 1940"

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In these times it is our children who can feel like they are uninformed and unheard.

The 'Farm Force' program provides our kids from the Hunter region a chance to have a voice.

It will see the creation of a series of books addressing these issues that are written and illustrated by local kids, to be used as a resource for the local community.

Hunter LLS Community Engagement Officer Daniel Trudgeon said the first of the book series will focus on local experiences of the 2019/2020 bushfire season.

"Last summer's bushfires were the most severe on record as they affected so many parts of our region and across NSW," said Daniel.

"We want rural kids to reflect on past experiences, learn about the importance of good bushfire preparedness and recognise how communities come together to support each other in times of crisis."

"This will make them a 'force' to be reckoned with as they are better equipped to help their families prepare for future events."

Please visit the Farm Force webpage and click on Bushfire Battlers to discover more information on how to be involved.

<https://www.envirostories.com.au/get-involved/farm-force/>

Entries are open now, and will be accepted until 31 October.

The next three series will focus on Flood Fighters, Drought Defenders and Pest Patrollers.

This program is supported by Hunter Local Land Services, Hunter Region Landcare Network and Mid Coast 2 Tops Landcare Connection.

For more information, please contact Community Engagement Officer Daniel Trudgeon on: Phone: 0419 436 185

Email: daniel.trudgeon@lls.nsw.gov.au

Some funnies to bring a smile - there has been too much doom & gloom and we need cheering up.



Kitty got a bit bored with mum shopping

'twas a great party and I was too tired to find my bed



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Lyn's Larder

I think it is still cold enough to try this recipe.

BRISKET WITH DRIED PLUMS

INGREDIENTS

- 3 ½ lb Flat cut beef brisket
- 2 tbsp Olive oil
- 2 medium Onions, sliced
- 1 cup Beef broth
- ¼ cup Marsala wine
- 3 tbsp Balsamic vinegar
- 3 tbsp Honey
- ½ tsp Ground ginger
- ½ tsp Ground cloves
- ½ tsp Cinnamon
- 1 cup Pitted dried plums (prunes)
- 2 lb Sweet potatoes, peeled
- 1 cup Dried Apricots

METHOD

1. Pre heat oven to 350°f. Trim fat off brisket, Heat oil in

heavy Dutch oven and add meat, browning on both sides. Remove brisket. Add onions and sauté until wilted, about 5 minutes. Meanwhile, mix beer broth, Marsala wine, vinegar, honey, ginger, cloves and cinnamon in a bowl.

2. Put brisket on top of onions in pot. Pour broth mixture over meat. Cover and bake for 2 hours. Then add sweet potatoes, cut into chunks. Scatter on dried fruit. Cover and bake for 1 more hour or until meat is tender
3. Transfer meat to cutting board and spoon out fruit with slotted spoon. Cut meat thinly across the grain. Serve with fruit and pan juices

Weird

Police in Radnor, Pennsylvania, interrogated a suspect by placing a metal colander on his head and connecting it with wires to a photocopy machine

The message "He's lying" was placed in the copier, and police pressed the copy button each time they thought the suspect wasn't telling the truth.

Believing the "lie detector" was working, the suspect confessed. They are out there!

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I know I've hammered the dribblers in the past (alright, you can call them commentators if you like, but they're dribblers to me) for some of their idiotic comments but I sat bolt upright t'other night as I watched a League match. That I recall the game was bogged down with errors aplenty and Phil Gould had already muttered several times "Don't get me started, Rabbits" as something he didn't like, flashed in front of him. Then Joey Johns dropped into the conversation/commentary "Maybe the number of players on the field should be reduced!" The effect was like a cockroach floating in the middle of the custard bowl. The game went on in the background but in the booth silence (for a moment) reigned. Then somebody exclaimed: "WHAT?" The Immortal, warming to his comment, said, "Well, the players have got bigger and faster but the field's stayed the same size. Why not take a couple of players off each side and so open the game up?"

To say I was suddenly interested in what the dribblers were saying is an understatement. That idea was one of several I included in my letter to Peter V'landis back in May when he altered a few rules of the game to try and get some life back into it. And now here was Joey saying the same thing! Peter hasn't replied to my letter yet, but it looks like he's circulated a few copies to see if others have any thoughts? This is known as - Running It Up The Flagpole To See If Anybody Salutes. Well, from my point of view, Joey saluted and that's something worth noting.

Down South everything is happening up North! Yep, The Oz Rules Grand Final will now take place in Brisbane. It was probably the only call that could be made as many State borders are still closed and the bulk of the Oz Rules teams are in Queensland anyway. The last flights north out of Melbourne was interesting. All the AFL heavies were on board including Eddie Everywhere! Of course, everybody had to undergo the mandatory quarantine lock down period and that included three players re-joining their sides. With the heavies also came the plan to hold the first ever, evening Grand Final, which the AFL couldn't get through the logjam that is tradition down in Melbourne. Also noted in news out of Victoria where so many businesses have been shut down - cafes, restaurants, business houses, pubs and clubs - one has been given "essential service" status that puts it along side hospitals and supermarkets. Who, I hear you ask? Sherrin, that's who. They're the mob that make the footballs for the Oz Rules

finals. You just gotta get your priorities right.

I also noted *The Land Of The Long White Cloud* has decided to punch a hole in their COVID 19 border wall to allow - - - - - have a guess? Yep, to allow *The Wallabies* (that's the Australian Rugby Union side) to enter New Zealand to take part in the annual blood-bath laughingly referred to as The Bledisloe Cup. I don't know why we bother! There'll be two games across the ditch (currently, October 17th and 24th) and then two games here in Oz, though both the venues and times for those two are yet to be confirmed. Will *The Wallabies* be competitive this year? Not a hope in hell. This year has been a bust for Rugby here in Oz and last night the 2020 Grand Final of our home comp was played between *The Brumbies* (Canberra) and *The Reds* (Queensland). Bet you missed it - *The Brumbies* won 28-23. And where did *The Blues* (NSW) finish this year? NSW, the home of Rugby and a powerhouse of the game here in Oz even before Adam played outside flanker for the Hakoah Club, could only manage to finish 4th. Under normal circumstances to finish in the top four is somewhat of a coup but with all the COVID 19 travel restrictions this year, there were only 5 teams in the domestic comp (and that included the resurrected Perth team) so it was pathetic: Ken Catchpole must be turning in his grave. I can't see us winning a game in The Bledisloe but they'd better take lots of detol and Band-Aids coz the New Zealanders play for keeps!

Meanwhile, over in The Old Dart, *The Galahs* played *The Poms* in some incidental matches: three 20/20 and three ODI matches. "How did they go?" is the raucous cry of the millions who read this internationally acclaimed newspaper. Well, I didn't call the Australian men's cricket team *The Galahs* because they dressed in pink - which they don't. No, I called them *The Galahs* because First, they tend to make a lot of noise, Second, they tend to make a lot more noise and Third, they're so completely unpredictable! They have shiploads of talent but when the chips are down they're generally hopeless! If they were cattle, you wouldn't feed them. I think they lost the 20/20 comp but won the ODI series. For mine though, it was wasted airfares!

A COVID 19 joke, to finish with. *A home schooling mum got a telephone call from her son in his bedroom, to say he'd missed the bus and wouldn't be in today!* That never happened in my day.

Talk at you next month,

Hillside Critic

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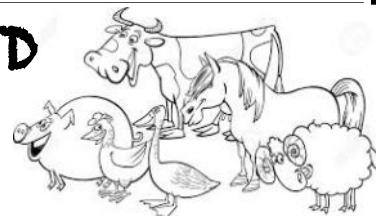
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A BANK LOAN TO A SCOTSMAN

A Scotsman (wearing his kilt and a bonnet) walks into offices of private bankers Coutts & Co in the Strand, London

(Bankers to the Royal Family since 1820) and asks to speak to the manager.

He informs him that he is going abroad on business for two weeks and needs to borrow £5,000. The Manager tells him that Coutts & Co would be delighted to meet his requirements, but that he should understand that since he is not a client of the Bank, it would need some modest security for the loan.

So the Scotsman opens his sporran, takes out the keys and documents of a brand new Ferrari parked in front of the bank and hands them to the manager saying "Will this do?" He also produces the car's log book and after a phone call everything checks out fine. The manager agrees to accept the car as collateral for the loan; the cashier hands out £5,000 while the bank's porter drives the Ferrari into the bank's underground garage for safe keeping.

Over lunch the manger tells his colleagues the amusing little story of how a simple-minded Scot from North of the Border secured a loan for £5,000 offering a £120,000 Ferrari as collateral and they all enjoy a good chuckle as they sipped their Port.

Two weeks later, the Scotsman returns, repays the £5,000 and the interest, which comes to £15.41. The manager says,

"Sir, we have been more than happy to have had your business and this transaction has worked out very nicely, but we are just a little puzzled. While you were away, we checked you out and found that you are in fact a wealthy property investor. What puzzles us is why would you bother to borrow £5,000 from us?"

The Scotsman replies: "Where else in London can I park my Ferrari for two weeks for only £15.41 and expect it to be still there when I return?"

Aaah - those canny Scots!



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Return of the MEC

The Manning Entertainment Centre reopened on Tuesday 22 September after an extended closure as a result of COVID-19

The team have been working to prepare for the reopening and is excited to welcome back their loyal patrons.

"Being unable to open and gather since the MEC was temporarily closed in March has been devastating," said Chris Tippet, Theatre Manager.

"However, we have been busy behind the curtains getting the MEC ready and we've also been finalising a number of required changes to ensure the safety of all patrons, staff and volunteers."

The Manning Entertainment Centre is now an officially approved COVID Safe business, and details of the changes are on the website theMEC.com.au.

"We suggest that all patrons have a look at our COVID Safe Plan before returning so they know what to expect on arrival," advised

"We have also created a video that is on both our website and Youtube Channel welcoming everyone back and talking patrons through the changes."

In October and November, a further two National Theatre Live film screenings will be shown and the Taree Arts Council is working on a special performance for Saturday 17 October.

The current capacity of the theatre has been reduced from 505 patrons to 200 with reduced seating to ensure social distancing measures are adhered to, which means a more intimate experience, with smaller audiences.

"Our initial focus will be supporting local artists and with the reduced seating capacity and hunger for live entertainment, some shows are going to sell out fast," added Chris.

The LOCAL & LIVE line up for October is:

- Friday 9 October – Goodfellas (Matt Zarb) and the Jay Davis Band.

- Saturday 17 October, Taree Arts Council - Musicals Variety Performance

- Friday 23 October – The Swamp Stompers and Darren Jack Band.

"We know many people cannot wait to attend live performances again and it's what's needed for our communities to recover in these uncertain times," said Chris.

"We are doing everything possible to ensure patrons can return to a safe place and continue to enjoy the entertainment we provide, albeit at limited capacities."

To view the reopening guide video visit

<https://youtu.be/oxCMDLN5Bc4>

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Hope

We use the word 'hope' a lot don't we? We hope it won't rain ... or perhaps we hope it **will** if we're farmers. We hope we pass the school test ... driving test ... HSC ... get the job. Presently we're all hoping for a vaccine and cure for COVID, an end to restrictions and a return to normal life. Wartime prisoners in internment camps kept their hope up by thinking of the day when they would be free.

As humans we always need something to hope for. But should we talk of hope in a suffering world? It might seem insensitive in the face of sickness, death, isolation, unemployment. Yet even amidst such grief and anxiety Christian hope shines. It is not just being cheerful, wishing for change or being insensitive to struggles. A man 'whose hope is in the Lord' is like a tree planted by the water ... it can withstand the heat and drought and its leaves stay green, *Jeremiah 17:8*.

God didn't say we would have an idyllic existence in this world ... no, rather that we would have troubles. But Jesus said He has overcome the world, *John 16:33*. Christian hope inspires confidence and perseverance amid challenges that are real.

Another word for it might be vision. By seeing the distant horizon, hope allows us to relax, knowing what we're going through is not the last word. Hope believes in more and better, inspires us to strive for this, and sustains us in the struggle. The Bible says hope comes through God's Word ... the Psalms are easy to read and encourage us to hope in God.

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A lady began visiting hardened criminals in South Africa's most violent prison, telling them the message of God's forgiveness and reconciliation. In the space of a year, the acts of violence recorded by the prison against guards and prisoners dropped from over 200 to just two ... such is the power of hope in God. We put our hope in many things ... but economies fail, jobs are lost and relationships break down. In comparison God is a **sure** hope.

In *2 Kings 6*, the Syrian king sent an army to stop the prophet Elisha praying against him. So Elisha asked God to blind the soldiers ... then led them away to another place and prayed for their eyes to be open. The Israelite king wanted to kill them but Elisha said to set a feast before them, then send them home ... thus a battle was averted without bloodshed and the Syrians stopped coming against them. I just love these bible stories!

Franklin Grahame (Samaritans Purse) says: *Prayer is our most important weapon because we are going directly to the King of kings.* We can have living hope through the Easter resurrection.

If you feel you have no hope go directly to the King of kings.

The Counsellor

News From The News

Nabiac Community Church is hopefully restarting services on **Sunday 11th October**

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

St Bernadette's Catholic Church, Krambach

October Mass times are Saturday 5th at 6:00pm - Saturday 10th at 6:00pm - Saturday 17th at 6pm, Saturday 24th at 6pm, Saturday 31st at 6:00pm

November Mass Saturday 7th at 6:00pm

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

Krambach 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** (0400 310 357).

St Paul's Anglican Church, Nabiac

Holy Communion service each Sunday at **10:00 am**. All welcome Enquiries: Contact Kit **Carson** (6554 1409)

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St Isidore's Catholic Church, Nabiac

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

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{ BAA Member 9933 }

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Please phone 0490 148927 or
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or see Face book page for more info - www.facebook.com/BowtechByDiane

Belinda's
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6554 1326
Barb's Hair care...
0431 168 318

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

Hi there,

Hasn't this year just flown. I am sorry to say, but I must. Would everyone please think about future appointments and call to book them in, as Christmas is approaching super fast. We don't want to disappoint any of our lovely clients. Now I leave you all with October's saying of the month:

"Mornings mean one more time to, make a difference.

Touch a heart - Encourage a mind

Inspire a soul and - Enjoy the day."

Belinda ☺

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