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Ben Strange

Lic 95657c

m: 0418 285 951 e: iroofandgutter@outlook.com

Editorial.

Hi all,

I chose the koala for this Christmas's front page after reading an article in Reader Digest about the fires on Kangaroo Island last Christmas. I was shock to read over 45,000 koalas are thought to have perished, over half the population of them on the island. Also amazed as I didn't think we had that many of them left anywhere because of the virus the mainland ones are dying from. Apparently as they have no predators there they are quite prevalent, along with kangaroos and other native animals. The devastation there wiped out half the island and a huge number of other natives besides the koalas.

I hope we have a cool, summer this year. We need to be able to look forward to new year without the ghastly repercussions of the last year. Just want to forget 2020 altogether!

You will notice that Connect 3 has retired from the village and I understand it has been bought by another estate agency. Things are

Their building, is now GREEN and Sharon from the Green House has taken it on to open a new gift shop filled with different homewares. Details of what will be there on page 15

Laura Pennington has started a new article for those interested in Holistic Nutrition and it includes healthy recipes. It is coming from the States while she is living there, so you have an international "reporter" now. We are spreading our wings!

I'll still stick in recipes for those who like meat and veg in various forms and naughty cakes and things -missed this month—no room!

As usual, paper isn't running to planned delivery. I just died on Saturday and Sunday from the heat and the computer got hot and was playing up so only a day late hopefully.

Haven't felt heat like that since my time as 'nanny' out west in a little 'town' called Nevertire. 110 fh out there in summer - hot & dry.

Forster & Tuncurry have cancelled their New Years Eve fireworks too big a problem with the Covid distancing rule and I bet it has also got to do with the worry of another Christmas like last year.

We have had virtually no rain (in my area at least) and the place is tinder dry with the trees all dropping leaves, bark and branches.

On a happy note, thank you to all of my advertisers, reporters, readers for your continued support.

All the best for a cold, wet Christmas and a virus free New Year. That's my wish anyway!

'til next year

Lyn & Tilley Cat & Timidthy







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MARKETS - December, 2020

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

Nabiac closed, back in January 2021

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, Buckinghams Real Estate, Nabiac on 6554 1107 Gordon Foy, 2949 Bucketts Way, Belbora on 6550 2547 or 0417 290 874 Julie Arnoux, 2 Cowper Street, Nabiac on 0434 253 266 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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For Sale, Wanted, Special Sizes etc. are charged by size of ad.







HAIR by Shaz hat, December is here already...what a year, so much has happened!

This year has almost ended and I'm sure a lot of you feel the same as we do here at the salon, where has the year gone, life seems to be so busy for everyone.

Karen, Cassie, and I would like to take this opportunity to wish all of our loyal clients a wonderful and safe Christmas with your family & friends and a big thank you for your continual support over this last year. We look forward to seeing you all back in the salon in 2021.

Have a happy and safe New Year.

The salon will be

CLOSED

XMAS DAY 25th DECEMBER, 2020

and will

REOPEN

Monday 11th JANUAR, 2021

Christmas Gift Vouchers are still available for Hair and Beauty.

Merry Christmas to you all, be safe and be happy and look forward to seeing you in 2021!

From Shaz, Karen & Cassie.xx

★Please note this is an *appointment only* salon now since covid19 and we are a covid safe salon.

So if needing an appointment please phone Shaz on 0410 541 672 and leave a message and she will return your call to make an appointment.:}

BUNYAH NEWS

'The Bunyah Hall Committee has reluctantly decided **not** to hold our usual Community Christmas Get-Together this year, due to the uncertainty surrounding events.

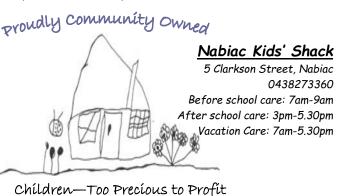
We wish our Community a Merry Christmas and a much brighter & happier New Year 202!!





37 Nabiac Street, Nabiac (02) 6554 1170

Open: 8.00am to 6.00pm



What's happening at Nabiac Preschool...

Sophie has left her Director role at Preschool and we would like to announce our new Director is *Karen*. Karen has

worked at Nabiac Preschool for just over 10 years. She has a great knowledge of the centre and the community.

Sophie wanted to say Goodbye and a massive thank you to the Nabiac community for being so welcoming over her 4.5 years at Preschool.

We would like to wish all our families a very Merry Christmas and amazing New Year. Everyone deserves it after the year that was 2020.

Our enrolments are open 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 and some days are full 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

habiacplaygroup

keep up to date with all the important information.



nabiac@hotmail.com 65541170





1/1 Nabiac Street, Nabiac NSW 2312

T: (02) 6554 1511 F: (02) 6554 1911

E: nabpharm@ nunet.com.au

■@nabiacpharmacy alliancepharmacy.com.au



Nabiac Pharmacy News



Summer is here!

To all our customers and patients please stay cool, it's about to get unhealthily hot. Please, if you are older do not venture outside between 10am and 4pm on extreme heat days.

Mosquitos are our enemy! After it finally rained earlier this year we had the plague of mossies that most of us will remember. Really concerningly is that the amount of people who have been infected with Ross River Fever has increased dramatically. It only takes one bite from these little buggers to contract the virus. Prevention is definitely the best things to do;

- cover-up with a loose-fitting long sleeved shirt and long pants when outside
- apply mosquito repellent to exposed skin
- take special care during peak mosquito biting hours, especially around dawn and dusk
- remove potential mosquito breeding sites from around the home and screen windows and doors
- take extra precautions when travelling or camping in areas with a higher risk of mosquito-borne diseases.

Each year Nabiac Pharmacy has a Christmas party to thank all those who have supported us throughout the year. Because of COVID restrictions this will be a little different with celebrations moved mostly outside. We will be having lucky doors prizes, specials and other giveaways.

We are also combining with FoodWorks to provide a free sausage sizzle for the evening, on the 17th of December which is also the night of the Nabiac Village Christmas Party. We would love to see you on the night between 5 and 7pm.

Tim



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NEWSAGENCY - LIQUOR SUPPLY

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Thank you

PHONE: 6554 1211

Thank you to all of our wonderful customers who have supported us through drought, fires and COVID. By shopping locally, you have **enabled** us to stay open and continue to employ our regular staff.

To our staff, thank you, you have taken on the extra responsibility of keeping our customers and ourselves safe.

Wayne, our staff and I wish you all a very Merry Christmas, we hope that you are able to spend it with loved ones enjoying good food and company

We wish you
a healthy and happy
2021

Modern Motors Christmas Wish

Well, what a year

We would like to extend our very best wishes to everyone in our community for the Festive season

Eat, Drink and be merry and most importantly stay safe.

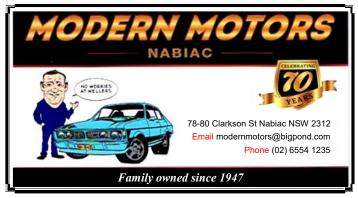
See you all in the New Year.

Join us for our Christmas Party at the workshop on Thursday 17th December from 5pm

Modern Motors will be closed for the Public holidays over the festive season.

Phone 6554 1235 for an appointment.

Festive wishes, David, Wendy Mitch and Hayley.







his last edition of Across the Fence for 2020 brings summer greetings to all our Nabiac Library volunteers, members and friends. If the high temperatures over the last few days of spring are any indicator, we may be experiencing a long hot summer. Let's hope not! Thankfully our dams are full and the paddocks have had good growth. A tropical summer maybe?

It has been a crazy year with the Covid pandemic and all its ramifications. We have developed a whole new lexicon of vocabulary and way of operating in our country. It never ceases to amaze how quickly we as Australians can adapt to our new circumstances and just get on with life with the ever changing guidelines and circumstances. It must be that underlying Aussie belief of "She'll be right mate!"

It is hard to believe that 2020 is almost over and that we only have less than a month until Christmas and the fabulous festive season. This means you will need to get into our lovely Nabiac Library in the next few weeks to stock up on your Christmas reading and viewing.

<u>Dates for Nabiac Library opening over the Summer season.</u>

Nabiac Library will be closed on **Saturday 19th December** for system upgrades. This means that the last date we will be open on a Saturday before Xmas-New Year closure will be 12/12/2020.

XMAS NEW YEAR DATES

Nabiac Library closed: 11am Thursday 24th December 2020 Re-Opens: Monday 4th January 3pm

Summer School Holiday Activities

We are very lucky to be able to hold in person school holiday events across the library service. Nabiac will be holding two events during early January. The program doesn't go out till mid-December, bookings need to be made on the library website as per normal. Due to COVID there will be strict numbers of people allowed in the library during the events.

Please, please keep following the Midcoast libraries website to see what is available over the Summer months and book accordingly.

Summer Reading Club

The Midcoast library service will also be holding the Summer Reading Club over the holidays and which will start on the 1st December. There is some more info on the website.

https://library.midcoast.nsw.gov.au/Home/Featured-Content/Summer-Reading-Club-2020/The-Summer-Reading-Club-Tales-of-Wonder-ison-its-way

May we say a huge thank you to all our wonderful Nabiac Library members for making Nabiac Library a place to share friendship and a love of books, videos and just catching up!

This wishes all our members, staff, volunteers and friends a very safe and happy festive season with family and friends. Looking forward to a new and better year in 2021.



P & B Calder

Painting

.ic. No R74455

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ABIAC

Nabiac Village Futures Group

Town Creek Funding

Many residents have complained about the condition of the Creek, especially the amount of weeds in the area between the Clarkson Street bridge next to the Bakery and the little footbridge next to Vintage Magnolia. Over recent years a flood study and a plan have been put together for Town Creek.

MidCoast Council now have funding (just for this section, other sections will come later), to remove the weeds, and to plant trees and shrubs along the banks. The Neighbourhood Centre has agreed to fund some plants and seating in this area. We will soon meet with Council staff to discuss the project. Keep an eye out in the New Year for some activity in this area.

Community Concerns about Nabiac Highway Service Centre Proposal

This week residents have been expressing their concerns on Facebook about a proposal for traffic exiting to travel north in the area from the proposed new Highway Service Centre (the old caravan park) including traffic exiting from Woosters Lane.

We wrote to Greater Taree City Council in 2012, 2013 and 2015 and followed the court case in the Land and Environment Court. Our main concern has been highway safety, especially the traffic from the Service Centre entering the highway and the effect on the Dibbs Street intersection. We have continued to be in contact with NSW Roads and Maritime and MidCoast Council.

It appears that Council will make this decision about the Highway.

If you object to this proposal please follow the links on the Council website to add your comments.

Pedestrian Access and Mobility Plan/Bike Plan

The aim of the plan is to improve pedestrian access, accessible footpaths, shared pathways, cycleways, bike facilities to ensure effective links for communities.

Some issues raised at the Nabiac community consultation were the:

- lack of pathways in Nabiac and the lack of their connection throughout the town;
- unsafeness of the middle of town with pedestrians, parking, visitors and fast travelling vehicles coming off the highway into a very busy town centre;
- opportunities to connect the town, the creeks and the river with cycleways and walkways.

The plan is now on public exhibition. You can have your say on the MidCoast Council website until 22nd December.

https://www.midcoast.nsw.gov.au/Have-Your-Say/Pedestrian-Access-and-Mobility-Plan-Bike-Plan

Louise Collins,

Secretary NVFG Ph: 0409 585 635



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MINIMBAH MATTERS

Minimbah Rural Fire Brigade Members were recently awarded with the

"NSW Premier's Bushfire Emergency Citation for their contribution and service to the NSW Bushfires 2019-2020 emergency response."





Three Members were unable to attend the presentation but 15 Citations were awarded.

While there are only 12 Members in the photo, their years of service are well over 200.

Five caps. Three generations.



With three generations making an exceptional community contribution over more than 34 years, the **Johnson family** received five Citations. Unfortunately, two of *Verena*'s grandchildren were unable to be attend the presentation.

The presentation was followed by our Monthly Meeting and then some special first aid training on administering Cardio Pulmonary Resuscitation (CPR) and using an Automated External Defibrillator (AED).



One person performs CPR while the other connects the AED to the patient.

The Community may not be aware of this, but we do have an AED in our Fire Truck. This is not abuse or cruelty.

If a baby is choking, put it over your knee and gently pat it on the back.
Remember patting or rubbing their back after each feed to bring up their wind?
Aah, memories.



If your house or property has a water source, such as a swimming pool, tank or dam, and in an emergency you are prepared to have the RFS access the water, you can assist firefighters by prominently displaying an SWS plate at your property boundary so that it is readily visible from the road.

Should you be able to help us out in this regard, please let the Brigade know by email to minimbahrfb@hotmail.com

Thank you. We can't get by without you.

Our thanks go to Lyn for the opportunity to keep in touch with our Community through her wonderful publication. Because we have a large, diverse and relatively sparse Brigade area, one-size-fits-all does not apply when it comes to communication, so over the years we have come to rely on Lyn and her *Across the Fence* to get our message out.

A special message we wish to extend to all of you, is thank you so much for your support, be it financial, physical or emotional, over the past year. It is a much calmer neighbourhood than it was 12 months ago, but we are very mindful of what a few hot, dry and windy days will do to long grass. Complacency can be our enemy.

NSW RFS Mid Coast District Office 1300 643 262



Report unattended fires to Triple Zero

To each and every one, we wish you a very happy Christmas and a New Year

that is much less memorable (for all the right reasons) than 2020 has been.

Across The Fence - December, 2020 - Page 6

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

I'd like to take this opportunity to wish everyone a Very Merry Christmas and a safe and healthy New Year in 2021.

A friendly reminder that the Op Shop and Shed will be closed Wednesday 2nd December 2020 and closing early on 11th December at 11.00am for our Christmas Party.

CHRISTMAS CLOSURE:

The Op Shop will be closed on Monday 14th December, 2020 and reopening Monday 4th January, 2021.

Please no donations during this time of closure due to the fact that there will not be volunteers to process the donations. We will be having a much needed holiday.

Looking forward to seeing all our wonderful customer in 2021. Thankyou for your co-operation in advance.

Nabiac Second Chance Opportunity Shop – Annual Report 2020 for AGM 12th November 2020.

I would like to start by introducing myself. My name is *Kathryn Murphy* and I took on the position of co-ordinator of the Op Shop at the end of 2019, taking over from *Hannah* and *Graham Lindbeck*. I was then appointed manager at the February, 2020 committee meeting. *John Baker* is now the Co-ordinator in the shed.

The last 12 months unfortunately was effected by Fires and Covid19. Both coursing closures.

The Op Shop Closed due to Covid19 on 18th March, 2020 and Reopened 21st July 2020. All donations were put on hold during this period of closure.

During the four months the Op Shop and Shed were closed, a lot of cleaning up and reorganisation was able to take place. The transformation has improved the look and day to day running of the Op Shop and Shed.

Clothing storage was reduced dramatically as we had far too much stored. Some up to 4 years old. This excess was sent overseas through an agency called One Ten to help those less fortunate.

Making these changes left an empty room which will be taken over by *Petra* for extra storage.

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We now have summer and winter clothing available all year round in the On Shop.

We have separate rooms now for Men's clothing and for children and babies clothing. Both ladies clothing rooms remain the same.

The front room where the register is located was cleared of all clothing and the racking removed.

'Sneeze screens' were installed in both Shop and Shed at the cashiers point.

All the sliding windows at the front of the shop have had all the rubbers removed and replaced, the old tint removed and re tinted. Carpets were stretched and steam cleaned.

This was achieved with only a few volunteers due to Covid19 restrictions.

We had a big clean-up of the shed. The men did an amazing job. Now you can walk around and see everything on display. A few of our lady volunteers helped the men with cleaning up and organising displays, which was very much appreciated by the guys.

All this wouldn't have been possible to achieve if I didn't have the support of the wonderful volunteers who were able to come in to help during our closure. Due to Covid19 we were limited to numbers.

We have had many compliments about how clean, tidy and organised everything is looking in the Shop and Shed.

A Covid 19 Safety Plan was registered with Service NSW and is up and running well.

The Op Shop and Shed is closed the first Wednesday of every month for restocking and a general tidying up. These days have been very successful. The Op Shop now has 36 volunteers.

In the time we have been re-opened to the end of October the sales have been fantastic, a total of \$32,000.00.

It just goes to show that our Op Shop is loved by all.

We have some very generous people in our community. *Tim,* from the chemist, has donated sanitiser and masks for volunteers and customers. *Maz Delamotte* donated 2,000 degradable plastic bags for use in the Op Shop.

Kathryn and all the amazing volunteers from Nabiac Second Chance Op Shop.

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_WALLAMBA CWA REPORT

Not long to go now till the end of 2020, a year that most would like to forget about what with bushfires, drought and Covid-19 but as they say "life must go on" and so it has for members of Wallamba CWA Branch.

The November meeting saw an almost 100% attendance with 13 of our 15 members present, together with a visitor soon to be member, when the Branch met again in the Nabiac Community Church Hall on November 10th.

Following the opening formalities the members paused to remember departed locals including *Colin Schlenert* and *Geoff Paterson* who were buried at Krambach Cemetery, a lovely lady *Irene Jones* who was a frequent visitor at Wallamba's International Days and notable personalities *Jeanie Little* and *Sean Connery*. Following the minutes silence President *Margaret Weller* reflected on what a minutes silence means, to be silent and still and have time to think about things.

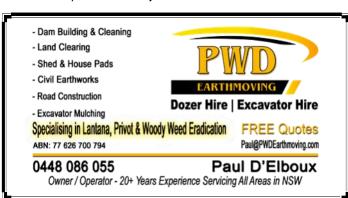
Penny Britton provided our thought this meeting and it was a quote from Winnie the Pooh "Life is a journey to be experienced – not a problem to be solved". Beth to bring along thought for December.

Business arising concentrated on the Group Conference which was hosted at Kendall Services Club by the Kendall branch and was officially opened by Past State President *Margaret Roberts* OAM. Mrs Roberts spoke about CWA members being like gemstones: Diamonds, Pearls and Opals which was very interesting.

Wallamba was represented at the Conference by member Penny Britton, outgoing Group Vice President but came home at Group Cultural Officer. Penny put forward Wallamba Branch's proposal for Country of Study Cambodia, Medical Research – Celiac Disease and Primary Product of Boutique and handmade Cheeses. From the Group Conference the successful submissions go to State Conference 2021 where they will then be selected.

The Group Council meeting was held on Thursday November 26th at Macksville, but due to Covid-19 restrictions the Cookery section was cancelled, so the Branch had their own little Banana Bread Loaf competition conduction by our Branch Cookery Officer *Jean Price*, who was pleased to see 9 entries and following cutting and small taste test the members choice was taken out by member *Beth*

We were sorry Treasurer *Mary* wasn't able to with us due to husband





Barry being unwell, so her assistant, **Jill Hammond**, filled the position and presented the Financial report which has remained much the same for the last few months due to not being able to have any functions etc., including our International Day which this year would have been on Ecuador.

Merle, our Handicraft Officer, has managed to conduct a couple of workshops at her home when ladies have been making aprons to the Group competition next year and the end result has been most impressive.

Penny had been invited to chair neighbouring Bulahdelah's AGM and was given an unseal shopping/Library bag made from a souvenir teatowel with the Branch's name embroidered on it. As a result of this idea Merle & Penny have asked members to bring ideas of what else can be made from tea-towels.

Penny's segment on International Work highlighted the need for Baby and Mother Packs that are needed for the Women in Papua New Guinea which we studied this year. Penny had a list of items which are needed and the ladies are hoping to make up some of them soon. There is also a list of School Packs for school children and members will look into these as well and keep an eye out when the 'Back to School" items come on special at the department stores to fill a number of bags to send off.

Our Assistant Ag & Environment Officer, *Ruth*, had done a wonderful job of compiling scrapbooks for our topics this year – last meeting she showed us the one on Waratahs and November meeting it was time to have a look at her work done on Whales – absolutely outstanding. One more topic to go into book form and this is on Wild Dogs and we look forward to seeing the progress on it at the December meeting.

Christmas decorations, song/skit or poems will be our Cultural topic for December and this got members talking on the changes of sending Christmas cards — no so many these days due to electronic devices becoming popular and the ever increasing costs to purchase and post them off. Member Jill brought in a small collection of photos that had been taken over the years of events held in Nabiac and it brought back many memories of some great times had.

There was very little for our Catering Officer, Beth, to report on as it was decided that due to the difficulties we would have our Christmas lunch at the Nabiac Hotel in the outdoor garden area following the closing of the December meeting – thus making it easier for the members and a break from providing the goodies which I am sure we will all miss.

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Happy birthday wishes were extended to members Penny Britton for her day on November 13th, to *Lyn Matthews* who celebrated on the 8th, as well as her and husband *Rev Phil's* wedding anniversary also on the 8th and to former member, *Norma Frieden* (who now lives on the North Coast) and celebrated another birthday on November 9th. I do hope ladies, that you all had a very happy day with lots of spoiling taking place from

The meeting closed at 12 noon after which the Banana Bread was judged before members enjoyed their lunch.

The December meeting will be held again at the Nabiac Community Church Hall on Tuesday 8^{th} after which members will move to the Nabiac Hotel to enjoy their Christmas lunch get together.

Christmas Greetings to all from Wallamba CWA and may 2021 be a far better year.



Jean Price Judging the Banana Bread

Pam Muxlow

the family.

Publicity Officer - Wallamba CWA

Nabiac Memorial Neighbourhood Centre

Nabiac Fun Run Signs

Many in the community will remember the Nabiac Fun Run fundraising from 1989 for 14 years till 2002. These wonderful people raised \$151,505.22, that was donated to children's hospital facilities at Westmead and Taree. That's a big effort, considering that the local pool fundraising overlapped these years.

These signs were displayed in the foyer of the Showground Hall and are now off the wall, stacked with chairs and tables at the rear of the room.



The photos and lists of names are looking tatty and worse for wear. We hope to preserve the information and have it displayed. One suggestion is that the displays could be moved to the Neighbourhood Centre as a display of the fundraising efforts of volunteers in our community and information could be uploaded onto our website nabiac.com



If you'd like to comment or share some information please contact us or pass on a message through the Op Shop.

Annual General Meeting

Our new Committee was elected on 12th November – *Kit Carson, Colin Henderson, Ross Dearing, Louise Collins, Kathryn Murphy, John Baker, Christal Pearce, Ann Newlan and Judd Barker.* We are looking forward to another productive year.

Nabiac Pool

The Roll of Honour displayed near the pool entry, listing those who contributed to the building of the pool, is to made into a more durable and permanent sign. Names that were previously omitted will be added. Funding for an extra Shade Sail: We have applied to the NSW Government for funding for a sail to provide much needed permanent shade at the pool. The outcome of the application is not yet known.

Louise Collins

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





HANDY ANDY



- Odd jobsRubbish
- Yard work
- Painting
- Mowing
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Nabiac Landcare

The temperature is rising and Nabiac Landcare members are looking forward to their summer break. When I was writing my President's report for our AGM is was pleased to report that our members had contributed 1300 hours of volunteer work to their local community. Activities included weeding in the local reserves, plant propagation and maintenance and education.

We are now working at the Lilypilly Bend reserve after doing thorough follow up weeding at the Bullock Wharf reserve and the small block by the Catholic church.

Two weeds have attracted my attention in the past few weeks, Formosa Lily (Lilium formosanum) and Micky Mouse bush (Ochna serrulata).



Taiwan or Formosa Lily is the white lily that will be showing it's face along the highways soon. It is considered an environmental weed. In the past 40 years the Formosa lily has spread all along the Pacific Highway. It sets many winged seeds that are carried by the wind and stirred up by passing traffic. We find it well into the

reserves where we work, possibly carried by vehicles. What ever you do, don't be tempted to gather up a few seeds for your garden or attempt to transplant it. It is difficult to remove. Don't pull it because the bulb is composed of many small scales each of which will grow if left in the soil. So it's dig, dig, dig. Dispose of bulbs and seeds by bagging and placing in the red bin. For more information: NSW Weed-Wise

What colours do you associate with Micky Mouse? Black, red and yellow? That's Micky Mouse Bush in a nutshell; yellow flowers, followed by juicy black seeds set very attractively on swollen red sepals! Micky Mouse bush is an old fashioned garden plant that has escaped into the local bush. Birds will spread the seeds from your garden to the surrounding area. It is setting seed at the moment. It is a very tough plant to kill and even small seedlings can be hard













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to pull because their kinked roots seem to go 'all the way to China'. For more information the Midcoast Council's website. Ochna - Mickey Mouse Plant - MidCoast Council (nsw.gov.au)

The Midcoast Council's website has a lot of information and links for information about environmental weeds and weed control. Weed Management - MidCoast Council (nsw.gov.au) A very handy booklet is available to download. Garden Escapees and Other Weeds of Bushland and Reserves (2015)(PDF, 18MB) (nsw.gov.au) It has great pictures and information on physical and chemical control of weeds. I believe the hard copy is currently out of print. Another great resource is the Grow Me Instead website. New South Wales | Grow Me Instead. It not only contains information on weeds and weed control but also on better plants for your garden to replace those pesky ones that are environmental weeds.

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. Stay cool, put your feet up and take advantage of the resources mentioned in this article. Most of all enjoy the local bush!

Liz Rees 6554 3196

The Christmas wreath is a symbol of love and eternal life.



The Christmas wreath is representative of the crown of thorns that Jesus wore. Eventually, the colours of Christmas - red, green and gold were added. Red is said to represent the blood of Jesus, green is supposed to symbolize life, and gold stands for royalty and light. And

the evergreen foliage used to make Christmas wreaths symbolises the continuity of life and nature even in the darkest days of winters.

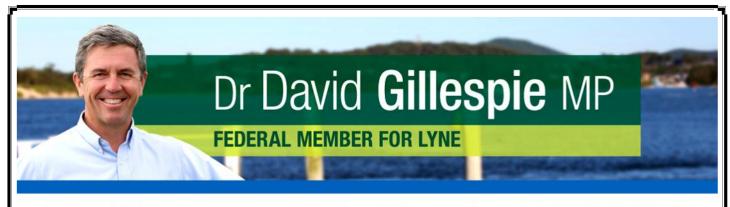
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2020 has been a year that none of us will forget. After fires, floods and drought, our country was hit by COVID-19.

Tragically, lives and livelihoods have been lost. Australians are resilient and as we work together side by side, we are rebuilding. The year seems like it has flown, but as we approach Christmas, we should take time to reflect on those Australians who are doing it very tough, through no fault of their own.

Christmas is a wonderful time of the year, a time to give thanks for our family, friends, and look forward to the year ahead. We should all take the opportunity this festive season to get out and about and spend quality time enjoying the very best our region has to offer, our surfing beaches, scenic coastal walks and magnificent hinterland.

For some, Christmas can be a lonely time of the year. If you know someone who might be on their own, please take the time to reach out and wish them a happy Christmas.

Finally, on behalf of Charlotte and I, from our family to yours, may we wish you a very happy, holy and safe Christmas, and all the very best for 2021.



NABIAC PRIORITIES PROGRESS WITH FUNDING FOR CREEK RESTORATION

Priority projects for residents in Nabiac can now go ahead with the announcement of \$300,000 of funding towards restoration of the creek, a new shade sail over the playground and improvements in the Nabiac area. This is another important project the local community identified in our Vision 2030 Plan Survey and I'm delighted the Federal Government has been able to contribute to the revitalisation.

The community has been wanting to make the area more appealing and functional for visitors off the highway, and that what we want to achieve. Designs for the creek restoration are already complete and these works together will the new shade sail is programmed for the first half of next year.

Further work will be done to build on community suggestions for improvements to the CBD, in particular to improve the appeal and opportunity for RV parking. The new shade sails will be positioned to cover the playground for the majority of the day, the sail material will still let rain through but block the majority of UV radiation. MidCoast Council are hoping to finalise concepts plans for what the Nabiac village centre could look like in the future and then implement some of the lower cost actions in the short term. Funding for these works is funded by the Australian Governments Local Roads and Community Infrastructure Program.

Dr David Gillespie MP

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E Christmas Movie Night

Free Family Movie 'The Star'

Where? Krambach Public School, When? Sunday 20th December @ 7-30pm

Due to Covid please bring your own chair and snacks

Hopefully if restrictions ease we may be able to sing some Carols!

Hosted by Krambach Bible Church

Any Questions: Ring *Robert 0400 310 357* or Dennis 0422 459 549 @

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Christmas



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Show News

No Wallamba District Show in 2021

With the Show's long tradition of running for 108 years this was a difficult decision to make. Rest assured it was taken with the health and wellbeing of the community being our primary concern.

Following numerous discussions with community members and meetings of the Wallamba District Show Committee and members we have reluctantly come to the decision to not hold the 2021 Show.

Discussions were informed, having read all of the guidelines issued by NSW Health, including the newly released COVID-19 Safety Plan – Regional Agricultural Shows.

In light of the conditions the committee was not confident that we could comply with the extensive health and safety protocols required to keep all parties safe.

The issues that caused the greatest amount of concern were;

- controlling patrons into and through the Exhibits Hall, Produce Shed and Poultry Shed. This is due to the 4sqm rule still being enforced.
- seating capacity in the Luncheon room reduced to 25% of normal.
- unidirectional traffic flows throughout the buildings and grounds.
- managing physical distancing for people waiting to enter or exit areas.
- high levels of cleaning and sanitising required of all hard surfaces.

Rest assured, the Wallamba District Show committee and members will now focus on planning and delivering an even better event for you on Saturday 19th March 2022.

On a positive note, there is good news on our fifth grant application.

Community Building Partnership Grant

The Wallamba District Show committee have again been successfully in applying for funds to continue the upgrading of facilities at the Nabiac Showground.

Under the banner of the Community Building Partnership 2020 funding round, we have received \$19,600 towards the purchase of a mobile grandstand to seat 55 people.

The need to upgrade seating around the main ring is an issue regularly raised with committee members by visitors to the grounds. This is especially evident during the annual show where the planned expansion of evening family activities is hampered by the lack of available safe and comfortable seating.

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Being mounted on a towable sled base and of aluminium construction, it also offers the opportunity for other community groups to move this seating to a viewing area within the ground that is best suited to the activity been under-

taken. Spectators can then be safely directed to seating close to the action.

As soon as the funds are in our account, we will place our order for the grandstand and as it comes from the manufacturer in a



flat pack form, a working bee will be organised to assemble it.

Once again our local member for Myall Lakes, *Stephen Bromhead*, strongly supported our application, met with the committee to get a good understanding of the need for the grandstand and championed our case. Many thanks to Steve.

Let's all join in farewelling 2020, having a happy and safe Christmas, joyous New Year and positive 2021.

Sally Henderson Secretary 0420 397 463

Vale for Irene Jones

Another Senior Resident of Nabiac has sadly passed away - My Mum -In-Law Irene Jones.

Irene and Don Jones moved to Nabiac in early 1980. Irene was involved in many Clubs/Groups within Nabiac. She competed for many years in the Nabiac Dart Club and was Treasurer for the Wallamba Seniors Group also for many years. She Volunteered at Nabiac Meals On Wheels and Nabiac Op Shop and was also a member of Krambach Card Club.

Irene was a Devoted and Loving Mother of 6, Grandma to 15 Grandchildren and Great Grandma to 22.

She was Dearly Loved and will missed by her Family and Friends.

Irene's Family would like to say Thank You for the Lovely Sympathy Cards and Condolences which we have received and Dearly Appreciate.

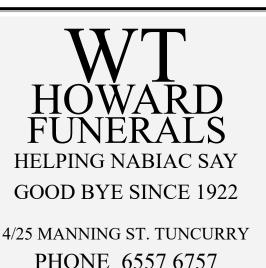
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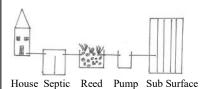
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Tank

reenhouse/collective Homewares have always been a passion of mine, I'm a sucker for all things beautiful. One may even go as far as to say, "I'm an expert shopper, with experience both here and abroad". All jokes aside how

ever, we are super excited to announce the opening of the Greenhouse Collective Nabiac.

The Greenhouse Cafe has always had a small collection of homewares and gifting items that have proven to be very popular with our customers. However, with our food service becoming increasingly demanding, it seemed only logical to move our homewares component next door and expand our range.

Home is where the heart is, and whether you're wanting to update your humble abode or you're just dropping by for a visit, the Greenhouse Collective is the kind of one-stop shop you'll adore. You'll find a stunning collection of statement furniture and homewares, plus plenty of gifts and breezy fashion pieces to make any last-minute present-buying situation a total breeze.

Here, all of your homeware dreams have come true. Our store is driven by a desire for thoughtful, timeless, and sustainable design. We want to showcase true craftsmanship, signature style pieces that speak quality. No fast fashion here.

Our products are sourced locally and abroad and feature exclusive brands such as Bemboka, a quality-driven, premium Australian linen designer, French Country Collections and Coast to Coast.



We will also be stocking ladies fashion. Original handmade designer bags by Kali and light and breezy Italian linen wear by Genison.

We haven't forgotten about the kiddies. Cutsey Wootsy is in store and features soft, cuddly, cute, loving little creatures and comfort blankets.

After the perfect gift? We have Australian made Beeswax candles, oils and a gourmet food selection from Tasteology and From Our Farm available.

In the future, we would also like to introduce a creative space with workshops on offer. Here, the community and like minded souls can come together and get creative.

Last but not least, it's been a hectic few months renovating, styling and merchandising. A huge team effort has been put in, getting this store ready. Some special thank-you's to Rod Thomas from RJ and CL Thomas, our local carpenter. Tash from a Splash of Colour, Delwyn Thomas and Stef to name a few.

To our community, we thank you for your ongoing support and look forward to sharing this exciting new venture with you.









Nabiac Farmer's Market

Nabiac Showground 8am-Midday. - Last Saturday of each month, (except December).



Locally produced:

*Unique artisan wares *children's clothes *fresh produce, *flowers
*wine *cheese *plants *culinary delights *fresh lemonade *kombucha
*pasture-raised meat & eggs *honey *coffee *massage *plants

*garden art *chooks

*market BBQ *yummy food to take-away.



A year in review:

Despite the challenging year, Nabiac Farmer's Market is still thriving and has shown great resilience, reflected by the amazing people in our community. It's fantastic how market visitors have supported the necessary new guidelines.

Moving forward, the committee are:

- Continuing the journey toward no plastics and promoting an eco-friendly ethos.
- Continually re-assessing Covid 19 guidelines, including social distancing, live music, use of the hall, sign in sheet and Shop & Go.
- Looking for growth in the number of stalls, always sourcing more fresh local produce.

Stall holder feature:

Australian Extreme Chilli Condiments - Rob Dunn and family.



The seeds of passion for chillis were sown during ten years in the hospitality industry. Rob's long-term love of this bright vegetable has morphed into an array of fine fiery, sauces, which have a huge following, both locally and afar.

Jordon, Rob, Rachel, Sophie

I remember Rob showing us his chilli plants way back in 2010, when he was trialing different varieties to create the perfect blends, ready for launching AECC in 2014.

Rob's award-winning products are gluten free, vegan friendly and totally natural. They feature home-grown and locally sourced ingredients, created in small batches, to ensure quality and freshness.

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The flavoursome products include BBQ rubs, sauces and chilli-infused salts, all 100% Australian. The family-run business operates from Krambach on the mid north coast. Rob's wife, Rachel, creates beautifully hand-crafted aprons and hand-towels, which are such a lovely complement to the delicious sauces.

Rob's chilli products have a presence all around NSW, via market stalls, festivals and cafes. Check out the

website or contact Rob for stockists. He'll be at Gloucester Farmers' Market on Saturday December 12th. A great opportunity for some Christmas shopping.

Contact <u>www.australianchillicondiments.com</u> Find AECC on Facebook.

Local Stockist include - *Greenhouse Café, Nabiac; Griffos Gourmet Meats, Nabiac; Commercial Hotel, Krambach; Bluegums On Bucketts, Krambach; Roundabout Inn, Gloucester; Manning Mowers, BBQ & Heating, Taree and Gourmet Butchers, Old Bar.*

From the Nabiac Market Committee, Merry Christmas everyone and Best Wishes for the Festive Season. Thank you to all our producers and customers.











See you at the next market, Saturday 30th January. Come early to beat the heat. Remember your cool bags, & trolley and to "Shop and Co"!

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 and Facebook.

Thank you – market committee.

By Laura Pennington ©







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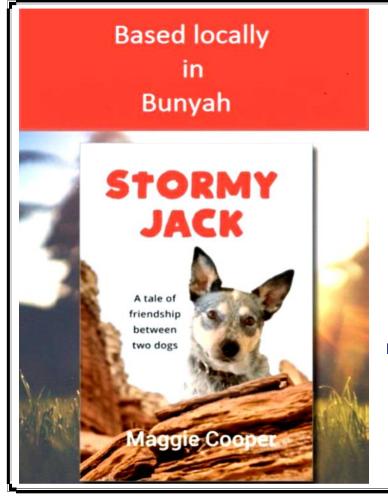








Did you know, Christmas trees were first used by the ancient Egyptians & Romans



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Artists of Wallamba Inspire ~ Create ~ Connect

As we draw to the end of the year, some Artists of Wallamba have reflected on how they have benefited from being a member of the group.

"AOW provides me with a wonderful opportunity to share with a diverse group of fellow artists. Producing art in isolation does not allow my creative thoughts and inspiration to flourish. I particularly value the times we workshop together. This year has seen me continue with portraiture, expanding into some slightly more serious pieces, and exploring acrylics and soft pastels. I have even begun to create a slightly less 'makeshift' studio space for myself" Beate

"I've been a member of AOW for 2 years now. In that time, I have learned so much about materials, techniques, presentation and styles, whilst enjoying great company. My confidence has grown heaps. Thank you AOW!" *Diane*

Artists of Wallamba supplies my every artistic need: passion; friendship, creativity, inspiration - what more could you want? ② *Jeri*

"I have loved the past nearly-three years as a member of AOW. The Facebook page is brilliant with so many posting ideas, inspirations, exhibitions, competitions and their own work. With 60 members, there is always such a diversity of conversation and opinion. Even better are the face-to-face meetings – lots of fun, laughter, great



food, sharing of techniques, materials and inspiration! AOW has provided the opportunity for many of us to stage group and collaborative exhibitions and to learn so much from each other!" Kate 'Passionfruit in my studio, late afternoon' Acrylic paint, Kate Landsberry



Three great exhibitions at Manning Regional Gallery: 'Packed, Lost, Found'. The exhibition includes stories of local people, their experiences, what they packed, what they lost and what they found during the 2019 Bushfires on the Mid North



Coast. An exhibition for the family which runs throughout the school holidays, until February 2021.

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

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 until 13 December.

'Nest We Share' also runs until the same date and explores "Materials, Relationships and Connectedness; what it means to be a part of something and what it means to be Apart". A diverse exhibition by 3 talented artists, Sam Everette, Kevin Griffiths and Jana Pearceova.



Coming up at Gloucester Art Gallery ec0centric – a collaborative group and members of Artists of Wallamba present *Habitat – An Exhibition Honouring Nature.* The exhibition opens 30th

December and runs for 3 weeks. It will be a diverse body of work presented by Philippa Bird, Ariane Bell,

Susie Oldfield, Carmel Spark and Kate Landsberry featuring sculpture, ceramics, fibre art, paintings, drawings, printmaking and more! A major theme is endangered species of flora and fauna. This is one of many collaborative exhibitions we hope will develop between different members of AOW during 2021





Philippa Bird

Susie Oldfield

The Pop-Up Gallery continues at **Earth Body Soul** and we thank Jeff Chant for ongoing support and exhibiting space. 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 \rightarrow



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For more information, contact us at Irlen Dyslexia Centre Taree on 0409 653 700.



MERRY CHRISTMAS AND HAPPY NEW YEAR EVERYONE!!!





→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.

We wish you a happy, healthy and creative Christmas time! Please call for details of our first meeting for 2021. 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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We wish to advise our customers of our Christmas Closing Times

24th DEC 2020 to 4th JAN 2021

And would like to wish all of our customers a wonderful Christmas and a Happy New Year

Paul & Sandy

2 Quick Notes.

- **1. Jamie Bryen WILL NOT** be appearing at the Krambach Hotel on the 5th as advertised in November's issue. Don't know why, or if the Night will go ahead, you will have to contact the pub.
- 2. MidCoast Council has postponed the annual New Year's Eve fireworks events in Taree and Forster due to the ongoing risks associated with large gatherings and COVID-19.

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Good health starts with the gut. Around 40% of Australians have a chronic illness. Many of which may be improved with good gut health

Trillions of bacteria, viruses and fungi live on or inside of us. Known as the gut microbiome, they form a complex eco-system that performs a wide range of functions in the body. They break down food, regulate the immune system and produce important nutrients.

Good gut bacteria ensure that the gut is nourished, protecting it from inflammation, reducing risk of cancer.

Hippocrates recognised the importance of the gut 2500 years ago! More recently scientific research has explored the relationship of the gut to the brain and how the health of our gut micro-biome influences so many health outcomes.

There are some common gut conditions, such as bloating etc. Many people find certain foods hard to digest, for a variety of reasons, including: Stress; food intolerance; lack of fibre, water, or exercise; a reduced variety in gut microbiome; or other unique reasons.



There is also a raft of chronic illnesses which may be caused, at least in part, by reduced gut micro-biome. These include: Asthma, diabetes, heart disease, cancer, Parkinson's and depression. The good gut bacteria are your best friends, so feed them well.



Good gut foods:
Sauerkraut - Sweet potato- Peas Ginger – Tamari – Garlic- Raw
honey - Natural yoghurt - Rocket –
Kefir -Turmeric – Kombucha –
Legumes - Almonds – Bone broth –
Leafy greens – Artichokes – sprouts.

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If you're seeking better health, check out the following gut-health check-list:

FIBRE - 30 grams per day: Veggies, fruit, nuts, seeds, wholegrains and legumes. Gut bacteria feed on fibre, producing more good bacteria. Fibre removes toxins and reduces risk of chronic illness.

VEGGIES & FRUIT – Source natural as possible. Eat the rainbow to gain micro-nutrients, which help absorb nutrients from proteins

RAW & COOKED FOODS - EG: Raw spinach has iron and vitamin C, however, can be harder to digest, due to oxalates. Cooking reduces oxalates, however cooking also depletes the vitamin C!

OLIVE OIL - polyphenols (antioxidants), a healthy fat & antiinflammatory, use cold, virgin, cold pressed. Drizzle on salads and plated meals.

AVOID SUGAR - It makes the good gut bugs sad.

CUT OUT REFINED CARBOHYDRATES - Processed foods.

EXERCISE - Aids digestion, boosts mood and heart health.

FERMENTED/PROBIOTIC FOODS - Sauerkraut, kefir, kombucha, probiotic drinks (with the mother), quality sour dough bread, natural yoghurt, tamari.

PREBIOTIC FOODS - Jerusalem artichoke, apples, leeks, broccoli, garlic.

LEGUMES- beans, lentils, peas. Packed with fibre and protein.

Soak, cook well and introduce in small amounts if you're not used to them.

POLYPHENOLS -(antioxidants)-berries, apples spinach, onion, asparagus, cloves, flax, dark chocolate and tea.

TURMERIC- anti-inflammatory. Add to eggs, soups, casseroles & stir-fries. Black pepper increases benefits of the curcumin.



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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

COOLONGOLOOK—PATRIOTIC DANCE AND COMMITTEE MEETING:

On the evening of the 6th a very successful dance was held in aid of the local Patriotic War Fund. Here was a big attendance and all had a good time. A sum of just over £11 was cleared for the effort. At the same time the committee met in Mr Thompson's club rooms which was generously made available for the purpose. There were delegates present from Coomba, Coolongolook, Willina, Wootton and Wang Wauk. The following members were selected to the committee in addition—Messrs N. Harwood, G.J. Gallagher, R. Harwood, P.C. Watson, E. Maybury, W. Smedley, Mrs Arch Worth and Mrs Stan

The main object of the meeting was for a date for the sale of cattle. It was decided to sell the cattle at Krambach on the 24th July and to send the pigs to either Hexham or Wingham. Mr H.H. Woodward offered to purchase any of the store pigs if required and to help in droving cattle. Messrs J. Newtown and Mr McDean also offered to help with the cattle. Some donors desired their gifts of cattle to be donated to the Government as a freewill gift to help in the war. This will be done. Others who wish the proceeds of the cattle to be donated should advise the collectors or the committee.

Many donors desire that their proceeds be used for the local Comforts Fund. It was decided that the purchase of wool for socks and scarves be done immediately. There is now on hand a list of ladies willing to help with the knitting who are advised to get in touch with Mrs McDean who is the Secretary.

There was a splendid response for the request for cattle pigs and other donations. Since the above list were made available collections have been busy and there are probably some collections which will be acknowledged later. The response has been gratifying. Mr H.H. Woodward intimated to the committee that his pig sties were available anytime they wanted pork.

A letter was received from Bunyah stating that Bunyah was joining up with Krambach. It was decided to ask that Mr J. Newtown's property on the Willina Road be the boundary and that Mr Newtown be included in the Coolongolook and district territory. The next meeting was set down for the 27th July at 8:30pm. It was decided to hold a dance at Wootton on the 13th

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SCHOOL CHILDENS' WAR EFFORT: The children of the school succeeded in raising the sum of £10 as freewill gift to the nation. This amount has been sent in.

<u>HALL BALL ON FRIDAY 12</u>th: There was a very large crowd in the hall in aid of improving the hall. The door takings amounted to £14 which gives such a large picture of the large crowd that was assembled and an excellent supper was provided.

GENERAL NEWS: There was a heavy frost on Saturday morning the 13th when some reported that tank taps were frozen. The weather remains mainly dry and pastures are in a bad state.

Mr E. Ward assisting teacher has resumed duties at the school.

RED CROSS BALL AND CONCERT: The Red Cross Ball and Concert was held on the 2nd August and was a great success. The hall was w August and was a great success. The hall was well filled and all had a good time. Rain began to fall in the evening which probably kept some away On the following night (Saturday) the hall was filled to over flowing for the concert in which both school pupils and adults took part. Rain started to fall in the afternoon and continued throughout the night but this did not prevent a large crowd from gathering. The items were well received although at times the rain on the roof made a few of the items hard to hear The Red Cross will benefit from these efforts by a goodly sum

PATRIOTIC AND WAR FUND MEETING

The usual meeting of the local Comforts Fund was held on the 14th August. There was a good attendance. The treasurer's report showed a good balance in the bank. It was decided to forward £6.11.00 to the Federal Treasurer being a gift from Mr T.S. Thompson on account of the sale of a beast. The question of amalgamation with the Patriotic Funds of the Wallamba watershed was brought forward and it was decided that as the local fund had already affiliated with Taree no change could be made at present. The president mentioned the matter of forming a War Savings Group for the purchase of War Saving Certificates. It was decided to defer the matter until the next meeting.



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COVERING ALL YOUR EXCAVATION NEEDS

OK, here we are at *de derrière* of 2020 and in truth it's been the backside of a year. That's not what I wanted to say here but if I did type what I thought, the editor of this highly acclaimed publication would have to delete it, so I'm staying on the correct side of the line. And while we're talking about the kind of year it was, hand up all you weirdos who live from week to week on what their horoscope says. Honestly now, how many of you read that COVID 19 was going to swoop in and hit us all for a six? Yep, just what I thought. Nobody saw it coming, not even Nostradamus! But, if you're reading this it means you've survived the epidemic - so far. 2021 has got to be bet-

REAL KULTCHA

As far as sport is concerned (and that's Australia's Real Kultcha, despite what the so-called educated hippies of the Arts world try to tell you) it's been a right proper bummer. Some events were cancelled such as the Tokyo Olympics (but they've been re-scheduled for next year) while many went ahead but with no attendees. That I recall, we didn't see a full stadium for anything until the third match of the Rugby League State Of Origin and it was great to see some normality finally reappear. Mind you, the game was a thrown back and by that I mean we (The Cockroaches) had lost the first game (in Adelaide) but then roared back to win the second in Sydney and were the favourites heading to Suncorp Stadium on November 18th. The bookies knew what was afoot though and they had The Canetoads outsiders at \$2.94 while money poured in for The Cockroaches (who started at near to \$1.43). It seems we never learn. When they put the Maroon jersey on *The Canetoads* seem to grow another leg and in front of the first full stadium this year, they belted us AGAIN. And that was bad enough but what I couldn't understand was the attitude of our coach, Brad Fittler. We've won the last couple of series and looked primed to do it again. But when we didn't, Brad seemed to be walking around with a too bad, who cares look when he should have been hurting. Coaches of losing Cockroach teams have been fired for less in the past and as far as I'm concerned, his job is on the line! Winners are grinners but

Something I failed to mention in the last paragraph of my last epistle was the existence of the WBBL. For those of you who've been living under a rock since COVID 19 dropped in, it's cricket's Women's Big Bash League and that's been bubbling along at a great rate for several weeks now. Sadly, by the time you read this, it will have finished but The Child Bride and I have been watching and the games have been

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amazing. All right, the field is slightly smaller and the bowling is certainly not as fast as in the men's game, but the batting (especially Alyssa Healy) made watching worthwhile. Some of the catches have been as good as in the men's game and (this really caught my attention) one of the players in one of the teams (so I didn't take notes – sue me) was a 15-year-old girl. 15 years old! When did they last (no, I'll say that again) when did they ever pick a 15-year-old boy to play in the BBL? Never, that's when. And did the young girl do any good? Did she ever! She batted, she bowled (took a couple of wickets, that I recall) and at no stage did she look over-awed. She looked as if she'd been born to be there. Will the BBL (that's the men's comp) ever pick somebody like that? Probably never!

The Child Bride and I have also been watching golf on Foxtel for sometime and the matches are coming from all over the world. Augusta certainly didn't look the picture it does when The Masters is played earlier in the year. To switch from a southern USA course that could feature an alligator wandering across a fairway to a match on a links course in Ireland or Scotland where there's a gale blowing and players have 3 or 4 layers of clothing on is fascinating. Of course, it all slips away to nothingness when you stand on the ninth tee at Bulahdelah (as I did t'other day) and can see the local mob of 30 or so kangaroos sitting in the shade of the fifth pine tree on the left oblivious to the fact they're at risk. Let's face it, anything forward of where my ball is teed up is possibly living on borrowed time. I'm quite confident of where I'd like my golf ball to go when I hit it. However, at this point in my game reality invariably drops in. How far it will go (can I make good contact), at what trajectory (straight up ["That'll bring rain!"], along the ground ["That's a worm burner!"] or even left or right (from experience, everybody in my group stands well behind me) are matters the Golf God seems to control and he can be a vindictive host. I don't think I hit any of the 'roos last week though they did seem to view me sourly as I passed shortly after!

Talk at you later, *Hillside Critic*



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A small community banding together, beating the Covid-19 blues.

Krambach Public School and the local community have rallied together to make a spectacular garden which has really lifted their spirits in the challenging times brought by the pandemic.

The garden was created after the school secured a NSW Education Sustainable School grant of \$4,750 late last year.

The farming community of Krambach had been hit with drought and endured scorching fires, but the grant was a chance to create a beautiful Sensory Garden in which students could rejuvenate, explore with their senses, learn about sustainability and discover.

The project had just got off the ground when Covid hit and parents and community were no longer able enter school grounds to help.



Despite the restrictions the relieving principal *Toni Johnson* and her staff at

Krambach PS had faith the project could reach completion.

Not being able to speak face to face, school newsletters, e-mails, phone calls, texts and social media messages became the new way to bring community together.

Families worked from home to create, make and support the garden in any way they could. Native bee hotel frames were built based on the Years 3-6 students' designs,

sunny stepping stones were cut and carefully painted,

hardwood signs made and colourful table toppers sewn.

The grant money stretched a long way due to ample



donations from the school P&C, community and local businesses.

Donations such as quality soil for garden beds, the cable reel table and mud kitchen tools were given freely. Bunnings Taree donated \$200 in gift cards along with discounted supplies for building the

garden. HKL Landscape supplies discounted crusher dust. Wingham Nursery, Gloucester nursery, Ladybug nursery, Lumpy's nursery, Valley Flowers Nursery and Nature's Care nursery all donated plants when presented with letters students wrote requesting a specific plant contribution.



Families and local community members donated woodchip and cuttings, and contributed by buying additional plants to fill the garden. Barrier Signs of Taree donated a fantastic welcome sign designed by one of the families.

The school put in a monster effort. With garden working bee days banned, staff and students willingly gave up lunchtime to help dig and plant. Teachers, SASS staff and the school's General Assistants all volunteered their own time and worked in a Covid safe way on weekends, after school hours and during

school holidays. GA *Justin Hobbs*, named '*The magic man*' by students, built most of the structures in the garden and was constantly surprising students and staff with the quality and creativity of his work. *Uncle Steve*, a Worimi elder, gave time to work with the school labelling the garden signs with Gathang, the local Aboriginal language. *Lara* of Yukul Art directed the students in painting and creating a

spectacular ball run and rainbow serpent path that winds through the garden. Together this supportive community and big-hearted school made a garden they are proud of.

In an environment where families and community have been separated by rules to keep everyone Covid safe, the wonderful community at Krambach found ways to support their school's Sustainable Garden project and beat the Covid blues.

Contact: Renae Durbin Sensory Garden Organiser and teacher at Krambach PS



Either it is exhausting work or an excuse to take a kip in the sun!





Joanne Penton Jim's Bookkeeping (Nabiac) ABN 54 214 422 457

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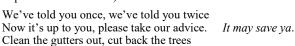
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Hallelujah

THANK YOU & HALLELUJAH

So the Fire Truck fits without a squeeze.

We leave you with a little "serious nonsense" to consider over the next couple of months. It is to the tune of Leonard Cohen's "Hallelujah" (with perhaps a little bit of a tweak required here and there).



Get the family around, pull your **Survival Plan** out
Talk it through, know what it's about. That'll help ya.
Hallelujah. Hallelujah, Hallelujah, Halleluuuuujah
Think about Grandad, think about ya pet
And **leaving early**, that's your best bet. Hallelujah.
Hallelujah, Hallelujah, Halleluuuujah

Know the **Fire Danger Ratings**, know your **Alerts** Get your home ready, preparing never hurts. *Hallelujah*.

Knowledge is power, that we all know For **info and updates**, know where to go? *Do ya?* **ABC Radio** 95.5, plus on TV is **ABC/emergency** Download the app – *Fires Near Me. They will help ya.*

Facebook is good for keeping in touch

But for Fire Warnings and info and such, it's not much good to ya. Don't rely on the Facebook,

Take some time and have a safe look ... at your Plan. Hallelujah Hallelujah, Hallelujah, Hallelujah, Hallelujah

We've had fires, and some welcome rain,
Everything is now nice and green again. Hallelujah!!
Don't be complacent - hot days come and the rain will stop
Fire Danger Ratings will go to the top. There's a warning for ya.

Best wishes for a Christmas and the New Year
To all those who support and help us, we send you a cheer. *Good on ya!!*

Happy Christmas. Happy New Year Hallelujah. Hallelujah, Hallelujah, Halleluuuuujah

Ed: She is a whit and I don't remember the tune to sing it - bummer!

.....

Dear Stephen Bromhead,

I am writing to inform you of an act of bravery from a local constituent in the rescue of a young female driver and her baby and young child from her flipped car on Minimbah Road last Thursday 12th November. The young lady and her children are very fortunate to survive this horrible crash at the notoriously dangerous bend on Minimbah Road.

The local resident who was first on the scene having heard the accident, then ran to the site climbing through farm barbed wire fences to access the upside down vehicle.

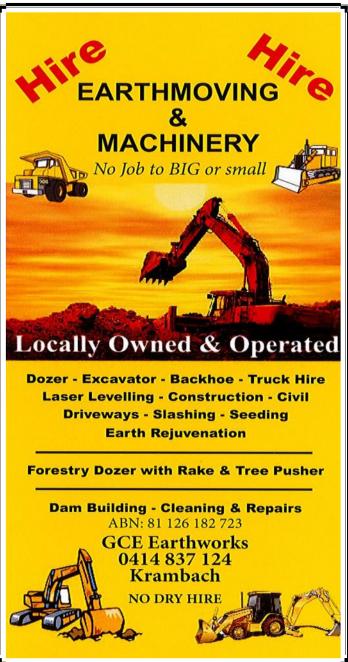
The Police Officer who attended complimented and thanked him for his bravery and skills at rescuing the occupants.

NSW Ambulance were in attendance as was the local Rural Bush Fire Brigade (Minimbah).

It may be in your interests to consider reaching out to this constituent and thanking them for their community spirit and act of bravery.

warm regards, Malcolm Panckhurst





The letter at the left was forwarded to me by Mr Panckhurst as he was impressed by the 'rescuer's' swift action and so thought his efforts should be noted by the local authorities. He asked if I would publish it to show there are some very brave people in our area who should be made aware of by our politicians.

I am sure there are dozens of similar unsung heros in the area and if you know of them, maybe make note of it to show how great the people in a our area are in time of need.

Kudos to all of them. They do things quietly and don't want publicity most of the time.

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Christmas Peace

On Christmas Eve 1914, during the First World War, the guns fell silent along a 30-mile stretch of the Western Front. Soldiers peered cautiously over the tops of trenches while a few emerged to repair their positions. As darkness fell, some German troops set out lanterns and sang Christmas carols such as 'Silent Night'. Men on the British side applauded and shouted greetings.

The next day German, French and British troops met in no man's land to shake hands, share food and exchange gifts from their rations. They even organised soccer matches together. It was a brief respite from war that soon ended when the artillery roared to life again. But no one who experienced "The Christmas Truce", as it became known, would ever forget how it felt and how it made them long for lasting peace. It offered a brief glimpse of the peace the angels proclaimed on that first Christmas long ago.

The angels appeared to frightened shepherds proclaiming 'Glory to God in heaven and on earth peace to men' Luke 2:13-14. Peace is a Christmas theme but in everyday life we can also long for peace ... peace from the phone ringing, the traffic (I've been on the road this week), even our children. We want to live in peace with our families and neighbours.

The Bible talks about peace ... the peace of God passes human understanding Philippians 4:7; Jesus is the 'Prince of Peace' Isaiah 9:6. One of my favourites is Jesus telling his disciples He would leave them His peace, which was not the same as the world's peace, John 14:27. The dictionary describes peace as quietness of mind, harmony. Only through Jesus can we find lasting peace with God and harmony with each other.

This year, just like the soldiers in World War 1, we might experience a different Christmas to usual ... perhaps we can't visit our families, maybe we'll wear masks at Carols events and church services ... but Jesus said Do not let your hearts be troubled.

Wishing you a peaceful Christmas.

Hark the herald angels sing, Glory to the newborn King; Peace on earth, and mercy mild, God and sinners reconciled!

From Our Daily Bread.



The Counsellor

News From The Pews

Nabiac Community Church

Saturday 26th at 6:00pm

Services are held every Sunday at 10:00am

Holy Communion is celebrated with the service on the 3rd Sunday For information regarding the Nabiac Community Church please contact Margaret Weller (6554 1212), Jill Hammond (6555 7747)

St Bernadette's Catholic Church, Krambach

December Mass times are Saturday 5th at 6:00pm - Saturday 12th at 6:00pm - Saturday 19th at 6:pm, Thursday 24th at 6pm, (as this is Christmas Eve, due to Covid, prior registration for attendance will be required. Registration Form is in the Church Foyer or contact Helen Legg on 6559 1211)

Krambach Bible Church (a ministry of Wingham Presbyterian

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St Paul's Anglican Church, Nabiac

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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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Hi there,

I would like to personally thank everyone for all the beautiful flowers, cards and kinds wishes about the passing of my mum. My family is so very blessed to live in our wonderful town. So, a big thank you to everyone.

Now Christmas is here once again, I think everyone will be happy to see this year end.

Barb, Jess and myself would like to wish everyone a wonderful Christmas and a fabulous new year. Thank you all for your continued support through out 2020. We will be here until Christmas Eve, and returning on Monday the **4th of January**. Gift vouchers and Christmas packs available. I leave you with the last saying for this year.



A little more sparkle, a little less Stress.

This Christmas, I wish you the very best.

Merry Christmas everyone ♥

Belinda @

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