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REMEMBRANCE
DAY 11TH NOVEMBER



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Editorial.

Hi all,

Another month has zapped by and Christmas is fast approaching.

It is amazing how fast the days disappear as you get older. As a kid waiting for a special day took forever for it to arrive.

Remember if you have anything you want to advertise or report for February, 2021, get it into December's issue.

Diane's calendars, advertised on page 3, are a great idea for a Christmas gift for family or friends to see our little bit of paradise. Good souvenir for visiting friends too. Even better would be to choose a favourite picture from the calendar and have it made into a jigsaw puzzle which would then be a 'forever' present.

Remembrance Day is almost upon us and I have read a report from Steve Bromhead saying it is allowable to have a group of up to 100 gather for remembering AS LONG AS SOCIAL DISTANCING IS ADHERED TOO. This is a special ONE OFF allowance.

People of Krambach might like to join Hellen & Jim Legg at the Krambach Memorial to listen to the Memorial Service with them on their radio. Nothing official, just friends gathering together.

Wallamba Show is certainly getting upgraded, what with ring fences being painted, entrances being updated and at long last a grant to rebuild the ring canteen. Won't recognise the place when the next show happens. Probably won't be 2021 due to difficulties with crowd control, etc. The Committee is meeting next week to make the final decision and you will know yes or no in next months edition. Covid has certainly change our way of life!!

Lovely to finally see some rain. Not a lot falling at a time, which I suppose is good by letting the water seep into the earth instead of running off. Hopefully it will continue and we won't have to worry quite so much about pending summer fires like the horrors of last year.

Council has prepared a "5 Step Get Ready" plan which you can read on the web - midcoast.nsw.gov.au/getready. It was too long to include in the paper, but one was "Prepare your Home" and another "What to take" and "Prepare your Animals" Something to read and hopefully never have to put into use.

Maggie Cooper is advertising her book again. On sale at the Old Bank Building"

There is another Council/Roads notice, that NABIAC residents in particular should read, regarding the "new" service station on the highway, should it ever come into being, on page 17.

Hope everyone is well and keeping safe

'til next month

Lyn & Tilley Cat & Timidthy



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MARKETS - November, 2020

Nabiac will be holding theirs on Saturday 29th, 8am to noon

Krambach is back on Sunday 15th - 8:30am to 1:00pm - the are looking forward to seeing every one there.

Check out the Barrington Coast Market website as it has all the current open markets on it. MidCoast's web site does not!

Do you need a Justice of the Peace?

Then contact

Stuart Weller on 6554 1904 (Nabiac)

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

Welcome November when the weather starts to heat up and the school formals and weddings are in the air.

Every year, summer brings with it the promise of warmer weather. But it's also accompanied by renewed warnings about the power of the sun and the damage it can do to our skin. And while people are becoming increasingly aware of the skincare benefits of sunblock and sun protection creams, there's still surprisingly little knowledge about protecting hair from the sun's harmful rays too.

Taming summer frizz: The biggest hair problem most people encounter over the summer is excessive frizz. Warm environments can make both long and short hair suddenly expand in volume – and not in a good way. If you are particularly prone to frizzy hair, use our Vita 5 range CPR smoothing shampoo & conditioner, then dry hair with a diffuser. Before drying, apply a little de-frizz crème specially formulated to resist humidity.

Sun protection hair products

Planning on lying on a beach or in the park while the summer sun shines? That means the sun could be beating directly down onto your hair for a few straight hours and, as with your skin, that can have harmful effects. Try our original Vita 5 Hair Booster crème, great value only \$ 13; little outlay to save your dried out hair..

Cassie, our wonderful Beauty Therapist, is back at work & offers the following services: Facials, Deep Cleanse, along with Foot care - Pedicures & Manicures, Spray Tans - light to dark, Make-up for a special occasion, Tinting of Eyelashes & Eyebrows and the list goes on and on. She has regular clients for her wonderful Eyelash extensions as well.

Please phone on **0421 901 331** to make an appointment.

Gift Vouchers have been selling early this year for Christmas which is wonderful to see people organised so early.

Please note Shaz has very limited appointments left for December leading up to Christmas, so phone asap to secure your spot.

Thankyou :}

No salon landline so all calls are now to Shaz direct : 0410 541 672

Shaz is looking for a Senior hairdresser for casual work.PM her with details :}

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Ali Redman - Dietitian and
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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 only. All appointments are eligible for private health fund rebates if you have appropriate cover and Medicare Care Plans, DVA and workcover appointments can also be made with the appropriate referral.

Ali also sells a range of wooden wick soy candles and has gift vouchers available for all services - great for the upcoming holiday season.

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



What's happening at Nabiac Preschool...

I can't believe the year is almost over..... We are well into term 4 and all of our end of year plans are in progress.

We have been so excited that we have been able to start our Transition visits to Nabiac Public School. **Mrs Kessey** gave us a great tour of the school, pointing out all the important places. We are looking forward to having some classroom visits later in the term also.

Unfortunately, due to the Covid restrictions, we have had to cancel our annual Family Christmas Night. We have been working hard though and have come up with a great idea to make a movie for our families of all the wonderful things we do at preschool and the items we would have presented at our concert. We look forward to all of our families receiving this at the end of the year.

Our enrolments have been opened for 2021 so if you are interested in coming to have a look at our centre please give us a call to arrange a time to come in. Our days are already filling so please do not leave it until January if you want your child enrolled for 2021.

Nabiac Playgroup have been meeting on a Monday morning in the Kids Shack rooms on Clarkson Street.



Jump on their Facebook page 'Nabiac Play Group' to keep up to date with all the important information.

nabiac@hotmail.com 6554 1170



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Nabiac Pharmacy News



Good day to you all!

It has been a welcome relief to see some more rain, and to think that it's been a whole year since the start of the devastating bush fires. Many thanks to those in the community who continue to work in protecting us from the fire threat and also to those helping to re-build after the events.

Ticks and snakes are a present threat to both animals and their humans. As many of you know we have flea and tick prevention for canines. Also we have several different tick removals, which can be used for both animal and human use. Snake bite bandages are also available for only \$8.99.

Excitingly we have recently had local historian Mr *Stuart Weller* presiding over the commissioning of the first ever automatic doors in the Nabiac Village. We hope that it makes coming to us more pleasant in the heat of summer or the cold of winter. Also, for COVID safety it allows for people to enter and exit with plenty of space and importantly, to not have to touch a surface.

stay safe.

Tim



Available now - fotografs by diane
**2021 Rural & Rustic Calendar -
Krambach to Nabiac via Firefly &
Dyers Crossing.** (Note: some stock is
currently available however orders for
more will be accepted until end of
November for local collection/delivery

prior to Christmas and in time for that unique Christmas gift.

The calendar features 12 beautiful local pictures from Diane's "Rural & Rustic" photographic series. Cost \$25.00 each

Calendars are printed in Australia on high quality 250gsm paper, A4 spiral bound opens to A3 size when hung. *Pictures featured in the calendar can be seen at www.facebook.com/fotografsbydiane

Custom orders of most of Diane's images are also available as framed or canvas prints, jigsaw puzzles or other unique gift ideas. Please Contact Diane for size and pricing details.

Please email, private message via Fotografs by diane face book page or phone to place orders (see details ad below)

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Nabiac Village Futures Group



Around this time last year we were surrounded by fires at Minimbah, at Failandford and across Mount Talawahl. People living in those areas were protecting property and our volunteer fire fighters were working hard to protect us all. Some people evacuated to the town oval and to other towns nearby. We then waited anxiously through the Summer months for rain to break the drought, only to be introduced to another unimagined threat. COVID 19 has set the rules this year.

Throughout the last 10 months of COVID restrictions we have been fortunate to live in a relatively safe place, with many caring people and much community involvement. There are opportunities in this area to be involved in activities such as sporting groups, dance, yoga, aerobics, and art and craft groups, to mention just a few. There are also opportunities to be involved as a volunteer in places such as the School and preschool, local Fire Brigades, SES, Op Shop, Community Garden, Show Committee.... the list is long.

Nabiac Village Futures Group supports the planning for local facilities and equipment. Our most recent support has been given to a project to fund additional shade at our community swimming pool and to The Wholesome Collective in applying for further funding to support additional community presentations for cooking and nutrition. It's good to hear about the continued consultation for the Plan of Management for our Nabiac Showground. And to hear about the funding received by the Show Committee that will be used for major changes to the Nabiac Street entry to the Showground in conjunction with MidCoast Council. And of our local Artists of Wallamba who are busy planning an area for a mural. There is much activity and opportunity for residents of all ages and interests to become involved.

Louise Collins,

Secretary NVFG ph: 0409 585 635



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Peter

Between the Pages Nabiac Library News





Did you see Nabiac Library featured in either the MidCoast Library Newsletter email or on Facebook recently? **Chris Jones**, Manager of MidCoast Libraries, discovered some interesting history and **Penny Britton** took some great photos of Nabiac community and library! e.g. What was Nabiac first established as? The first Post Office was named and when was that? What year did Nabiac become Nabiac? What was it called previously? Check it out, you could be surprised... Definitely worth a look!

Tech Savvy Seniors

Need a helping hand with your smartphone or tablet device? Join us for FREE face-to-face workshops throughout October - December across MidCoast Libraries: Introduction to Smartphones or Introduction to Table Devices. Contact your library for dates and times and to book.

Storytime Lucky Dip



Storytime Lucky Dip Packs

Drop into your library branch and grab a lucky dip storytime surprise, borrow on your library card and take home and enjoy with your child/children. Each pack contains picture books and craft.

Available every week during the school term.

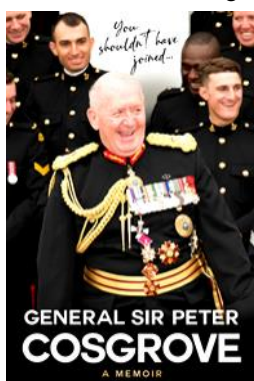
MidCoast Libraries will continue to offer free events and programs online and we encourage the community to visit our website to find out what's coming up, what's available or what might interest you?

November Zoom Library Events: You will need a Zoom account to participate.

For all MidCoast Library events book your spot by phone [6592 5290](tel:65925290) or online library.events@midcoast.nsw.gov.au unless stated otherwise.

General Sir Peter Cosgrove - Wednesday 4th November 6-7pm

To talk about his new book "*You shouldn't have Joined.*" ABC Radio Presenter, **Cameron Marshall** will be interviewing Peter for this event. <https://library.midcoast.nsw.gov.au/Events/Special-Online-Event-General-Sir-Peter-Cosgrove-in-conversation>



When he retired in July, 2019, he was as one of the most beloved and respected Governors General in Australia's history. Cosgrove represents the traits we truly value: warmth, humanity, toughness and loyalty. His humour and empathy shone through the pomp and ceremony, and his time as Governor General will be remembered as much for his laughter as for the usual dignities of the office. This book is the memoir of his extraordinarily full and eventful life, covering some of the military life that featured in his 2006 bestseller "My Story", but in a way that reflects how his

perspective has since changed – whilst also allowing us an incredible insight into the role and world of Australia's Governor General. Every step of his journey has been accompanied by his wife Lynne – who is very much part of his story. Cosgrove was there as two Prime Ministers were topped by their own party. He was there through disasters both natural and man-made, such as the destruction of MH17. He was there for world leaders, and for ordinary Australians. This book is the story of his life and experiences, written with intelligence, forthrightness, compassion, and a brilliant eye for a telling anecdote. **Numbers are limited for this free virtual event and bookings are essential. Attendees registered have the opportunity to submit their questions for Cosgrove during the event and will also receive an exclusive link via email to purchase signed copies of General Sir Peter Cosgrove's new memoir, "You shouldn't have joined."**

Clothing repair basics – Thursday, 12th November 6-7pm

The team at Bowers Reuse and Repair Centre will share their philosophy and tips for getting started in clothing repair. They walk participants through the basics of a good sewing kit, how to replace elastic or hoodie cords, explain some basic sewing hacks, and demonstrate an absolutely revolutionary anchor for hand stitching.

Other sessions in this series include:

Bicycle Repairs & Maintenance - Saturday 7th November 3 - 4pm: bookings, mnclibrary.org.au/bicycle-repairs-andmaintenance

Furniture Repair Basics - Saturday 28th November 3-4pm: bookings, libraries.coffsharbour.nsw.gov.au
<https://library.midcoast.nsw.gov.au/Events/Repairworks-Online-Zoom-Workshop-Clothing-Repair-Basics>

Beetroot Kvass & Sauerkraut workshop – Thursday 19th November 6 -7pm.

Join Lydia Irving from Internal Instinct in this easy to follow demonstration to learn a simple way to make a nourishing lacto-fermented food. Beet kvass is a probiotic tonic made by culturing beets in a slightly salty brine for a few days and up to a week. Sauerkraut is a great way to preserve cabbage and support your gut health. <https://library.midcoast.nsw.gov.au/Events/Beetroot-Kvass-Sauerkraut-Workshop>

Sourdough making workshops - Three parts, Wednesday 18th November 6.00 – 6.30pm, Wednesday 25th 6.00 – 7.30pm and Thursday 26th November 6.00 – 6.30pm.

You must be available to attend all three online Zoom workshops to complete the sourdough making process and have the ingredients, utensils and appliances as listed on MidCoast Libraries website events. <https://library.midcoast.nsw.gov.au/Events/Sourdough-Making-Workshops-1>
<https://library.midcoast.nsw.gov.au/Events/Sourdough-Making-Workshops-2>
<https://library.midcoast.nsw.gov.au/Events/Sourdough-Making-Workshops-3>

Come along and browse magazines, novels, non-fiction, whatever your interests, our friendly, helpful staff can help. There's DVDs, CDs too. We look forward to seeing you soon in our awesome Nabiac Library!!



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MINIMBAH MATTERS



Minimbah Rural Fire Brigade hasn't been run off their feet with fire calls in the past few months, but that doesn't mean we haven't been active. Proof of our activity is indicated by the results of upgraded qualifications amongst our Members. We now have two new Crew Leaders, an extra Advanced Firefighter and another who has completed and passed several components of the course, plus a new Member who has passed his BushFirefighter.

We have received expressions of interest in joining our Brigade from a couple of "not so senior" fit and active men, and that has risen our excitement level. Goes to prove that Covid-19 does not bring everything to a halt.



Left: *Phil Costa* received his Crew Leader Certificate from the Minimbah Rural Fire Brigade Captain. Yes – there has been several updates of NSW RFS uniforms over the years, as modelled in this photo.

Making history.

Next year Minimbah Rural Fire Brigade will celebrate 40 years since it was formed. In all that time we have never had a qualified female Crew Leader. Really? Really! Well now we do! Our congratulations go to **Mel**, our latest CL who successfully completed her assessment last month. In the last couple of months this lady has become a CL (Crew Leader), a DC (Deputy Captain) and a GMa (Grand Mother again). Now that's "Girl Power". Perhaps WW (Wonder Woman) would be a bit over the top.

Nice weather – for ducks; for gardens and stock feed; for fires; for motor vehicle accidents. The rain has been much appreciated throughout the district, but we all know that from little things, big things grow.



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Lush green grass in the paddock looks wonderful, but when the heat hits and the winds blow, and that grass dies off and turns brown, it loses some of its appeal. It also becomes very dangerous from a fire point of view. Dry thunderstorms, a cigarette butt, an empty glass jar or bottle lying in the sun, a slasher hitting a rock. They are all real threats and with the exception of the slasher, don't necessarily wait for someone to be present when they strike. Please, do your best to keep your grass down.

**FIRE PERMIT
REQUIRED**



NSW RURAL FIRE SERVICE

Free Permits! Get your permits here!

Fire permits are currently required, so if you are having a vegetation clean-up, once you have your property prepared, please contact your local Permit Issuing Officer for a permit.



Having received a permit, you are then legally required to advise your neighbours and your local fire authority of your intention to burn. This notification needs to be at least 24 hours' before you light up.

You can notify the

NSW RFS Mid Coast District by phone on 1300 643 262

OR

You may prefer the convenience of notifying 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 on-line tool, you will be notified of any **Total Fire Bans** that come into effect, and will be advised to not proceed with your burn.

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
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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

Open Monday to Saturday 9.00am to 12.00pm

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

Closed Wednesday 4th November 2020

Well Christmas is approaching us very fast. Where has this year gone?

Come on in and check out all our Christmas merchandise displayed beautifully in the Shed.

The Op Shop and Shed will be closing over Christmas and New Year. The last day of opening for the year will be Saturday 12th December 2020 and re-opening Monday 4th January 2021.

During this time please do not leave any donations at the shop, shed or in the donation bin as we will not be processing donations over this period of closure. Thankyou in advance.

Our Christmas Party will be Friday 11th December so the Shop and Shed will be closing at 11.00am.

Masks are now optional in the Op Shop and Shed. Contact Tracing Book and Sanitising is still required.

It's very important we all continue to practice safe distancing of 1.5mtrs and only 3 customers in each room at a time in the Op Shop. Keeping volunteers and customers safe is our main priority.

A reminder we have a Covid 19 Safety Plan registered so it is very important everyone adheres to the Safety Plan.

Thank you for your co-operation.

Donations:

The Op Shop appreciates all your generous donations, without your generosity we wouldn't have our wonderful Op Shop and Shed.

In saying that please be mindful of what you are donating. Please only good, clean saleable goods/clothing/Linen blankets, shoes etc. can be accepted.

We have been receiving a lot of dirty/smelling, worn out clothing, shoes and other items. These items are unsaleable and have to be thrown out.

Hygiene takes priority at the Op Shop.

We are looking for good clean donations. Anything you would buy for a friend or yourself.

If unsure please bring any donations in during opening hours so we can look at what can be accepted.

The last thing we want to do is to offend anyone by refusing their donations.



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email: greatlakesair@bigpond.com

This may not be from our Local community so if you know someone who is thinking of donating please explain the cost is large to dispose of all the unwanted donations that the Op Shop is receiving.

Please do not leave donations at the door or in the donation bin if it is raining as they will get wet which will make them unsaleable.

The Op Shop is in need of good, clean saleable bed linen. If you are able to help please bring them in during Opening hours. Please do not put them in the Donation bin.

A friendly reminder that The Op Shop is unable to accept prams, all baby and child car booster seats and capsules, cradles, cots, high chairs, all mattresses, bean bags, all bike helmets due to insurance requirements. Unable to accept soft toys due to health reasons.

All large items of 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 and Fridays, please call the Op Shop on 6554-1876 during shop hours to arrange a time.

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

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

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WALLAMBA CWA REPORT

Well another month has rolled around and thankfully all CWA Ladies at Wallamba Branch have continued to stay safe and well and free from the Covid-19 virus and they were able to come together for their 56th Annual General Meeting which was followed by their October monthly meeting on Tuesday October 13th and held at the Nabiac Community Church Hall.

Twelve members were welcomed by President Margaret Weller who also accepted apologies from 3 of our members.

The AGM began the day's proceeding after the required Covid-19 requirements were adhered to and commenced at 10.00am beginning with the formal protocol of Anthem, CWA Motto and Prayer with members pausing to remember departed family and friends including Ken Newell (who grew up in Nabiac) Sec Pam's friend Rodney Greenaway of Wingham and Australia singer Helen Reddy.

Following the confirmation of the minutes of the 55th AGM held October, 2019, the various Office Bearers presented their reports beginning with President Margaret Weller's in which she thanked her members for their support in the very trying times what with horrendous bushfires late last year then the virus which it made it difficult for all ages – thankfully in this region all seem to have done the right thing and we have kept the tally down.

Sec Pam gave her report on the activities and achievements during the year then a very brief Treasurer report of the financial position was presented by President Margaret on behalf of Treasurer Mary who wasn't able to present at the meeting.

Merle followed with her Handicraft report and was pleased with what had been achieved but so many of the days were cancelled, including the State Conference which she and Penny had both planned to attend.

Penny's International Report was somewhat shortened due to fact that most branches were forced to cancel their International Days on this year's country of Study – Ecuador - and even the State Study Seminar was called off. We are still learning much about this South American Country but without our Branch International Day, funds for International work of ACWW and other projects supported by the branch have been put on hold.

Jean Price, our Cookery Officer, thanked all who had participated in the Group Competition that were able to be held with the Branch members Coral, Ruth and Merle gaining places with their entries – Congratulations ladies.

Ruth presented the report on Ag & Environment projects for 2020 which were Waratahs, Whales and Wild Dogs and showed off the comprehensive scrapbook she had made on Waratahs which was a credit to her.

Penny spoke briefly on the Cultural segments which take place at each meeting and she thanked all members for their contributions and making it varied and interesting.

Finally our Catering Officer, Beth, had her turn to report and thanked the ladies for their efforts with the couple of events which were catered



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for noting how different it had become with the Covid-19 as everything being used currently is throwaway and no sharing plus the social distancing which we country folk find difficult to adjust to – but we must if we are to keep safe and within the regulations.

The Elections took place for the new Officer Bearers for 2020/2021 and those elected were as follows with few changes from the previous year.

President Margaret Weller was returned unopposed as were her **Vice Presidents** Iris Cummings and Norma Flood. **Secretary** Pam Muxlow & **Assistant Secretary** Penny Britton continue to hold these two spots whilst Mary Webber has been returned as **Treasurer** with her **Assistants** being Jill Hammond and Moya Harris who has recently become of member of the Branch.

International Officer Penny Britton carries on in this position and had done a great job in the past and her assistant is Pam Muxlow who has helped out for a number of years.

Merle Barber with her expertise on all things crafty has been returned as **Handicraft Officer** and her assistant for the coming year is Jean Price.

Cookery Officer has been taken on by Jean Price with assistance being Jenny Ang who is also a recent newcomer to Wallamba CWA.

Ruth Dawson who has been a great assistant **AG & Environment Officer** has stepped up one to take on the top job with Coral Gabriel now holding the **Assistant AG & Environment Officer's** role.

Catering Officer remains with Beth Brewster and she has as her **Assistant** Margaret Weller.

Cultural Co-Ordinator is Penny Britton with all members of the branch assisting her in this position.

Publicity Officer still remains as Pam Muxlow and our very important **Patrons** are Iris Cummings and Norma Flood.

State Conference Delegates are Penny Britton and Merle Barber whilst **Group Councillors** are Merle Barber, Margaret Weller, Beth Brewster, Jill Hammond, Iris Cummings.

All members were thanked for taking on their positions for the incoming year.

The monthly meeting followed and several items were discussed including attendance at the Group Conference to be held October 27th at Kendall Services Club which was to have been attended by members Margaret Weller and Penny Britton.

Our thought for the month was brought along by Merle and was "**A friend is someone who comes in by accident, but stays on purpose**"

Sympathy was extended to the Newell Family on the passing of son Ken Newell.

Our next meeting will be held Tuesday, November 10th at the Nabiac Community Church Hall when all members and those who might like to become a member will be most welcome.

Pam Muxlow

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QUILTING NEWS

2020 has certainly been an interesting year!

Fires, Floods and Self Isolation.

To quilters everywhere being under "house arrest" was not a challenge, plenty of things to do. Cut, sew and quilt.

We are proud of our amazing output, (Trumpet Fanfare!!) **557 quilts** delivered this year, and still over 2 months to go.

It has been satisfying to us that we have made good connections with Red Cross and other organisations, to know that our quilts have found good homes, and we have also been able to maintain our other commitments to our regular recipients such as Palliative Care, Hospital baby and cot quilts, Women's refuges and Nursing Homes.

Covid has caused us to cancel our biannual "Airing of the Quilts"

Watch this space as we hope to host a similar function at a different time and place.

But Major breaking news is that we will no longer meet at Belbora as the property has been sold.

We would like to thank **Anne Noell** for providing a wonderful environment for us for the past 5 years.

Community Quilters will now meet at my place (15 Nabiac Street) Mondays and Wednesdays.

We had a tremendous working Bee to transfer 7 cupboards of fabric and 2 bookshelves, one containing books and mini bolts of fabrics, the other quilting notions.

Two sets of shelving to house completed quilts awaiting distribution.

Thank you all those wonderful workers, and husbands, and we must not forget the amazing work of the kitchen ladies, who, although not quilters, worked tirelessly to feed and water the helpers. Thank you **Christine, Lyn and Suzanne**.

To complete our workshop, hopefully by the time you read this, the quilting machine and frame will be installed.

This will be quite a mammoth task as it involves truck hire, plus trained personnel to ensure correct installation.

This year we have strived very hard to keep up our batting supply by selling handmade articles through THE NOOK, especially masks; we have managed okay.

We would like to thank **Taree North Rotary Club** for a very generous donation of \$250.00. We understand that this a big contribution as Service Clubs have been unable to fund raise because of restrictions.

So if any crafty people out there think they would like to join us, drop in and check it out!!

Jenny Fletcher, Secretary



Nabiac Memorial Neighbourhood Centre



Reminder of Annual General Meeting

12th November 2020, at 7pm. **Note**, the venue will be Nabiac 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.

Note that Nomination forms are available from Secretary (email) or from Kathryn Murphy (Op Shop Tuesday Wednesday Saturday only).

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

Did you know our Neighbourhood Centre is owned by our community and began operating 35 years ago? The Centre aims to promote the wellbeing of residents of Nabiac and surrounding areas, by providing opportunity for the care of our environment and for a sustainable life-style, and opportunity for volunteering, and participation in arts and crafts. We now have 121 members. Of these, 36 members are volunteers in the Op Shop, 38 members are people who sell their crafts and produce at the Nook, and 16 members are making quilts to donate to people in need.

The Centre also hosts an office for Karuah Great Lakes Landcare and the Nabiac Community Garden, and leases premises to Petra's Pantry and Nabiac and District Preschool.

Louise Collins

Secretary, Nabiac Memorial Neighbourhood Centre Association Inc.
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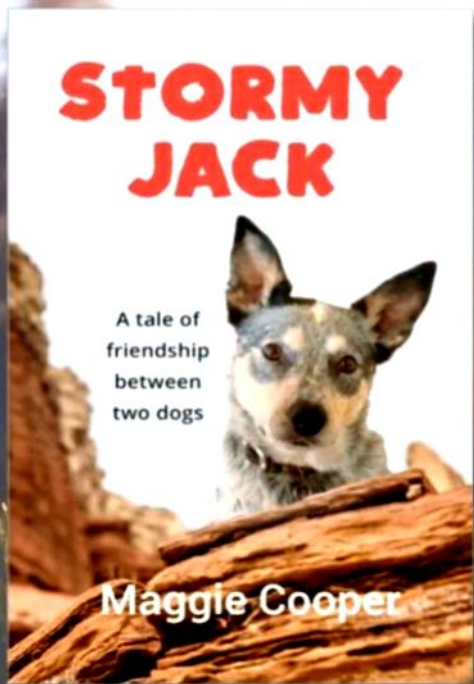
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Nabiac Landcare



After spending most of the winter doing follow up weeding at the Bullock Wharf reserve, Nabiac Landcare volunteers have moved on to the small block by the Catholic Church. About five years ago we cleared a major privet and camphor laurel infestation from the area and have been doing regular follow up. The Hoskin Street end of the block has the best soil and therefore, the 'best' weeds. Most weeds that we are removing are seedlings of fruiting plants, the seeds most likely brought in by birds.

Two weeds have caught my eye in the bush in the past couple of months, both are garden escapees. Our first-- **ferny asparagus**, *Asparagus plumosus*, once a popular house plant, although I can't imagine why. It's wiry, ferny stems are armed with nasty little curved spikes. It is now considered a serious environmental weed. In true weedy asparagus fashion it is very hard to kill. It sets purple black berries that birds eat and spread the seed. If a plant is large, its stems may climb 5 metres into trees; it is best to cut the stems near the base and dig out the crown. Have a look at Weedwise (<https://weeds.dpi.nsw.gov.au/Weeds/Climbingasparagusfern>) for further information.



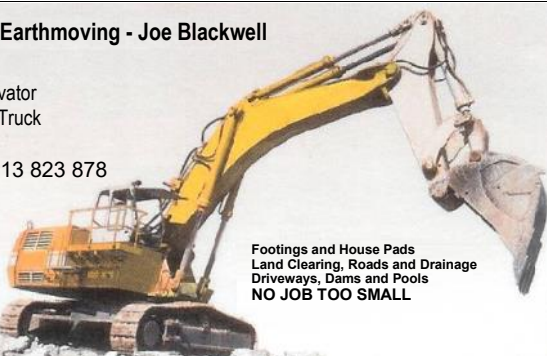
The second environmental weed is actually one of my favourite scented garden plants, the vine, **Japanese honeysuckle** (*Lonicera japonica*). Honeysuckle is best kept in a position where it cannot escape either under or over the fence. If allowed to roam it may travel many metres under mulch or through grass setting down roots at every node; once it finds a suitable bush it will climb many metres into the trees. It smothers and weighs down the vegetation that it climbs. It also can occasionally set juicy black berries that birds love. I noticed when researching this plant that words like 'robust' and 'aggressive' were used. It is also toxic and irritating to the skin. <https://weeds.dpi.nsw.gov.au/Weeds/JapaneseHoneysuckle>

On a less than happy note, there continues to be damage to the tracks at the Bullock Wharf reserve. One track is now almost

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impassable when wet due to damage caused by 4-wheel drive vehicles. Recently someone has taken it upon themselves to build small jumps in the other main path digging the soil from the surrounding bush and cutting some trees.

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!

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ECONOMIC RECOVERY PLAN FOR AUSTRALIA

Dr David **GILLESPIE** MP
FEDERAL MEMBER FOR **LYNE**

The Liberal and Nationals Government's Economic Recovery Plan will work to repair our economy, recover from the pandemic and grow our regional communities.



2020 has been a year that none of us will forget. After fires, floods and drought, our country was hit by COVID-19.

COVID-19 has resulted in the most severe global economic crisis since the Great Depression.

Across the world, the equivalent of 600 million people have lost their jobs. In response to this crisis, the Morrison Government has committed unprecedented support to save lives, cushion the blow and help Australians remain in jobs.

JobKeeper is a \$101 billion lifeline that is supporting around 3.5 million jobs, and JobSeeker doubled the safety net. Together, our actions saved 700,000 jobs.

We could do this because we entered this crisis in a position of strength, brought the Budget back to balance for the first time in 11 years and maintained our AAA credit rating.

Australia's economy is fighting back. More than half of those who lost their jobs are back at work.

However, there remains a monumental task ahead. This Budget sets out the next phase of our Economic Recovery Plan.



SUPPORTING SENIOR AUSTRALIANS

To support Age Pensioners, the Government provided \$750 payments in April and July.

Age Pensioners will now receive an additional \$250 payment in December and another \$250 payment in March.

To support senior Australians who want to keep living at home, an additional 23,000 home care packages will be provided.

This brings the total to more than 180,000 places, three times the number of home care packages than when this Government was elected in 2013.



GUARANTEEING HEALTH CARE

The Budget delivers record funding for health of \$93.8 billion in 2020-21, an increase of almost 43% since 2014-15.

Extending Medicare subsidised telehealth services has enabled over 30 million consultations since the crisis began.

This Budget includes funding for new lifesaving medicines on the Pharmaceutical Benefits Scheme – to treat leukaemia, melanoma and Parkinson's disease and help women with ovarian cancer.

This year, \$5.7 billion is being provided to support mental health, including funding for critical front-line services, suicide prevention, and doubling the number of Medicare funded psychological services through the Better Access Initiative, from 10 to 20.

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BUILDING INFRASTRUCTURE

Rebuilding our economy includes building more roads, rail and bridges. This Budget is expanding its 10-year infrastructure pipeline which is already supporting 100,000 jobs on worksites across Australia today.

A further \$14 billion in new and accelerated infrastructure projects will support a further 40,000 jobs.

A further \$2 billion is being invested in road safety upgrades. An additional \$1 billion will support local councils to upgrade local roads, footpaths and street lighting.

JOBMAKER HIRING CREDIT

A new JobMaker Hiring Credit will encourage businesses to hire younger Australians.

The JobMaker Hiring Credit will be payable for up to twelve months and be immediately available to employers who hire those on JobSeeker aged 16-35.

It will be paid at the rate of \$200 per week for those aged under 30, and \$100 per week for those aged between 30 and 35. New hires must work for at least 20 hours a week. Treasury estimates that this will support around 450,000 jobs for young people.



INVESTING IN SKILLS AND TRAINING

100,000 new apprenticeships and traineeships will be supported with a 50% wage subsidy for businesses who employ them. This is in addition to the 180,000 existing apprenticeships and trainees that are being protected.

The new JobTrainer fund will create up to 340,000 free or lowcost training places for school leavers and job seekers.

50,000 new higher education short courses will be available, including in health, IT, agriculture, science and teaching.

New cadetships and apprenticeships are being provided for women in science, technology, engineering and mathematics

TAX RELIEF FOR 11 MILLION AUSTRALIANS

More than 11 million taxpayers will get a tax cut backdated to 1 July this year.

Lower and middle-income earners will, this year, receive tax relief of up to \$2,745 compared with 2017-18.

We will also retain the Low- and Middle-Income Tax Offset for an additional year.

The changes mean more than 7 million Australians will receive tax relief of \$2,000 or more this year.

This rewards hard work. It means Australians will have more of their own money to spend on what matters to them, which will help local businesses and create more jobs.



MODERN MANUFACTURING AND RESEARCH

Australia's manufacturing sector employs around 860,000 Australians.

The Modern Manufacturing plan will target six national manufacturing priorities, to build on our strengths and ensure manufacturing plays a greater role in our recovery:

- medical products;
- food and beverage manufacturing;
- recycling and clean energy;
- resources technology and critical minerals processing;
- defence industry; and
- space industry.

This Budget also provides \$2 billion in additional Research and Development incentives.

The Morrison Government is also providing \$1 billion for new research funding for our universities, backing our best and brightest minds.

For more information go to:
nationals.org.au/budget2020

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Show News

The Wallamba District Show Committee had its AGM on 8th September. I'm pleased to report that all committee members from last year nominated and were elected to their roles again this year.



John Baker – President

Judd Barker – Vice President

Christine Heffernan – Treasurer

Sally Henderson – Secretary

Marie Young – Ordinary Committee Member (role of Assistant Treasurer)

Heather Fisher – Ordinary Committee Member (role of Assistant Secretary)

Colin Henderson – Ordinary Committee Member (role of Grants Sub Committee)

Cherie Paterson – Ordinary Committee Member

David Simon – Ordinary Committee Member

David is a new member of the Nabitac community having only been here a few months, but is an experienced country person who's keen to be involved. We welcome him and look forward to having him with us.

There was no October meeting. Our next meeting will be as usual on the second Tuesday of November (10th) with the viability and practicability of running next year's Show as the main topic.

New Kiosk

As you will see from the accompanying article, the Show Committee has secured funding to replace the old kiosk at the Nabitac Show-ground. This funding has been made available through the NSW Government Crown Lands Showgrounds Stimulus Funding Program.

Planning for the project started in earnest from early 2020, although many would say discussions involving the need for a new kiosk have been going on for several years.

Representatives of the various user groups of the kiosk, were involved in the submission and offered letters of support to accompany the grant application.

The funding guidelines state that the project must be completed by 30th June, 2021, so expect to see action fairly quickly. Local trades and suppliers will certainly benefit from the project.

Sally Henderson

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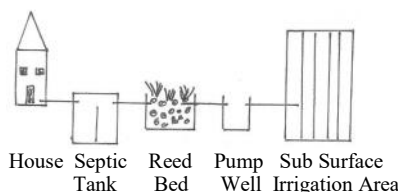
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L to R : John Baker, Show President, receiving the cheque from Steve Bromhead, M.P. & Dan Aldridge from MidCoast Council

\$253,824 for new kiosk at Nabiac Showground

In conjunction with the MidCoast Council, the Wallamba District Show Committee has secured funding to replace the old kiosk at the Nabiac Showground, which is located on the cattle pavilion side of the ground.

This funding has been made available through the NSW Government Crown Lands Showgrounds Stimulus Funding Program and was strongly supported by the Member for Myall Lakes, **Stephen Bromhead**.

The President of the Wallamba District Show Committee, Mr **John Baker** said "The construction of this multi-purpose kiosk will accommodate the food preparation, alcohol service and hot/cold food sales requirements of the many community groups that use the Showground throughout the year".

The existing kiosk is in very poor order, with limited facilities and is currently marked for demolition in the draft Plan of Management being studied by the MidCoast Council.

The Member for Myall Lakes, Stephen Bromhead said the current kiosk is no longer properly equipped to service the Nabiac community.

"The current infrastructure means community groups have been limited to serving commercially produced snacks and drinks," Mr Bromhead said.

"I'm proud to support the construction of the new multipurpose kiosk which will be a game changer for Nabiac Showgrounds."

"The new multipurpose facility will support safe food preparation, handling and serving for users of all ages and abilities."

"Minimising disruption for community groups the old kiosk will remain operational as the new facility is constructed," Mr Bromhead said.

Mr Baker said the MidCoast Council have been an enthusiastic supporter of the project and will manage the construction of the new kiosk and ultimately the demolition of the existing one.

"While there is still uncertainty surrounding the running of the 2021 show, this new facility will stand as a vital piece of showground infrastructure for decades to come." Mr Baker concluded.

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*pasture-raised meat & eggs *honey *coffee *massage *plants
*garden art *chooks *market BBQ *yummy food to take-away.

Nabiac Farmers' Market and the Great Lakes Food Trail together, were a huge success at the last market. A big thankyou to all involved.

Come along to the next market to buy more fresh produce and hand-crafted wares – good for your health and good for your community. The market and local village shops are perfect for festive season gift shopping too!

This month's featured stallholder is: 3 Wishes, reading pocket pillows, hand made with love, by Jean.

Jean creates beautiful reading pocket pillows, along with a range of hand-sewn wares, and there is love in the heart of each unique piece.

Guided by her amazing seamstress Mother, Jean's passion for threads started when she was five years old, and sewing has woven its way through every stage of her life.

Born and raised in Taree, Jean is in her happy place when sewing. She loves looking out across farmland to the Manning River while she sews, always thrilled at the thought that with each reading pillow, she is fostering a love of books.

Jean fashioned her own business as a teenager; designing clothes and remodelling dresses. In part, a frustrated fashion designer, since uni fees weren't within reach.

Fifty years on and there's almost nothing Jean hasn't tried in the world of textiles.

Jean sewed "Angel Baby" gowns for many years, which help create precious moments to cherish, for grieving parents. "Capes for Kids", which supports children through a difficult time and Jean has created over 3000 capes for this fabulous cause! Designed for sick kids, these super fun capes help give children strength and positivity.

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Jean faces challenges of life by finding joy through the eye of a needle and creating gorgeous reading pillows for people of all ages to snuggle with, whilst they read or are read to by others.

Jean stated, "A friend suggested Nabiac markets and I am so glad I went - what an awesome market and so professionally run and yes, I will be back in October and November ...thank you for your interest in my pillows, I am so thrilled to be able to inspire little readers and the love of books."



Jean continues to inspire reading from birth with these hand-tailored reading pillows. The pillow covers are washable and unique wording is embroidered into the designs. Jean seeks out Aussie fabrics for her burgeoning business and the passion for her craft keeps customers coming back.

Come and see Jean at the next market and plan your orders for the festive season Check out her FB page:

<https://www.facebook.com/3WishesandmadebyJean/>

General news:

The market committee are adhering to Covid 19 guidelines for operating safely whilst still creating an enjoyable market experience. The situation will be periodically revised. The toilets remain closed, a sign-in register is in place and the market has a Shop & Go policy.

See you at the next market, Saturday 28th November – **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 ☺



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Research on Beethoven's hair showed that he died of lead poisoning. That's probably why he was as deaf as a post!



Potential altered traffic conditions



A proposal to alter traffic conditions at the intersection of Woosters Lane / Dibbs Street and the Pacific Highway, Nabiac is currently being developed

The proposed changes relate to road safety for traffic departing an approved (not yet constructed) service station, merging onto the highway and across high-speed traffic lanes to turn right into Dibbs Street or to make a U-turn.

A 28-day public exhibition period will commence in November. Further details about the changes and where you can direct your feedback will be provided once the exhibition starts.

For updated information visit
www.midcoast.nsw.gov.au/Nabiac

(Full details of the proposal and exhibition dates not finalized at time of publication)

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Artists of Wallamba Inspire ~ Create ~ Connect



'Daydreaming', the most recent Artists of Wallamba exhibition, has been a fabulous success with a good number of sales and great interest in our work and area. Booked out several years in advance, Macleay Valley Community Art Gallery (MVCAG) is an excellent gallery space in Gladstone, providing a spacious area for artists to showcase their work.



*Daydreaming' Exhibition, Macleay Valley Community Art Gallery, Gladstone
(Photograph courtesy of Fotografis by Diane)*

Both Taree Artists Inc and Great Lakes Art Society are excellent groups to consider joining either now or in the New Year. Many of our Artists of Wallamba belong to one or both. On offer are newsletters with a wealth of information on the Arts, artists, competitions and events in our area and beyond, as well as many classes, workshops and artist gatherings. Some of our members are currently attending a 3-week print-making workshop at Great Lakes Gallery. Taree Artists have a 2-day watercolour workshop coming up for members on November 23rd and 24th. Such workshops are a great way to gain new skills, polish up old skills and meet other people with a passion for art!

A wonderful new **Pop Up Gallery** has opened at Shop 5, 54-58 Macwood Road, Smiths Lake showcasing the works of over 40 local artists – open 9am – 4pm 7 days a week. Great to go for a visit and lunch at the café nearby or see as part of the monthly **Pacific Palms Arts Trail**. The next one is Sunday, November 29th with Pacific Palms Markets (9am-1pm), Charlotte Bay Studio, 'cgarrod' art gallery, the Pop-Up Gallery, Jenz@BlueysBeach, #onesquaregallery, Trisha's on Blueys, Raw Edge Photography and Lake View Gallery. Check it out on <https://www.pacificpalmsartsinc.org.au/artstrail>

The current exhibition, 'Material Sound', at **Manning Regional Gallery** finishes on November 8th and showcases handmade musical instruments using every-day materials, outmoded electronics, recycled components and more. Coming up are 3 new exhibitions! **Vicki White**, Taree born artist now based in Sydney, has spent the past years between both places making art in her Taree studio. Her artistic journey during this time is documented in the exhibition 'From August to August', on show from 12th November – 13th December. 'Nest We Share' also runs the same dates and explores "Materials, Relationships and Connectedness; what it means to be a part of something and what it means to be Apart". This will be a diverse exhibition by 3 talented artists, Sam Everette, Kevin Griffiths and Jana Pearceova.

Of great interest to many locally, will be **Manning Regional Gallery's** exhibition 'Packed, Lost, Found', which provides a written and visual documentation of the 2019 Bushfires on the Mid North Coast. The exhibition will include stories of local people, their experiences, what they packed and what they lost and found during the fires. This could be an excellent exhibition for the family and runs from 6th November throughout the school holidays, until February 2021.

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Photograph from Manning Regional Gallery,
Packed, Lost, Found Exhibition

From 5th November to 29th November Gloucester Gallery's exhibition will be 'Resurrection' with artwork by Didier Colstoun and Lynda Love.

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

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, ideas and links.

October's meeting was hosted by Susie Oldfield at Firefly – always good to share our current work, future projects and ideas! Please call for details of next gathering coming up later in November. 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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The Wallamba Watershed's History – Another in a series of historical articles gleaned from the archives of the "Manning River Times, May, 1940, by Bob Mann

DYERS CROSSING: More than 50 years ago a noble band of pioneers settled in this district and commenced the task of clearing and preparing the land for production and though the task was great the hardship severe and the hours long, they persevered until successful. They were imbued with the true spirit for quite an early start was made with the construction of a place of worship. St John's was one of the first places of worship on the Wallamba, came into being 58 years ago on a site in the vicinity of Koribar. It was erected by the late John McCoy at a cost of £50 and pit sawn timber was used throughout. With the advent of dairying however, the centre of population moved somewhat closer to the factory and it was considered advisable to remove the church to its present site. This was done 16 years ago. The work of rebuilding was by the late Mr W. Batchelor. Mr James Harris, the veteran carrier who is still an ardent follower of the church, did the cartage free and among those who assisted in rebuilding were as follows - Messrs George, Dick and James Harris, G.E Stevens, A.D. Murray and H. Schuberg. Although the timber in the building remained solid it was decided to make a move for the erection of a new church which would be more keeping with the progress of the district and 4 years ago the commencement was made with the collection of the necessary funds. The response was excellent and by means of home parties and other social functions, sufficient cash was obtained to make a start with the work. The contractor was Mr A.E. Woodward of Nabiac, who carried out his work faithfully and well. The seating accommodation was the work of Mr J. Butler and the painting was done by Mr Cornish of Taree. The building is of very suitable design for the country and is all that can be desired. It is indeed a fitting climax to the labours of the people. The church was dedicated on January 27th. The first services were held on May 5th and were largely attended. The old St John's building is being retained as a hall and it is intended that activities in connection with the church will now have a building for their conveniences.

The church officers of St John's are at present Rector:- Rev R.V. Harrington, Rectors Warden:- Mr Pat Stevens, Wardens:- Messrs Pat Stevens, Alf Newell and C.C. Paff, Server:- Mr Harry Murray. Organist:-Mr Windsor. Messrs Pat and George Stevens deserve special mention for the work they did in connection with the new building. The following donations were given to the church. A Cross

in memory of the late Mr Henry Avery by the Avery family, Mrs A.D. Murray, Mrs G. Wells, Mrs Roy Spooner, Mr Harry Avery and Mrs Harry Avery (snr); **Candlesticks** in memory of the late John Stevens by his wife and son Mr G.E. Stevens and Joanne Stevens; **Pyx** in memory of the late Mr Henry Stevens by his wife Phylaine, Stevens. The Parochial Council contributed the cost of the Prayer Book for the desk and Mrs Sellon also donated a prayer book. The **Font** was the gift of the Rev Harrington as was also the other wood work for the altar. Mrs Lyn Stevens also made some beautiful coverings. A substantial gift from the Bishop towards the building was also received.

DYERS CROSSING JUNE, 1940

A boisterous westerly wind has been blowing for the past few days and has had a bad effect on the stock. We trust that it will be of a short duration and that a shower of rain will take its place. Rain is badly needed in this district at present to force the winter feed to maturity. Mr Suters, our local factory manager, returned from the city last week where he attended the Factory Managers Conference. He has been appointed to the executive of that body and Mr Parker, our late manager, has been re-elected secretary. Mrs Suters visited the Hastings during her husbands absence. Mr Bill Gallon, of the factory store, is a keen fishing enthusiast and whilst proceeding to Brighton recently was unfortunate to strike some gravel with the result that his car capsized. Bill sustained a minor injury and a shaking and Douglas Startin, who was with him was unhurt. Mr Ronnie Paff and his sister have just completed a pleasant car trip to relations at Bendimere. Although the weather was cold they had an enjoyable time. Mr and Mrs Whyte-Butler and Miss Kath are leaving for Killaworra at the end of the month. We are all sorry that they are leaving as they have taken keen interest in affairs of the the district. A farewell social has been arranged for Tuesday 25th June. There has been a few changes in the farming section of the district. Mr Digby has taken over Mr Butler's farm and at the weekend Mr Schuberg moved from Mr Allen Cheers' farm and took up residence at Koribar.

In a recent report for the opening of St Johns church it was omitted that the land for the original church which was moved from Koribar was donated by Mr Finch some years ago

An onlooker reports that recently a bicycle crash occurred at the entrance to the bridge. Quickly the parties concerned picked up the machines and continued on their way thinking they were unnoticed, but such was not the case.

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With David and Wendy setting off on their next adventure, and the opportunity to continue the Weller family business, Mitchell has jumped at the chance to continue to service the needs of our community, along with *Hayley* who will man the office.

So there may be another voice on the phone when you ring, and you may need to organise your vehicles needs further in advance but rest assured business will continue as in the past.

We welcome Mitchell and Hayley to business ownership and know that with your continued support they will feel welcome.

David



Getting to know each other(your joke for the month)

A man met a beautiful blonde lady and after a short courtship asked her to marry him.

She said, 'But we don't know anything about each other.'

He said, 'That's all right, we'll learn about each other as we go along.' So she consented, they were married, and off they went on a honeymoon at a resort.

One morning they were lying by the pool, when he got up off of his towel, climbed up to the 10 metre board and did a two and a half tuck, followed by three rotations in the pike position, at which point he straightened out and cut the water like a knife. After a few more demonstrations, he came back and lay down on the towel.

She said, 'That was incredible!'

He said, 'I used to be an Olympic diving champion. You see, I told you we'd learn more about each other as we went along.'

So she got up, jumped in the pool and started doing laps. After seventy-five laps she climbed out of the pool, lay down on her towel and was hardly out of breath.

He said, 'That was incredible! Were you an Olympic endurance swimmer?'

'No,' she said, 'I was a prostitute in Mildura, but I worked both sides of the Murray !!!'

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WE RECEIVED THIS BEAUTIFUL REVIEW FROM A LOVELY MOTHER AND DAUGHTER GRATEFUL FOR HAVING THE OPPORTUNITY TO MAKE A DIFFERENCE IN PEOPLE'S LIVES ☺

Finding Jenni Mullen of the Irlen Dyslexia Centre at Taree has been a gift. Jenni was able to gently unlock the mystery to my 12 year old daughter's decline in reading and comprehension. Formally a fluent reader and neat confident scribe, that all changed quite quickly when my daughter entered year 7.

Constant headaches, dry and watery eyes, sensitivity to bright lights were some of the symptoms she experienced, however when my daughter mentioned the words moved diagonally down the page with lights behind them I knew I had to seek professional help.

As with any eye problem, I sought the advice of an optometrist. Furious does not describe how we felt when we left that appointment dismissing my daughter's symptoms as made up and prescribing a few hours of sunshine a day would rectify her vision ailment! After a lot of research I kept on coming back to a Dyslexia page from America. It was suggested we do an online questionnaire and have the results emailed to us. This is where I first heard of Irlen Syndrome. Taree is home to an Irlen Dyslexia Centre of which Jenni Mullen is the diagnostician and clinician. A truly warm, thorough and compassionate lady who is passionate about her role. It has been a journey and our family is grateful to Jenni. Our daughter wears yellow tinted lenses when reading and has not experienced any symptoms since the day she picked up her Irlen frames. Beside her bed is a fresh stack of books she is devouring and I no longer carry eye drops, wet cloths or headache relief. If your child is experiencing any or all of these symptoms, which can lead to disruption in the classroom, I urge you to seek help as it does not improve. We are indebted to Jenni and do not hesitate to recommend her business.

Jenny Hutchison



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A delicious balanced vegan meal can be baking in the oven, whilst salads are being created and lovely pasture-raised fare is on the BBQ.

- 1 large sweet potato
- 1-2 medium potatoes
- 1 onion
- 2-3 radish - finely chopped
- 2-3 shallots - finely chopped
- 2-3 cloves garlic
- 1 tin white beans
- Ground black pepper, salt turmeric & dried herbs to taste
- 2-3 large handfuls of chopped rocket
- Fresh herbs - coriander or parsley
- 1 dessert spoon of flax.



*Note: Normally 1 spoonful of flax meal + 3 spoonsful of water will replace an egg. I find that there's enough moisture in the boiled veggies to absorb the flax in this recipe.

Boil the potatoes, onion, and tinned beans.
Finely chop the rocket and fresh herbs, radish, shallots and garlic
Drain the potatoes, add 1-2 teaspoons turmeric, garlic, black pepper and salt

Add the rest of the ingredients, stir/mash to the desired consistency, ensuring the spices and flax are stirred through.

*I like it left rustic chunky, but it can work mashed.

Place spoonful onto an oven tray, sprinkle some almond meal on top and pat into shape - (my quick version, instead of rolling them in the almond meal).

Bake at 200c for approx 20 mins.

Serve with guacamole and/or ratatouille.

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I recommend a diet rich in unprocessed foods, which are grown as naturally as possible. Source only pasture-raised meat & eggs and wild-caught fish and if using tinned foods, look for organic and BPA free lining.

Enjoy spring! *Laura Pennington*

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I don't think I'd be telling you anything you didn't already know if I said – sports wise – it has been a tad traumatic and we poor sods who tend to live for sport, have been going through hell!

I'm writing this epistle in the middle of the week prior to the grand finals of both the ARL and the AFL so by the time you read it, you'll know the results and therefore know if my selections are good or pathetic. I expect the *Storm* and the *Tigers* to win. COVID 19 of course, has just about wrecked everything across our State and certainly in Victoria: they're in more trouble than a one-armed fan dancer, but some of their restrictions are now being lifted! This year's added difference between the two codes of course, has seen many of the League teams remain at their bases (save for *The Warriors* and *The Storm*, both of whom re-located to Queensland) while in the AFL, ALL the Melbourne based teams are now in Queensland (there are also teams in Adelaide and Perth) and the grand final will be played in Queensland.

I guess you could say it's cute but the AFL boffins just couldn't let Queensland do their thing with the final game at The Gabba. Nope, they've taken two strips of turf from the MCG (I'm not making this up – they really did do this), loaded them into a refrigerated semi-trailer, drove them like maniacs up through NSW, into Queensland and then had them laid in the back of the goal squares on the field! Why, I hear you ask? Well, several years ago, the AFL managed to get a law passed in the Victorian Parliament which stated categorically, the AFL grand final must always be played on the MCG. It was during a period when teams from Brisbane, Perth, Sydney and Adelaide were strong and questions were being asked like, "If a team from Perth (for instance) finishes on top, why can't the grand final be held on their home ground?" A reasonable question, I hear you mumble, but the AFL was having none of it so the law was passed. Now of course, COVID 19 has kicked that law to the gutter and it was either play the grand final somewhere outside Victoria or not have one! That wasn't an option so (and these are the questions and solutions sneaky lawyers get their jollies from) in the future – if the question of where the AFL grand final should be held ever raises its head again – the AFL will argue that the 2020 grand final was indeed played on the MCG. You and I would say that's bollocks of course, but it will be argued by the AFL that the presence of some MCG turf doth the MCG it make!

I've seen that kind of thinking before. Remember when the French were testings their nuclear bombs on Mururoa atoll in the Pacific? We close counties kicked up a bit of a stink saying, if the French had to blow these things up, why didn't they do it in France? But that wasn't going to happen with all of Europe looking at them, so the French boffins had a law passed making the atoll a part of mainland France (they had a fancy term for it, but that's what it meant) and off they went blowing the tiny atoll (on the other side of the globe) to kingdom come while all the time maintaining they were indeed conducting nuclear experiments *on mainland France!* When New Zealand got quite stropopy, French agents sank *The Rainbow Warrior* in Auckland harbour! Do you remember that? There was another event (in Great Britain, that I recall) where a developmental plane had to make a crucial flight before the end of December. It was Britain of course, and bad weather delayed the flight until 3rd of January. That flight, as it turned out, was successful but the terms of the contract had not been met. So what did the boffins do? They signed off the flight as having taken place on 31st December, confirming it had flown before the end of December! What chance do we 'umble plebs stand when there are boffins like that?

The first two matches in the blood sport that constitutes The Bledisloe Cup (that's rugby for those of you who haven't been paying attention) have taken place and while we came close in the first, we got thrashed in the second. There are two more matches to be played here in Oz. Will we win any of them? Nope. Do I really care? Nope. Hope *The Wallabies* have lots of Detol and bandages.

The Bathurst 1000 has been run (in front of nobody of course) and it was the last outing for Holden. The brand has now been consigned to the dumpster by *The General* but I wonder? Holden was an Australian company before the American giant General Motors took it over and developed the marque we all knew. Ford now runs *Mustangs* but last Sunday, they were no match for the Holden. In fact Holden finished 1st and 3rd with a Ford between them. Have we seen the last of that car or could it be re-branded and still race?

I have a busy couple of weeks coming up: the ARL & AFL grand finals, the Melbourne Cup, American football and baseball's World Series is about to start! Leave me alone. I'm watching them all.

Talk at you later,
Hillside Critic

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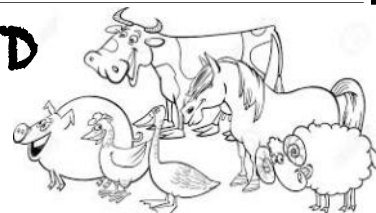
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Egyptian queen Cleopatra killed herself by purposely taking figs from a basket with venomous asp
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Sets, Yard Panels, Crushes, Loading Ramps, Bale Feeders, Gate in Frame,

Slide Gate, Race Bow

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Fertilizer, Rye Grass & Kikuu Seed, Grazon & Axie Howl

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Catherine
Pickard

Krambach Garden Lovers News

Over the past 2 months we have had good attendance at our meetings, the beautiful sunny day at **Annette Coopers** home in Krambach was enjoyed by those who were present. Her garden has evolved from plants that arrive at our swap table each month and by visiting family and friends. At this meeting it was suggested that we bring back the swap table and raffle prizes at our meetings.

The rain held off and members enjoyed a very pleasant morning at **Pam Hinks** home in Failford, standing at her back door looking towards the river, the sea of colour was stunning. The birds in the trees and watching the water flow by was magical. Well done Pam your garden was a joy to wander through.

We have had to cancel our much loved Christmas Party due to the current Covid restrictions, instead we are having a meeting at **Jan Bending** home in Forster on November 26th. As we are still experiencing restriction our number remain at 20 so should you wish to attend this meeting get your names in fast as the list fills up quickly.

For more information about our club contact **Kathy** on 6550 2590 or **Val** on 6554 9651
Happy gardening

Val



MIDCOAST
council

The Office of Sport has opened The Local Sport Defibrillator Grant Program and your organisation, or one you know, may be able to access funds for a defibrillator through

this program. Here is the link to the website <https://www.sport.nsw.gov.au/clubs/grants/defibrillator>

Grant assessments dates are 23rd November 2020 and 22nd February 2021, with the official date of closure being the **12th of April 2021 at 5pm**. Please refer to the website above for more extensive information and application instructions.

Calypso Watson
Community Strengthening Officer



Phone: 6554 1330

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Listening beyond the Stars

Imagine life without mobile phones, WI-FI, GPS, Bluetooth devices, or microwave ovens. That's the way it is in the little town of Green Bank, West Virginia, known as *the quietest town in America*.

It's also the location of the Green Bank Observatory, the world's largest steerable radio telescope. The telescope needs *quiet* to listen to naturally occurring radio waves emitted by the movement of pulsars and galaxies in deep space. It has a surface area larger than a football field and stands in the centre of the National Radio Quiet Zone, a 13,000-square-mile area established to prevent electronic interference to the telescope's extreme sensitivity. It has been the pioneer in modern radio astronomy since the 1950's.

This intentional quiet enables scientists to hear "the music of the spheres". The people who choose to live in this town also enjoy a quieter life ... BBQs instead of microwaves sounds appealing to me.

This reminds me of how we need to quiet ourselves enough to listen to the **One who created the universe**. In our everyday, busy lives, who wouldn't like some quiet time? My daughter used to intentionally turn off the TV when the children were young and tell them *we're going to have some quiet time now*.

The Green Bank telescope makes many discoveries ... one is a large hydrogen gas super bubble, 23,000 light years away. If this boggles the mind it is good to remember that God is much closer than that. He isn't distant ... and He longs for us to make time for Him in our daily lives and then be our priority for eternity. He promises to love and listen to all who turn to Him. David, in the midst trouble and sorrow

puts his hope in God, *Psalms 39:7*.

We can listen to God by turning from our distractions to pray and read the Bible. Quietness is essential for the well being of our soul perhaps enforced isolation helps to give us that opportunity.

Imagine what discoveries we could make by spending time listening to God ... his love and plans for us, the joy of knowing Him ... and much more.

Come to Me, **listen** so you may have life, *Isaiah 55:3*.

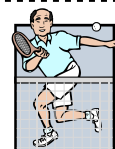
From *Our Daily Bread*, October

Counsellor

Nabiac Tennis

Nabiac Tennis Assoc. Inc
will be holding their
AGM

on the 17th November 2020 at 11.30am
at the clubhouse.



All positions are open and an invitation to attend is extended to all members and guests and any interested parties.

Please phone Robyn on 0406 792 252 for any further information.

Thanks, **Sue Dixon**. President

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

November Mass times are Saturday 7th at 6:00pm - Saturday 14th at 6:00pm - Saturday 21st at 6:pm, Saturday 24th at 6pm, Saturday 28th at 6:00pm

December Mass Saturday 5th 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)

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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REASONABLE RATES

Note for your diary: Fundraiser

Saturday 5th December at

Krambach Hotel

JAMIE BRYEN

and the

FLOORBOARDS

Will be performing for the one night only

Admission Free

Charity Raffles with great prizes

Money being raised for

Krambach & Firefly Rural Fire Brigades



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A lady at Firefly is in need of a casual driver to take her to medical appointments, food shopping, the NABIAC pool (when it reopens) for therapeutic swims and other necessary trips she needs to make.

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