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ACROSS THE FENCE

2021

HAPPY NEW YEAR

Happy Valentines Day



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Editorial.

Hi all,

We're back. Survived the wet, as opposed to surviving the fires of last year. Isn't Australian weather just great and unpredictable???

I enjoyed a very quiet Christmas break. Kid and family didn't make it because of the wet and possible lock downs. Didn't have to print show programmes because of no show this year and didn't have to do the paper. Actually felt weird not having "to do" things over the holidays for the first time in 14 years.

Too wet to venture into gardening so did some long overdue house cleaning and read - a lot. Perfect holiday!

Hope everyone made it through with wet kids and animals underfoot and needing entertaining. Bet you're glad school is back!

Sadly the community lost two of its hard workers over the break. Helen Smith finally lost her long battle with ill health and Val Sonter-O'Neil also passed away suddenly. Sad loss especially at this time of year for their families.

Covid 19 seems to be being kept in a control of sorts and hopefully everyone is abiding by the rules. Don't think my poor hands have been so sanitised as over the last few months. But, we live in a great spot, not overcrowded so we can still enjoy our outside freedom without worrying about continually bumping into others.

Has anyone tuned into the new Nabiac Radio station yet? Must endeavour to see if I can pick it up and check it out.

Students probably already know about the new Uni in Taree. Details of it are on page 17. An alternative to going to Forster.

Due to the removal of a number of ads, you have some jokes to read this month. Dipped out on a recipe from me but you did get one from Laura (the Natural Space p.20) for some unusual Sweet Potato Brownies. I might even christen my new oven and give them a try.

Net ball is on again and registration details are on the back page. Good to see some sports are starting up again. I suppose everyone will be a little stiff after no sports last year.

Valentine's Day is looming. It will be a bit hard to give your loved one a kiss and cuddle at a 1.5 metre separation gap. Love to see you try.

Our little Firefly bridge on Bunyah Road is open again, thank goodness as I used to get a lot of dust from the extra traffic using Waterloo Road as a by pass. Now traffic is being disrupted with the work going on in Avalon Road. It will be great when it is totally finished. Mosquitoes are out in swarms after all the rain. The grass is waist high and my mower is broken, waiting for a little bit of medical help with a new spring. If you don't get an issue next month you will know I am lost in the jungle.

'til next year

Lyn & Tilley Cat & Timidthy



WHAT'S HAPPENING FEBRUARY, 2021

Markets & Events.

• Bulahdelah	(1st Sat)	1 st	8am to 1pm
• Blackhead Bazaar	(1st Sun)	7 th	8am to 12 noon
• John's River Country	(2nd Sat)	13 th	9am to 1.30pm
• Wingham Community	(2nd Sat)	8 th	
• Myall Quays	(3rd Sat)	15 th	9am to 1pm
• The Hub Taree Showgnd	(3rd Sat)	20 th	8am to 12 noon
• Krambach	(3rd Sun)	21 st	8.30am to 1pm
• NABIAC	(Last Sat)	27 th	8am to 12 noon
• Old Bar	(Last Sun)	23 rd	7am to 1pm
• Pacific Palms	Last Sun)	28 th	9am to 1pm
• Forster Town	(2nd Sun)	14 th	8am to 2pm
• Halliday's Point	(1st Sun)	2 nd	8am to 11am -?
• Town Head	(every Mon)		8am to 2pm
• Mt. George	(4th Sat)	22 nd	8am to 2pm
• Forster Farmers Market	(3rd Sat)	20 th	8am to 12 noon
• Bobbin Community		— th	9am to 2pm
• Tuncurry Markets	(4th Sat)	22 nd	8am to 1pm
• Burrell Creek	(2nd Sun)	14 th	9am to 12.30pm

These are the pre COVID dates of the markets. The Council webpage has changed so I CANNOT confirm that all markets are back and open. The ones in *Italics* I know are now open again.

If you have been to any of the others and can confirm they are open again, could you possibly phone me to let me know so that I can update this information for others.

Holidays Point has a CAR BOOT SALE on 7th February

Many thanks, Ed.

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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HAIR by Shaz NABIAC Hair & Beauty hopes everyone had a wonderful Xmas and a safe New Year spent with family and friends. We welcome 2021 and pray it is filled with laughter and less fear.

Last year Covid19 brought with it many changes as we were all aware of, and within my business it was necessary to only keep my existing clientele and follow a safe Covid plan within the salon. Thank you to the clients for understanding this procedure, it really has worked well with you rebooking after each appointment, this has helped me immensely. So 2021 will work the same way within the salon & on entry, sanitise your hands & the QR will be for your registration..

Note: I am looking for another Senior Hairdresser to help me, as there are still many clients I cannot fit in with my time slots when they phone for an appointment, so if you would like to Rent a chair within the salon, please give Shaz a ring and we can work out a suitable arrangement for us both..! 0410 541 672.

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Proposed traffic changes at NABIAC



A proposal to alter traffic conditions at the 4-way intersection of Dibbs Street / Woosters Lane and the Pacific Highway at NABIAC is currently open for feedback.

The roadworks upgrades and modifications are proposed as part of the Highway Service Centre development at the existing caravan sales site, on the Pacific Highway immediately to the north of the NABIAC township.

Entry and exit ramps to and from the site of the service centre are conditions of the development consent. Following the design review process of the proposed modifications with Transport for New South Wales (TfNSW), it has been determined that additional intersection modifications will be required to improve the safety of the surrounding road network.

Under the proposal, travellers heading north on the Pacific Highway would no longer have the option to turn right into Dibbs Street, and vehicles exiting Woosters Lane would no longer be able to cross into Dibbs Street or turn right into the southbound lane of the Pacific Highway.

For northbound vehicles accessing NABIAC, the safest option is to use the overpass at the western end of town. If vehicles are accessing the highway to the east of this overpass, there is an existing u-turn bay at Pipeclay Creek Road approximately 1km to the north of the Woosters/ Dibbs Street intersection.

Motorists travelling south on the Pacific Highway, and traffic exiting Dibbs Street will not be affected.

To find out more about the proposed modifications, and to view plans and diagrams, visit www.midcoast.nsw.gov.au/HYS/NABIACProposal, where you can also provide feedback. Submissions made during the exhibition phase will be directed to both MidCoast Council and Transport for NSW.

Submissions close at 4.30pm on Thursday 25 February, 2021.

Meagan Cooper
Senior Communications Officer

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MENTAL HEALTH FIRST AID Australia

Since COVID-19 hit the planet, more people are reporting they are struggling with their mental health. However, if someone divulges this information to their loved ones, friends or work colleagues, they often feel that those they turn to have very little skills to be able to assist. Whilst it is mandatory to have physical First Aid courses in many workplaces, there is a lack of awareness that there are actually Mental Health First Aid courses available. Mental Health First Aid Australia designed these courses over 20 years ago and they are available in over 25 countries around the World. In Australia, mental illness is the cause of the 3rd largest disease burden - it's the biggest cause of disease burden for 15-24 year old's. Furthermore, Mental ill health costs Australian workplaces \$4.7 BILLION in absenteeism, \$1.6 BILLION in presenteeism AND \$146 MILLION in compensation claims per year. Out of 700 schools surveyed, 80% reported they had seen increase in depression and anxiety in their students.

One person who is appalled by these statistics is *Caroline Haines*. She has been delivering a variety of Mental Health First Aid courses for over 3 years and is an Accredited Principal Master Instructor. These courses are designed to assist a person who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a practical, evidence-based action plan. Some of the topics covered include Anxiety, Depression, Severe Psychotic States including Schizophrenia, Eating disorders, Substance Use Problems and Severe Effects of Drugs and Alcohol Abuse, Bipolar, Suicide and Non-Suicidal Self Injuries (self-harm) Panic Attacks, Traumatic Events, and Aggressive Behaviours. These courses are based on guidelines developed through the expert consensus of people with lived experience of mental health problems as well as professionals. There are courses aimed at assisting 12-24 year old's, Youth, Over 18's, work places, schools and the community and are open to all.

Throughout her career, Caroline's roles have included working with clients who have mental health &/or physical health issues. With a degree in Social Anthropology and also extensive experience working with people from young children to seniors from all walks of life both in Australia and overseas, she enjoys being able to connect with a wide range of audiences. She has actually lived and worked in 6 different countries! Caroline says she has finally found a place to put down roots in beautiful NABIAC and is looking forward to contributing to the mental health of the immediate community and beyond. →



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Nabiac Pharmacy News



Dear readers,

Ross River Fever is still affecting significant numbers of people in our local area. NSW advises the following;

"There is no treatment for Ross River Virus. The best way to protect yourself is to avoid getting bitten"

Symptoms include tiredness, rash, fever and sore and swollen joints, typically within three weeks of being bitten. They can subside after several days but some people may experience them for weeks or even months. People should see their doctor if they experience these symptoms.

Covid vaccine update

Please check official information from the Australian Government regularly for the best information;

The vaccination of the Australian population is a mammoth task. It is going to involve 240,000 doses being administered each week day nationwide for nine months. This is on top of influenza doses.

Lets stick to the facts that we know for sure;

It's safe, you'll need two doses three weeks apart, you'll need a flu vaccination separately, flu doses cant be given at the same time, most people will have to wait many months to get it, we don't know yet how well it will work to stop the spread and reduce mortality.

There is quite genuinely no better place in the world to be right now, please keep up all the good work in keeping COVID away.

Tim

Caroline accepts Electronic Funds Transfer and Credit Card payments (VISA, MASTERCARD & AMEX - additional services fees will apply). She is available for Private and Corporate bookings Australia wide in addition to running Public courses and a variety of Blended Online courses which are also able to be delivered across the entire country.

Please contact her directly for more information. Caroline is very much looking forward to hearing from you and working with you soon!

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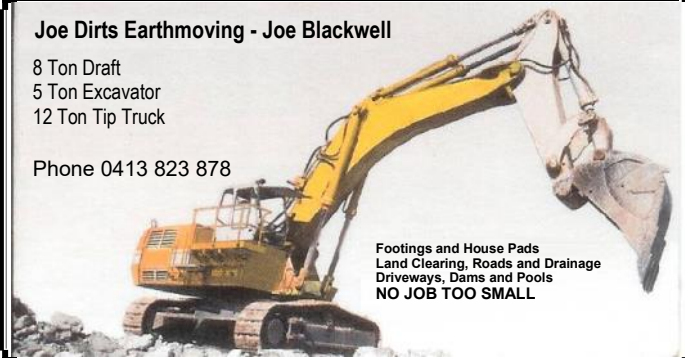
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Between the Pages

Nabiac Library News



Happy New Year to all our Nabiac Library members and friends. We do hope you have all had an enjoyable festive season and holidays with family and friends. It has been a very tropical summer and we are all watching the grass and weeds grow. What a difference a year makes!

You will be pleased to know that our Covid restrictions have eased to some extent in NSW. This is good news for us at the Library, as our books and reservations no longer need to be quarantined and we can have more people visit our Library. However, to ensure your safety we still ask that you use the Service NSW QR Code on entering the Library or provide your contact details to the Library staff so we can follow our Covid Safety plan. Similarly, we ask that you please do hand sanitise on entry to ensure we all follow the current guidelines for health and safety.

January Summer Holiday Events for Children at Nabiac Library

Nabiac Library hosted two Summer Holiday events for children during January. The Science on the Move program held on January 8th had participants thoroughly enjoying constructing and experimenting with flying cups, hovercraft and water rescue simulators.



Ollie

Here **Ollie** is showing his water rescue simulator. This involved water and air displacement to help 'winch the fisherman' from the water. Very tricky!

Thank you to **Ann** (from Science on the Move) for presenting this fun and educational program.

Our second Summer Holiday Program was held on Wednesday 13th January and was designed and coordinated by **Yasmine**. Children created some **fantastic sea creature art using recycled magazines**.

Here are Angel and Raine proudly showing us their artistic creations.

The Summer Reading Club is an annual event in January to encourage children to read throughout the summer holidays, with a variety of prize on offer for the number of books read. Here we have **Madison** and



Angel & Raine

Jacob proudly displaying their prizes at Nabiac Library. Let's hope they are also winner's in the big final draw!

New Year – New Ideas - New Skills

Have you set yourself some goals for 2021? Get fit? Learn a new skill? Try a new menu? Looking for ideas? Come into Nabiac Library and check out our *Welcome to 2021* display board behind the front desk. Our creative coordinator, Yasmine, has put together some great suggestions. Or you could browse our shelves for ideas of your own.

Library Lover's Day – A Valentine Affair!

Library Lovers' Day will be from the 8th-13th February this year. We will be having a 'go on a date with a book' promotion again. This will involve library books wrapped up with a few words to describe the book on the cover. Come on in and have a date with a book. You never know what you may discover. Safer than a 'blind date'!

Access to Nabiac Library

As you have probably noticed the front gate access to Nabiac Showground and the Nabiac Library is currently closed on Nabiac Street. This is to allow for exciting upgrades to the front entrance. The access to the Library and showground is via the back gates on Showground Lane. We apologise for any inconvenience and ask for your cooperation and understanding while this work is undertaken.

We welcome members old and new and look forward to seeing you in cool and colourful Nabiac Library. See you there!

Our opening hours are:

Monday 3pm-5pm; Tuesday 3pm-5pm; Thursday 9am-11am and Saturday 10am-12noon.



Madison & Jacob



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MINIMBAH MATTERS

Minimbah Rural Fire Brigade is "reporting" in date order this month.



Happy New Year to you all. We hope it's kinder to us than last year, but we have to roll with the punches. Due to Covid-19 restrictions our Brigade had a much smaller "Christmas Party" last year. Unfortunately, we were unable to make it our usual Community Barbeque, and for that we do apologise and seek the understand of our supporters. There other opportunities to catch up though.

Vale Helen Smith

We are saddened by the passing of our longtime Member Helen Smith on 23rd December 2020. Helen had been a Member of our Brigade since 2001.

Helen was one very special lady. A quiet lady but by no means a shrinking violet. A quiet achiever, and by golly she had a very impressive list of achievements against her name. If need be, Helen could roar, but it was a quiet, constructive, caring, ladylike roar, and one that people took notice of.

People throughout the area will remember Helen for all sorts of reasons; for her caring for the planet we live on, and for every living person, creature and thing on that planet; for her compassion; for her sense of humour; for her passion and initiatives, one of which was the Nabiac Farmers' Market.

Our condolences are extended to Helen's family and friends. It is with sadness but much pride that her name will be added to the Brigade's Honour Board.

And we start a New Year proving that Covid-19 did not grind everyone to a halt, with some happy positive news based on our outstanding younger generation, that the writer felt was worth sharing.

The **2021 Australian of the Year** has just been announced, and the winner is 26-year-old **Grace Tame** from Tasmania. Grace is a remarkable, inspirational, strong, determined young woman who advocated for child sexual assault survivors. Among other things, she fought for reform to Tasmania laws preventing survivors of sexual abuse from speaking publicly and self-identifying. Changing the National Laws is now in her sights.

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Now you are probably wondering what on earth **Professional Snowboarder Scotty James** has to do with our Brigade. Nothing directly; just more happy positive news. This 26-year-old Victorian has a list of achievements longer than most arms, including, but not limited to, AIS male Athlete of the Year twice; flag bearer and medalist at the 2018 Winter Olympics; gold and silver medals at two X-games and world champion three times, and the list goes on. Starting 2021 on a high he was on the podium at an Open championship in Laax, Switzerland. All of this and anyone who knows him will attest to him being an all-round nice guy and proud Aussie. (Disclaimer. As if you couldn't tell, I have a deep admiration for this champion and an indirect contact. I could have tied the Scotty story in by comparing our current heat wave with the snow in the Northern Hemisphere where there is no chance of fires at present, but that is a bit of a long bow to draw.)

Plenty of rain ... long grass ... hot weather ... long dry grass ... thunderstorms ... lightening ... fires!! "One darn thing after another".

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News from Nabiac Second Chance Op Shop

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

Hoping everyone had a lovely Christmas and hope the New Year is kinder to all.

A friendly reminder the Op Shop and Shed will be **closed 3rd February 2021** for restocking and a general tidy up. This will be an ongoing closure each month.

Our Covid19 Safety Plan is still in place which requires all customers to sign the contact tracing register, sanitise your hands before entering and 3 people in each room at all times until further notice.

Thankyou all for your co-operation.

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

OUR COMMUNITY JEWEL

Helen Smith, founder of Nabiac Farmers Market, sadly passed away 23rd December 2020.

Helen had a rich and fulfilling life giving herself many challenges and excelling in everything she attempted. In particular, Helen had a dream to create a farmers market. After extensive research the seeds were sown and Nabiac Farmers Market opened at the Nabiac Show-ground on August 30, 2003. With a handful of stallholders and a small team of dedicated volunteers the market was born, a market for the Community (not-for-profit organization) run by the community. From these humble beginnings the market has grown exponentially over the ensuing years.

To maintain her ethos "make it, bake it, grow it" Helen scrutinised potential stallholders. Subsequently, the market grew steadily, with the committee and stallholders embracing her ideology.

2021, and the market's huge success continues, founded on one woman's dream and diligence from a keen team of volunteers.

Thankyou Helen – your courage has been inspirational to us all. You will be sadly missed.

Julie Arnoux

Nabiac Farmers Market

Val Sonter-O'Neil



Val passed away on the 25th January after a short and sudden illness.

I understand she passed peacefully with family around her.

She had been president of the Krumbach Garden Club for many years and was, apparently, due to stand down to allow husband Col and herself to do some

travelling.

She was also a long standing volunteer on Show Day, working as steward in the Hall.

Her articles for Across the Fence were always interesting and showed the Krumbach Garden Club apparently had a good deal of fun at their meetings. The members will miss her.

I am sure she was involved in other activities that I am unaware of as she was a busy lady, liked by all who had the good fortune to know her.

My sincere condolences go out to Col and all the family members at this very sad time.

Lyn Reid

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WALLAMBA CWA REPORT

Well here we are at the beginning of a new year and Wallamba CWA branch will be holding its first meeting for the year on Tuesday 9th February at the Nabiac Village Community Church Hall and all are hoping it will be a better year than the last.

The previous meeting held Tuesday December 8th was attended by 14 members with 2 apologies.

President **Margaret Weller** chaired the meeting declaring it open with the usual formalities with member then pausing to remember the passing of former well known local **George Newell**, **Athol McCabe**, **Monica Homan (nee Holden)** and **Mrs Beth Gibbs** who had been involved with the local Pony Clubs Association for many years.

We thank member **Beth** who supplied our thought which was **"Live your life in such a way that other people will be thankful you are in the room"**

Member **Lyn Matthews** has supplied the thought for February's meeting to be read in her absence.

Five members had attended the Group Council Meeting at Macksville back in November and enjoyed the event despite all the Covid19 regulations and came back with lots of information which they presented in the various segments during the branch's meeting.

A number of items of correspondence were read and dealt with and this included the annual donations to local schools of Nabiac, Krumbach and Coolongolook for their End of Year Presentations.

Treasurer **Mary** gave her report on the finances and despite the lack of functions that included the International Lunch, the branch is still holding its own OK.

Handicraft Officer **Merle** gave her report and thanked the members who had worked on the 8 aprons for 2021 competition and at the end of the meeting President Margaret and Patron **Iris** had the task of selecting the 4 to go onto the next stage of judging. It had been hoped we would have had former member **Pauline Graves** with us to take on this task but unfortunately, due to health issues, she couldn't travel up to be with us and enjoy the Christmas get together. Merle informed us Group Handicraft Officer **Tracey** has offered to do some workshops on crochet motifs – this is still to be finalized.

International Officer **Penny** had asked members to bring along their favourite Christmas decoration as an 'in house competition' and these were displayed and later talked about during our lunch. Penny had prepared a very interesting in depth report on 'How Christmas is Celebrated in Ecuador' – our 2021 Country of Study. We were told



**STEVE MERRICK
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FREE MEASURE & QUOTE



Christmas decorations displayed at the December meeting

their Christmas begins on December 16th and goes for 9 days when they sing carols, pray for the poor and sick at a different home or church, and the period

known as Novena also honours the 3 Wise Men, Mary, Joseph & birth of Jesus.

Santa Claus is a relatively new phenomenon in Ecuador as Christmas was a religious holiday but has become more commercial over the past few decades.

Penny also told us that Merry Christmas in Spanish is *Feliz Navidad* and that Happy New Year is *Prospero Ano Nuevo*.

Our Cookery Officer **Jean** said that little has been happening with branches/HO trying to comply with Covid19 regulations but did bring to members attention that there had been a change in jar sizes for jams & pickles entered in Branch/Group/State Competitions. It had been planned that the next cookery competition would take place in February at the Friendship Day to be held at Bonny Hills but this has now been cancelled.

AG & Environment Assistant Officer **Ruth** has been busy doing the final topic on "Wild Dogs" and spoke about a debate on whether to bait or shoot the Wild Dogs saying there was no easy answer. Our new topics for 2021 will be Possums so this will be interesting to learn about. President Margaret showed us a CWA Tea towel with the old Potts Point HQS building and the NSW State Floral emblem – Red Waratah – on it.

Congratulations to Penny who now holds the position of Group Cultural Officer and is looking forward to it but said it has been a difficult year on all fronts due to the pandemic.

Catering report was presented by officer **Beth** who mentioned the various regulations regarding catering which has proven very difficult saying everything had to serve on 'throw away' plates, cups etc.

The meeting finished up with general business and members all had an opportunity to speak on a number of different subjects. President Margaret then closed the meeting and wished all present a Happy Christmas as well as thanking all their support before the ladies made their way to Nabiac Hotel where they met up with a couple more

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guests who joined us for lunch and whilst waiting to be served, Penny spoke more about Ecuador and invited others to show off their favourite Christmas decorations and speak of how they acquired them.

It was a most pleasant lunch and all left extending Christmas wishes to each other.

Pamela Muxlow

Wallamba CWA Publicity Officer

Branch Cultural Officer Penny Britton showing fellow members her favourite Christmas decoration during lunch held at Nabiac Hotel. →

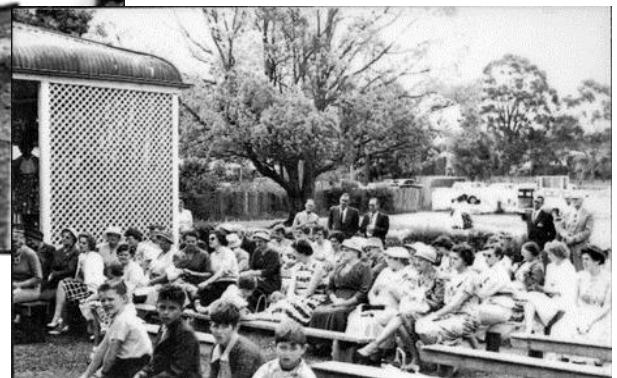


Nabiac Memorial Neighbourhood Centre

What a special renovation has been completed in our Community preschool playground in the past weeks. Looking at the changes brings to mind a very significant change that happened on the same site in 1960.



OPENING OF NEW WING WALLAMBA WAR MEMORIAL HOSPITAL 1960



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Louise Collins

Secretary, Nabiac Memorial Neighbourhood Centre Association Inc.




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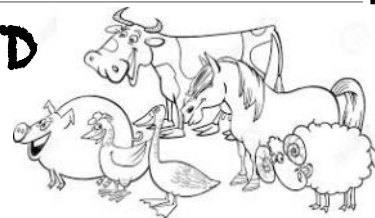
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Nabiac Landcare

As I sit here and contemplate my knee high grass--yes, two mowers and a slasher have died at the shock of having to cope with the blessings from 500 mm rain—I'm thinking the garden could use a drop or two! I'm so amazed at the recovery of our local area after fire and drought. I don't think any of us will forget the bare paddocks and empty dams of January 2020 for a long time.

The recent rains have triggered a lush growth in two native plants that do an amazing job suppressing weeds and protecting the soil from hot sun and erosion. The 'good guys' this month are Basket Grass (*Opismenus* →



hirtellus) and Scurvy weed/blue wandering jew (*Commelina cyanea*).←

[Factsheet - *Opismenus hirtellus* \(anbg.gov.au\)](#)

[Weed or native? - Hunter Region](#)

[Landcare Network \(hunterlandcare.org.au\)](http://hunterlandcare.org.au) This link can help you distinguish between the native commelina and the similar white flowered weed tradescantia.

Although usually thought of as plants from moist subtropical forests, both are doing very well in my garden in full sun. If they are encroaching on young saplings or other desirable plants just free up the plants by mowing or trimming around them. Avoid spraying with herbicides since the bare ground will only encourage more weeds.

In my neighbourhood the bloodwoods are blooming. You may



actually get a whiff of their heady honey scent and hear the buzzing of pollinators before you actually see the cream coloured flowers high in the tree. Enjoy the experience.

Nabiac Landcare is still on our summer break but will be returning to the bush in Nabiac in early February. We work 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. Now is the time to deadhead your agapanthus to keep the seed out of the bush. Most of all enjoy the local bush!

Liz Rees

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Nabiac Village Futures Group

Vale Helen Smith

Long term members of our group were saddened in 2020 by the illness and the passing away of Helen Smith in December 2020. Helen joined NVFG when the new bridge over the Wallamba was being built and the Pacific Highway changes were impacting on our town.

Helen was also involved when the Community Technology Centre was established and worked tirelessly to establish the Nabiac Farmers Market. Helen wrote the vision for Nabiac that forms an important part of our Nabiac Community Strategic Plan. 2016-2021. If you knew Helen then you'll recognize her in the Vision.

Our Vision for Tomorrow and Beyond Written by Helen Smith (for 2016-2021)

Our vision sees Nabiac as a vibrant historical rural village with a strong environmental sustainability focus. It is a friendly place, where people of all ages participate in activities that nurture the beautiful environment, enjoy arts and cultural events as well as promote a healthy lifestyle. Many families choose to live in Nabiac as there is something for everyone. Perceptions of safety are high. Community groups are vibrant, strong, open and friendly, with plenty of willing volunteers.

Our older people are able to continue living in the community they know, with support from family, friends, local medical practitioners, support services and regular visiting medical specialists. There is a purpose built retirement or aged care facility. It is easy to catch a bus to Forster or Taree if further services are needed.

The entrances into Nabiac Village are attractive and colourful. Public spaces in and around the Village are beautifully planted out and residents enjoy walking along shaded pathways through restored natural habitats along Town Creek. The boat ramp and picnic area near the river are very popular with picnickers and water sport enthusiasts. There are a number of art installations dotted throughout the village which tells stories of Nabiac - past, present and future. Local produce is valued and celebrated. Outlets for local produce attract shoppers from across the district looking for high quality fresh food and local eateries promote local producers.

The village is well connected with footpaths and cycle ways, supporting residents and visitors of all ages and abilities to get around the village and shopping centre with ease. The pathway networks are well signed with interpretive signage to highlight the natural and human history of the area. Road surfaces are well maintained with ample parking for cars, truck and caravans.

Nabiac is known as a 'Gateway' to the Manning Valley and Great Lakes. It thrives 7 days per week because of the eclectic mix of shops while retaining its rural village charm. This blend of contemporary style with old world charm brings a rich cultural feel to the village. New businesses abound and offer employment for locals without over-developing the area. The village boasts a variety of charming village style shops and eateries, with many places to sit and chat or meet up with friends and visitors. Shopping is encouraged by good directional signage, colourful and quirky shop fronts and plenty of accessible parking for cars as well as caravans and RVs.

The town is home to many artists and craftspeople. There are art, music and social events and activities both in the shopping district as well as at the showground. The showground is a drawcard for community activities as well as eco and agri-tourism and people travelling with horses. The nearby sport precinct supports a range of activities and is a favourite place for young people.



The implementation of outcomes of the 'Nabiac Flood Study 2009' has led to the creek being rehabilitated from the highway underpass to well below the industrial area. The creek now provides beautiful spaces for families to picnic and enjoy the natural habitat and the flood issues of previous years have been successfully overcome.

Residents feel good about the small footprint that they leave on the environment through innovative projects such as our off grid power options and solar charging stations. We are committed to balancing, protecting and enhancing our diverse environmental elements for the enjoyment and support of both current and future generations.

The revival of old skills and crafts has been taken up with enthusiasm (wood-working, blacksmithing, gardening, weaving etc.). Community groups are vital and well supported. Events such as the annual show and the farmers market have an abundance of volunteers. Sporting events have excellent facilities and hold regular games. The Neighbourhood Centre continues to house the Community Technology Centre, Second Chance Op Shop and groups needing a venue for meetings. NVFG continues to strengthen and to support the town and the community.



Helen Smith

There is much in the Vision that our community can continue to work towards.

As I write this there has been no more news about the possible changes to the Highway due to the highway Service Centre development. Please continue to follow this issue and if you have concerns about safety on the Highway make sure you record information of any accidents/incidents (location, date, what happened, photos etc). you can contact us on nabiacvillagefuturesgroup@gmail.com

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Peter

NEWS FROM BUNYAH

Greetings for the New Year which we look forward to with hope for the successful roll out of the COVID19 Vaccine and some normality returning to our lives.

'News from Bunyah' has been non existent over most of 2020 with no Hall activities or bookings.

Wednesday Mixed Tennis resumed in July, 2020 and thankfully, has continued each week since. This activity has been a much needed outlet for the players and a morale booster. New Players are always welcome; we commence at 9.00 am through until 12.30 pm or whenever you have had enough! COVID19 Safety Rules apply and everyone now brings their own morning tea (cup, spoon, coffee, tea, sugar, something to eat) hot water provided or bring your own Thermos. Tennis balls are provided with this Group.

If you would just like to enjoy some company, but not play, that is fine too. There is no charge for a social visit! Come along, everyone is most welcome!

The Court is also for hire by individuals or groups wishing to play on days and at times that may suit them better than Wednesday. Bookings need to be made with our **Booking Officer, Christine Palin on 6559 1647. Court Hire is \$5.00 per head and you need to supply your own tennis balls and hand sanitiser.** COVID19 Safety Rules apply.

There is also an **Art & Craft Group** which meets at the Hall every 1st & 3rd Friday of the month 9.00 am to 12 noon. **Beverley Calder** runs this Group and will give guidance on Art, you can work in whatever medium you choose and the subject. They have been holding Al Fresco painting days out & about the area during COVID19; these particular days are popular sketching old sheds/houses/scenery all part of our history. If you prefer to do a Handcraft, you can bring along something that you may be working on. It is up to you.

From time to time **Rural Training Courses** are held at our Hall and on February 6th & 7th February, 2021 the **Local Land Services** will be holding a 'Low Stock Stress Handling Cattle & Dairy Course' for 25 people. This particular one is booked out, but this is to let any new people to our area know that this facility is available at various times of the year and is publicised well beforehand.

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Children—Too Precious to Profit

There has been a large number of properties sold and new owners taking up full-time/part-time residence; we would love to make your acquaintance and welcome you to our beautiful Bunyah.

We have a **Community Library at the Hall** which residents are invited to 'come have a browse' and borrow. The **Library is open on Wednesday mornings 9.00 am till 12 noon.**

We also have a limited number of a small book entitled the **History of Bunyah, Willina & Sawyer's Creek** written by Evelyn Boyce in October 1983. The book is for sale at \$5.00 each. This is a great insight into our area.

Another important facility for our community is the Defibrillators one for Adults and one for Children up to 8 years of age; these are located in a steel box on the Hall front wall facing Willina Road and is marked with a large sign. Our local community raised funds for these two vital pieces of equipment in 2016.

Our Hall Committee will be holding their AGM and Quarterly Meeting on Wednesday 17th February, 2021 commencing 12 noon. All positions on Committee will be declared vacant and we invite you to attend. If you are interested in being involved with the running of the Hall, you are welcome to seek a position or just come along for the Meeting. We welcome new ideas & new people!

Neryl Simpson

Bunyah Hall is in need of some Volunteers to join a Roster

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Show News

Wallamba District Show in 2022

You'll have heard in recent weeks that we are one of a number of Country Shows in our district not being held this year. We feel for those communities and understand their decisions. At the time of going to print, the Gloucester Show **IS** happening on Friday 19th and Saturday 20th March, they will appreciate your support by attending.

At this time, the Wallamba District Show Committee and members would normally be very busy. This year we're recharging the batteries with the aim of commencing our 2022 Show planning in March. That will give us a good twelve months to refocus and plan for a refreshed Show on Saturday 19th March 2022.

Like many of the community events and services offered in our district, the Show Association is completely volunteer driven. The more hands on board, the more we can spread the workload and deliver a great Show.

Please give serious thought to joining the Association. With some of our long standing volunteers needing relief or assistance, plus the increased demands of COVID-19, there are positions, large and small, where broad skill sets would be beneficial and appreciated. For example, we need to focus on sponsorship, ensure we market our Show effectively and increase our safety and security practices to COVID standards.

Your contribution, be it holding a formal position, or some hours per week or Show day, all go towards assisting in the delivery of a great community event.

Community Building Partnership Grant

As mentioned in our last article the Committee secured more funds for additional facilities at the NABIAC Showground, a mobile grandstand to seat 55 people.

Being mounted on a towable sled base and of aluminium construction, it offers the opportunity for community groups using the grounds, to move this seating to a viewing location best suited to their activity.

The funds were received in December, the order placed and a

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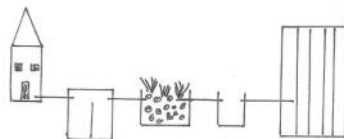
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celebratory presentation by Stephen Bromhead MP was made in January.

Our order for the grandstand has been placed with delivery due late February. As it comes from the manufacturer in a flat pack form, a working bee will be organised to assemble it, offers of assistance greatly received.



Stephen Bromhead, John Baker, Sally Henderson

Sally Henderson

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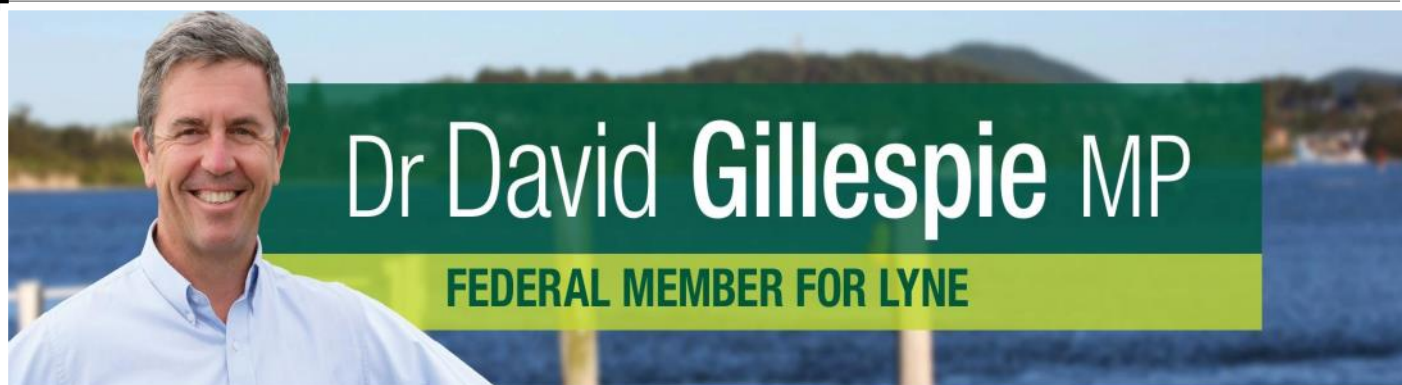
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VOLUNTEER GROUPS TO BENEFIT FROM STRONGER COMMUNITIES FUNDING

I am urging Community and Volunteer Groups to apply for their share of \$150,000 in funding under the Stronger Communities Programme.

20 local community infrastructure projects across the region will be funded with grants ranging from \$2,500 to \$20,000.

The last round of the programme was hugely popular and saw funding for groups including, Comboyne Tennis Club, Kendall Community preschool and Port Macquarie Cycle Club.

The benefits of these projects go far beyond the here and now, giving a huge boost to rural and regional areas that often rely heavily on community facilities.

Organisations can lodge an expression of interest through my website at: –

www.davidgillespie.com.au/stronger-communities-program
on or before Sunday 14th February 2021.

If you have any questions, please feel free to call Josh in my office on 6586 4462.



NEW WEBSITE DELIVERS ADDITIONAL SERVICES

I recently launched a new look website to help keep you updated on local and national issues. The website uses the same address as before – **www.davidgillespie.com.au** – but has been completely redesigned.

The website offers easier navigation while a new section providing a range of community services that were previously not available online, such as Congratulatory Message requests.

One new feature is the 'Gillespie Grant Finder' which provides a comprehensive list of grant and funding opportunities available to you to all local businesses, community groups, not-for-profits and individuals. This free service means you will never miss a grant opportunity again, once you register you will receive email alerts for new grants, you can also save your favourites and manage your funding application process. I am pleased to partner with GrantGuru to provide you with this service.

The website enables residents across the Lyne electorate which spans 16,099sq km to keep in-touch and informed of my activities and speeches in Canberra and also nominate a local project that is of importance.

My Newsroom provides the Latest News and Updates as well as speeches from Canberra and across the region.

Dr David Gillespie MP

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- *honey *coffee *plants *garden art
- *chooks *sourdough bread
- *market BBQ
- *yummy food to take-away.
- *Live music is back!

Remembering Helen Smith, who passed away on 22nd December 2020.

Helen founded Nabiac Farmers' Market in August 2003.

An article about the first market day, sent through to me by Helen's husband Bruce Glimmerveen, outlines how Helen was inspired by the wonderful markets in Europe with their beautiful array of fresh produce, olives, wine and cheeses.

She observed that market stalls in Pyrmont, Sydney, were flourishing and stalls cost as much as \$250 each. Whilst Nabiac Farmers' Market was not for profit, with a minimal stall cost, Helen was reassured by this potential for the market to be a viable organisation.

Helen created aims for the market which are still staunchly adhered to today, including:

- To support sustainable choices and systems, agricultural diversity and environmental conversation and reduce "food miles"
- Stimulate the local economic environment
- Promote social and cultural development between community members
- Increase income for farmers and stimulate value adding
- Inform the public about the benefits of farmers markets, health, agriculture and job creation in the region.
- Provide a diverse range of quality products.

[Manning River Times, 20/08/2003]

I chatted with Helen nearly two years ago to gain her input for a feature on the market in *Focus magazine*:

"Helen relayed her desire to connect people with locally grown produce, in a convivial atmosphere. Creating a place which brings people together. The market also has a positive impact on the local economy. It's been satisfying to see how many people have started a new business, based on the ready platform of a market stall."

The market continues to flourish, thanks to a motivated market management team, volunteers and members of the local community who are passionate about the market's place in Nabiac."

Today the cost of a stall is \$25-30. The market continues to thrive, with around 70 stalls, encompassing a wide range of high-quality produce and artisan wares.

The motto of "Home-baked, home-made, home-grown" has been the ethos of the market from day one.

Helen was a truly inspiring, wonderful person and a passionate wild-life lover, with an impressive range of life achievements.

We all thank you Helen, for starting something so essential and pivotal to country life.

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To market, to market

THE town of Nabiac will play host to its first Farmers Market on August 30 at the Nabiac Showground.

Townsfolk will be able to purchase fresh produce straight from the growers, cutting out the middle man and injecting money back into the local economy.

Co-ordinator Helen Smith had originally planned to hold the markets at Nabiac Public School with school principal Don Miller most agreeable, but a warm reception from the Wallamba District Agricultural and Horticultural Association Inc has resulted in the markets being held on the same day as the regular cattle and auction sales at the Nabiac Showground from 8am to 1pm.

"At the moment it looks as though we will have 25 stalls," commented Helen.

"Hopefully it will grow from there. I have had people ringing me saying they will have enough produce in the next year to join us. A lot of people are still recovering from the drought.

"It will feature produce grown in the surrounding district, flowers, herbs, plants - all the traditional farmers market items."

After more than a year since the concept was initially discussed the group now hopes to hold regular farmers markets on the last Saturday of every month.

"I have spent a lot of time travelling and in Europe they have a local market wherever you go on the weekend with bread, cheeses, wine, olives and things like that," explained Helen.

"The Pyrmont markets in Sydney started off on a very small scale and grew to the point where it now costs \$250 for a stall."

"Obviously that isn't our plan as we are a not-for-profit community project, but it shows the potential."

Nabiac Farmers Market aims to:

- * Support sustainable choices and systems, agricultural diversity and environmental conservation and reduce "food miles"
- * Stimulate the local economic environment by assisting the establishment of self-sustaining enterprises.
- * Promote social and cultural development and encourage social interaction between community members.
- * Inform the public about the benefits of farmers markets - health, agriculture and job creation in the region.
- * Increase income for farmers and stimulate value adding.
- * Provide a diverse range of quality products.

For further information contact Helen on 6553 0500 or helen@mvlc.com.au

Market news

Live music is back! Despite no seating provided, we love the atmosphere created by our talented musicians.

The market committee are adhering to Covid 19 guidelines for operating safely, whilst still creating an enjoyable market experience

- Covid-marshall on duty. Remember distancing and masks are encouraged.
- Sign in register - by phone or by pen. Pens cleaned periodically.
- Sanitiser stations at all entry points.
- The situation will be periodically revised.

We are actively seeking applications for stalls from local growers, details below.

The market continues toward the goal of reducing plastics.

See you at the next market, Saturday 27th February. Come early to beat the heat. Remember your cool bags & trolley 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 and Facebook. Thank you - market committee.

By **Laura Pennington** ☺



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The Taree University Campus is a learning and development hub, focused on supporting students in their online/distance studies.

TUC offers extra support in finding alternate pathways to study, building qualifications, and connecting students with professional placement and employment opportunities.

You can see the supported courses we have on offer here <https://www.tareeuni.org.au/browse-courses>, in addition anyone studying distance education locally, with any university can access the TUC facilities.

The unique offering of TUC is that we aim to connect students with potential local employers while they are studying so the focus is not only on supported education, but also supported transition to local employment opportunities on completion of studies.

This will build capability of local businesses and give students an advantage for local employment, to develop this region economically and socially.

We are here to help potential students explore their options and guide their application process.

If you're considering a uni degree and want to study by distance, with support locally, please call **1300 169990**, or visit tareeuni.org.au to make an appointment with Campus Co-ordinator **Marlo Slavin** to discuss your study options.



Donna Ballard
Chief Executive Officer

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Artists of Wallamba Inspire ~ Create ~ Connect

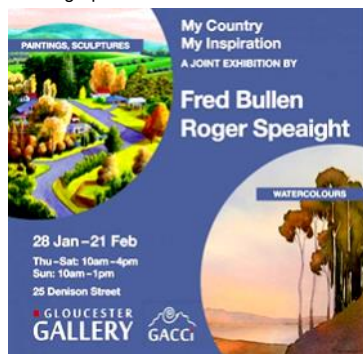


Five members of Artists of Wallamba collaborated as **ec0centric** and presented a wonderfully diverse and successful exhibition at **Gloucester Art Gallery** throughout January. The exhibition, **'Habitat'**, drew a great deal of interest from locals and visitors and focused on celebration of the Natural World and preservation of its many endangered species. We are excited as the New Year begins, to see a number of other collaborations forming between our members, with opportunities for exhibition and community projects evolving locally and further afield! Artists of Wallamba Facebook page provides artists a space to share ideas and inspirations, as well as exhibition, workshop and competition information. With over 50 members, our dream is also for a local physical artist space, a gallery/workshop area, a base for members to exhibit, run workshops and bring art to all ages of our community. Events such as 'paint and sip' have proven to be fun and popular in city and regional areas and would be great to see locally, as well as workshops for children and adults and a regular exhibition program showcasing the work of local artists and artisans, for residents and the many travellers that visit. Food for thought...



ec0centric: (l-r) Carmel Spark, Kate Landsberry, Ariane Bell, Susie Oldfield, Philippa Bird

Photograph from GACCI website



Opening this week at Gloucester Art Gallery, **'My Country My Inspiration'** is a joint exhibition by **Fred Bullen and Roger Speaight**. Both artists are inspired by their "love of nature and the vast beauty of our local environment." Fred Bullen reignited his passion for art when he moved to the Mid North Coast several years ago. He has gone on to produce work that is bold and diverse. Fred has exhibited widely and won a number of Art Prizes with his multi-media paintings, sculpture and prints. Since age 11, Roger Speaight has painted with watercolour, developing a technique of multiple layers of translucent colour pigment suspended in water. Using minimal brush strokes, he seeks to portray the simplicity and essence of our landscape. On exhibition until 21 February.

On show at **Manning Regional Gallery: 'Tension'** is presented by Tamworth Textile Triennial "and showcases the best of textile art from all states across the country". The premise of the exhibition: Just as the creation of music is altered by a change of pitch or a different tension of a string, the textile artists are seeking to create visual music – both harmonious and discordant - via the tensions of the materials and compositions they present. On exhibition until



14th February, it is a wonderfully diverse exhibition with each artist providing a rationale for their work.

'Packed, Lost, Found', also at Manning Gallery until 14th February, tells the stories of our local people, their experiences, what they packed, what they lost and what they found during the **2019 Bushfires on the Mid North Coast**. Stories are told via words, interviews and photographs. Some people have lost everything, yet their stories speak of resilience, hope and optimism encouraged by the help and generosity of our community in the face of personal trauma, tragedy and bravery.

Coming up from 18th February – 4th April at Manning Regional Art Gallery is **'To be humanised 2'**, an exciting body of work by Trevor Weekes. The artist spent six weeks at Taronga Zoo sketching, photographing and observing the big cats – at a distance! More details next issue

The **Pop-Up Gallery at Smiths Lake** continues to thrive and can be found at Shop 5, Macwood Road, Smiths Lake. With over 40 local artists exhibiting, it is certain to be a feast for the senses! This gallery is a part of the monthly **Pacific Palms self-drive Arts Trail** which coincides with **Pacific Palms Market Day**. Details for February can be found on the arts trail website: <https://www.pacificpalmsartsinc.org.au/artstrail>

The pop-up exhibition by some of our members at **Earth Body Soul** continues, 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 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.

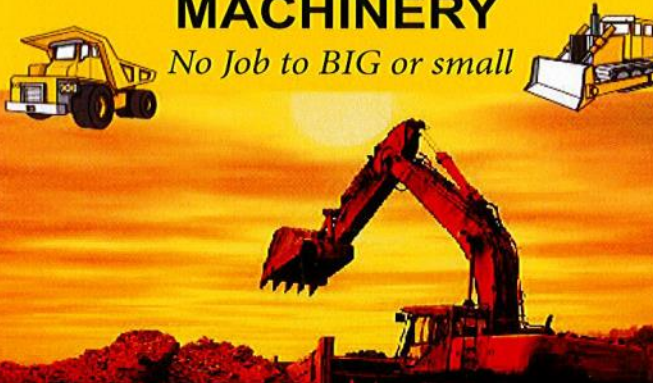
Please call also for details of our first meeting for 2021 – February 14th. We love to welcome local artists and art supporters and guarantee creative company, delicious food and warm hospitality whenever we meet!

Kate Landsberry



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Reading is very difficult for her without her Irlen Lenses. The words are blurry to her and often move on the page. The background is

also very bright with a flashing and flickering effect going on in the background.

Recheck Assessments are necessary every 2 years and when Abbey was retested recently she was thrilled with her new glasses "Seeing the world through my new rose coloured glasses" as she likes to say.

Contact Irlen Dyslexia Centre Taree for information or assessment on 0409 653 700 or irlentaree@gmail.com or through Facebook or Instagram.



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 Laura Pennington

“Holistic Nutrition embraces good food, for a healthy body and healthy mind. A balanced diet, with plentiful vegetables to nourish, rejuvenate and energise - No Fads, just real food”. The Natural Space.

Sweet Potato Brownie

Sourcing recipes which are healthy and delicious is one of my missions, since most people I know love a treat and I like to make it healthy!



It's not surprising that these are different from your usual brownie, with a sticky texture and different kind of sweetness. These are dairy and gluten free and contain no refined sugar. Sweet potato brownies definitely tick the box for a yummy treat with fab nutrient density.

This recipe received a thumbs up from my family, so thought it was a good one to share.

RECIPE:

- 2 medium sweet potatoes
- 2 cups pitted dates (soaked overnight) I forgot to soak mine last time, so just simmered them for 20 mins, then allowed to cool)
- coconut oil (I've also tried with almond butter from a local market which was delicious too)
- 1 cup almond meal
- 1/2 cup buckwheat flour
- 2 tablespoons almond milk
- 1 tablespoon raw cacao
- 3/4 cup vegan chocolate (or quality ethical chocolate) melted
- 1 tsp baking powder
- 1/2 tsp Himalayan rock salt
- coconut and/or hemp seeds to sprinkle on top for - you guessed it - extra goodness!

METHOD:

- Pre-heat oven to 180 degrees
- Peel, chop and boil the sweet potatoes. allow to cool (can place in fridge to speed up)
- Place the cooled sweet spuds in the food processor with the dates and coconut oil
- Add the almond meal, buckwheat, milk, cacao, salt and baking powder - process until combined
- Add the melted chocolate and pulse enough to combine.
- Turn onto a lined tray and bake for 25 mins

Cut into portions to serve or freeze. I like to cut mine into tiny squares. The perfect pick-me-up with a cup of tea or served as a dessert with yoghurt or ice-cream and fruit.

Enjoy.

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Sweet potato facts:

It originates from a different family from the regular spud and yams are different again.

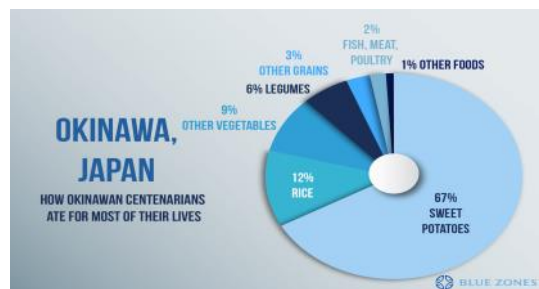
Sweet spuds are a good source of fibre, antioxidants and have anti-inflammatory compounds, which help reduce the risk of chronic disease. They possess Vitamin A, B6, potassium and Vitamin C (*although the heating would deplete the Vitamin C)

The leaves are edible and are also a rich source of nutrients.

The sweet potato has quite a high glycemic index, however it is a powerhouse of nutrients and energy, especially when eaten within a balanced diet of good quality produce.

Boiling sweet potatoes retains more nutrients than baking or roasting and they have a lower GI when boiled.

The humble sweet potato is delicious and nutritious. People on the Japanese island of Okinawa have traditionally eaten plenty of sweet potatoes and they enjoy being among the healthiest people in the world, with great longevity! Okinawa is known as a Blue Zones, one of several areas in the world where people's good health is attributed to eating a diet of fresh local produce with plenty of plant foods, exercise and good sense of community connection. All of which epitomise life on the beautiful Barrington coast for so many people.



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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, 1940, by Bob Mann

DYERS CROSSING - SEPTEMBER, 1940: As the result of the general rain which fell during the week a little over an inch was recorded locally. It is hoped that this will be forerunner of more substantial falls. The pastures are responding rapidly however and even now are being coated in a mantle of green. At the moment the farmers are working overtime to get the crops in and retain the moisture.

Great enthusiasm is being shown in the local detachment of the Voluntary Brigade which parades each Saturday. The enrolment is upwards of 50 and each week new recruits are forthcoming. A supply of wooden rifles has been ordered and Mr Merve Milligan is making arrangements for the installation of electric lights for night parades so that ere long we should present quite a formidable force. Mr Lindlay has volunteered to give a course in signalling and lectures in First Aid which will lead to the St Johns Ambulance Certificate and are to commence shortly. Any of the lads interested in these branches of the work are asked to communicate with one of the instructors as soon as possible. Mr Bradley is in charge of the troop and his assistants locally are Messrs Harry Croker, Tom Lynch and Mr Squance. A pleasing feature of the work which needs special commendation is the fact that a number of the local ladies provide afternoon tea free of charge for the boys on parade. This action is greatly appreciated.

During the coming season the Department is desirous of extending the Junior Farmer Movement on the Wallamba and when we realise how the war effort can be assisted by the increased production on the land it is hoped that all boys will endeavour to join one of the clubs. At present there are 40 members on the Wallamba but this can be greatly increased. A field day has been arranged for Saturday 12th October at Mr Higgins at Karkatt at which all boys are invited to be present.

The P & C Association, in conjunction with the Australian Broadcasting Commission, have recently installed in the Cocumbark area a modern wireless set of the 5 valve vibrator type. The reception of the school broadcasts is excellent and the children should derive much benefit from this popular feature.

Among the local members of the A.I.F. who were recently home on leave we noticed Neil McFadyen, Glen Startin and Viv, Bob and Forster Stevens. They all appear to be well and happy.

Mrs Sid Abbott has spent several weeks in Wingham owing to the illness of her mother, Mrs Murray, whose condition has improved slightly during the past few days.

Mr Bill Gollen of the local factory staff is on annual leave, most of which he is spending on the Manning.

It is sometime since the district has had such an epidemic of common complaints; whooping cough, chicken pox, influenza and German measles have been very common and in many cases severe. Not many homes have escaped one or more of the maladies. Mr George Stevens of the factory staff has just resumed work after being ill for sometime. We hope that a break in the weather will have the effect of cleansing up these complaints. Little Val Newell is at present nursing a broken leg as the result of a fall from a swing. Her leg is in plaster and her condition is very satisfactory.

NABIAC AERODROME VISIT OF AIR COMMANDORE, OCTOBER, 1940

The first plane to land on the Nabic Aerodrome was a small machine which arrived on Wednesday. On Thursday about 10:45 an Aero Anson Light Bomber machine with five persons on board (2 pilots) landed on the drome. There was quite a big gathering of the Public including Nabic School children. Air Commander Cole-Air Officer commanding the Royal Australian Air Force and Group Captain Wilson (members of the Aerodrome Selection Committee) and Squadron Leader Waddy visited the drome. They were met by the Shire President (Cr. H.E. Milligan) Shire Clerk Mr S.S. Shepherd and the Shire Engineer (Mr Lipscombe) who discussed matters in connection with district facilities. The Mayor of Taree, Alderman W.P. Chapman and Cr. J.W. Breckenridge were also present. We hear that when underway there will be many men at the drome. The electric light and sewerage are to be installed.

COOLONGOLook: A very successful euchre party and dance was held in the local hall on the evening of the 19th in aid of the Sunday School. There was an excellent attendance of dancers and card players. The winners of the prizes were Miss Nell Worth and Mr Nat Cheers. The music was by Messrs F. Batchelder and G. Cheers.

A series of thunderstorms on the afternoon of the 20th resulted in a fall of 108 points of rain which will be very beneficial. There was some hail with the rain but not enough to do any damage. A further fall of rain was recorded on Friday 25th when 50 points were recorded.

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REAL KULTCHA

HAPPY NEW YEAR!! I've got a feeling 2021 is going to be a GREAT YEAR.

Had a "fan" write saying he felt I was wrong in my last epistle when I said not even Nostradamus saw the mess that was 2020 coming. He commented, "*Nostradamus wrote in the year 1551 the following: There will be a twin year (2020) from which will arise a queen (Corona) who will come from the east (China) and will spread a plague (virus) in the darkness of the night, on a country with seven hills (Italy) and will transform the twilight of men into dust (death) to destroy and ruin the world. It will be the end of the world economy as you know it.*"

Lock the doors – the pseudo-intelligentsia has snuck in!

Oh dear, where to start? First, Nostradamus actually wrote his *Les Prophéties* in 1555 and that was not a good period to be in the prediction business. If you said anything bad about the rulers of the day you were flying in the face of *The Divine Right To Rule* thinking and that would have you thrown in the pokie. And the pokie in the mid-1500's was a not a nice place to be. If you said anything bad against *The Holy Roman Church* (the only religion in Europe at the time) you'd also be thrown in the pokie! So Nostradamus conjured up his "predictions" in quatrains (stanzas of four lines), threw in bits in other languages and old folk tales and (it's been said) then rearranged the lines so a reader could read into what he'd written, anything they thought fitted. It saved his life and has sucked in readers ever since. If you believe his twaddle and want to talk about a virus and a twin year, how about 1919? It's estimated some 500 million people were infected and possibly as many as 50 million died! This current pandemic is a small chest cold by comparison! A country with seven hills? I thought that referred to Rome not Italy! Nostradamus lived in southwestern France so the whole of the then known world was to his east and China was at best, a mystery. Nah Macker, read Nostradamus if you like but you'd be just as well informed if you read the horoscope in that bastion of truthful reporting, *The New Idea*!

Have filled in a couple of hours *out in the yard*, getting up some brownie points with *The Child Bride* so I could spend the rest of the day, the weekend and early next week (maybe) watching the Fourth Test against The Indians. **Warner out for 1!** Oh, my sainted aunt and

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it went downhill from there. *The Galahs* (as far as I was concerned) were never a good thing to win and as it turned out, they didn't. In fact I'd say they lost to the Indian B side! The Indians did well and deserved their win. I've said it before and I'll say it again, it's harder to be dropped from *The Galahs* than it is to get in!

Down south (from here anyway) Tennis Australia is determined to go ahead with The Oz Open and there are folk coming from all points of the compass – alright, maybe not from the south of Melbourne, but you get the picture. I was only half listening to the news t'other night when the talking head mumbled something about 23 flights are scheduled (that's pronounced *shed-ul-ed* and certainly not *sked-ul-ed*. Get it right you morons) to fly in all the officials, players and the motley band of hangers on. The Victorian Government is quite adamant: they're all to go straight into quarantine; their daily routines are already set; there will be no exemptions; and Tennis Australia will be sent the bill for it all. **The whole event will not cost the Victorian taxpayer a cent.** Yeh, right! That's a classic bit of government *p-p-h-h-r-r-t-t*. A bill might be sent but what are the chances of Tennis Australia actually paying it? There'll probably be social distancing in place, which means fewer people will attend, which means less income, but they've still got to pay the cost of the quarantine hotels, security guards, transport, and of course, the prize money! Still think the Victorian taxpayer is going to skip away untouched? Also, if I were in a group associated with Tennis Australia in any way, shape or form, right now I'd be frantically hiding money because you can bet *Big Brother* is going to come a-calling and keep a-calling for a few years to cover the cost of this year's event. Soccer Australia did that with the bill they ran up trying to get the World Cup to Oz several years ago. The fees for every kid who played the sport in Oz went up to pay for that debacle.

All the football codes are starting to gear up for the new season and that includes Oz Rules. You know I support *The Mighty and Glorious Saint Kilda* (though I rarely talk about it) but that also means my local ear worm, the maniacal Richmond *Tigers* supporter is about to start his constant harangue about how good they are, how many games they'll win this year and (this is the sickening part) how many points they'll win this year's Grand Final by! Pray for me, please.

Talk at you next month,

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Our Grey Ghosts have been on the move again.

Just missed the December edition, but here are some thoughts of our trip to Temora late November for personal reasons.

Harvest was in full swing and the best result any of the old timers can recall. The amount of canola, barley and of course wheat was staggering. Silos were full and extra outside storage was a matter of priority, acres of it.

A real eye opener and the organisation was a marvel to witness. Some harvesters this year have 12m (40ft) combs out front and can strip 50tons per hour. Air conditioned cabs and a constant supply of information as to how much grain in the bin controls to auger the grain into the chaser bin and to witness the river of grain pouring into the machine at 6kmh is staggering.


Each header can store about 6 tons whilst a “chaser” bin and tractor (with the bride on board) follows the headers to receive the clean grain without stopping, can carry 30 tons. A “mother bin on the property we were fortunate to visit stores 150tonns so there is a constant flow of grain ending up in this large bin. This must not be allowed to overflow otherwise the whole operation stops. A constant flow of “B” doubles have the grain augured into them then transported to storage, where, before dumping, it must be graded as to moisture, quality weight and variety. A very precise system and nothing stops

“What about the Chinese not taking our grain?”. Not one farmer was worried, markets are evidently assured and prices good. Prices at any silo can vary several times a day and if one buyer is offering slightly more than another, trucks are directed wherever, no loyalty here.

During a harvest visit during the drought in 2019, a friend had planted crops for 4 years and had virtually no return. For them the cost for each planting was in the region of \$250K so everyone needed this result. The optimism is evident everywhere, from the hairdresser to the pubs to any business, all are in a great mood.

We came home with a new perspective, if you get the opportunity to witness this event, go and see for yourself.

How would you like to tow this little baby home????

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Upgrade underway on Avalon Road



A section of busy Avalon Road near Dyers Crossing is the latest target for remediation, as MidCoast Council’s engineering team continues its focus on improving the roads that connect local communities.

The current project, which kicked off this month, involves widening and reconstructing a 3.2 kilometre stretch of Avalon Road between the Wallanbah Road intersection and Idalorn Close.

The upgrade complements work previously undertaken on Avalon Road, from Germany Lane to Idalorn Close in 2019, and from Fire Station Road to Paterson Lane in 2020. All three stages of the Avalon Road works have been funded by the NSW Government in association with Council as part of the \$100M Road Upgrade package.

Works will be undertaken by contractors on behalf of Council and are scheduled for completion at the end of June 2021, weather permitting. Along with widening and reconstructing the existing road pavement, improvements will be made to roadside drainage, signage and guideposts. Finishing with a two coat bitumen seal, the result will provide a wider, smoother and safer driving surface.

The work has been scheduled to take place Mondays to Fridays from 7am to 6pm, however reduced speed limits will apply at all times. While the road will remain open to through traffic at all stages of construction, lane closures will be required at times, with one-way traffic managed under traffic control.

Motorists can expect minor delays and are asked to observe all signage and directions from crews, and to travel with caution in the vicinity of the works.

Both of these are edited version Ed.

Bulky waste collection to resume in 2021

The annual bulky waste and scrap metal kerbside collection service will return to the MidCoast region this year, kicking off for residents in the Manning area on Monday 22 February.

The service provides local residents with a hassle-free way to dispose of those larger, unwanted household items by placing them on the kerbside for collection. From unused furniture and electrical appliances that don’t fit in your wheelie bin, to old pushbikes, lawnmowers or wheelbarrows, now’s the time to start thinking about cleaning up around your home to make the most of the popular yearly collection.

“We know locals look forward to the bulky waste collection, but there are rules and guidelines in place that we ask everyone to follow”, explained Dan Aldridge, Acting Director of Liveable Communities for MidCoast Council.

The collection starts in the Manning region in February, continuing through to the end of March. While households will receive a letter-box brochure outlining when and how waste should be placed out for collection, the information can also be found at www.midcoast.nsw.gov.au/bulkywaste2021.

Waste must be separated into two piles - one for scrap metal and whitegoods, and a separate pile for general and electronic waste – and placed neatly on the kerb no earlier than specified.

“Waste items presented too early, or rejected items left out after the collection has taken place, are considered illegal dumping which attracts a hefty fine”, Dan said. “No-one likes to see rubbish scattered along our residential streets for any longer than necessary”.

Tip vouchers issued in lieu of the cancelled service remain valid until June 2021 and provide an opportunity to drop items – some of which are not included in the kerbside collection – to our waste management centres for free.

To find out when and how your waste should be placed out for collection, and the list of items that will be accepted, visit www.midcoast.nsw.gov.au/bulkywaste2021



Joanne Penton
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 e: joanpen@jimsbookkeeping.com.au



If no answer: 131 546
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Yalawanyi Ganya's first exhibition

The public gallery space at Yalawanyi Ganya (ie the new MidCoast Council Building) will welcome its first pieces of art in January with a very special exhibition that is close to curator Rachel Piercy's heart.

Rachel is the Director of Manning Regional Art Gallery but first and foremost she is a proud Murrawarri woman and her culture has always driven her passion for art.

The theme of the exhibition is about the strength and resilience of First Nations people and what has been described as the cultural renaissance currently taking place in South-eastern Australia.

"This exhibition gives an insight into the strength and resilience of the custodians of the land we live and work on, the Biripi and Worimi people," explained Rachel.

"Titled *Barray marrung duumu*, meaning 'Keep Country well' it is a reflection of and ode to the groundswell of interest and revival of culture in our area."

Leading aspects of the cultural revival include the creation of canoes, weapons, possum skin cloaks, tools and weaving baskets, speaking language, performing ceremonies and caring for Country.

Gathang is the language of the Birrbay, Warrimay and Guringay people and the revival of their language has helped to ignite a deeper connection to the land and strengthen the focus of many.

As Wiradjuri/Kamilaroi artist Jonathan Jones has observed – "this region is commonly recognised as ground zero within Aboriginal colonial history, Kooris are dogged with stale one-liners about the loss of culture. Culture was damaged but not destroyed. Our fires have not gone out, they are still burning – sometimes just embers mixed with memories but with the guidance of our Elders and the enthusiasm of many, the fires are being stoked and the south-east is alight."

The exhibition includes Biripi and Worimi weavings created at the Manning Regional Art Gallery during the devastating fires of 2019. Community members used the safe and cool space of the gallery to share stories, have a cuppa, debrief and weave stories of the area with Aboriginal weavers and Elders as part of the Saltwater Freshwater Aboriginal Art Award and Cultural Object Touring exhibition.

"The resulting works are stunning examples of Aboriginal cultural practice, which can be shared with all," added Rachel.

Also among the works are the original pieces by local artists Brittany Cochrane and Rachel Saunders that were selected to have elements incorporated in the design of the building.

'Living as One on Biripi Country' and 'Connected' now feature prominently on and in the building and it's fitting to have these works



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as part of the first exhibition.

Everyone is welcome to visit the gallery space with the opening exhibition finishing on Friday 30th April.

"We just love the space, it adds another beautiful, cultural element to Yalawanyi Ganya and it's been lovely to see staff as well as the public taking a moment to enjoy it."

Image: Saltwater Freshwater weavings – a collaboration between local Aboriginal Elders and community members including Aunty Lynnette Davis, Angie Davis and Jai Ord, Aunty Pam Saunders

and Joedie Lawler, created just after the devastating bushfires of 2019.



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Sitting by the window of her convent, Sister Barbara opened a letter from home one evening. Inside the letter was a \$100 bill her parents had sent. Sister Barbara smiled at the gesture.

As she read the letter by the window, she noticed a shabbily dressed stranger leaning against the lamp post below.

Quickly, she wrote, "Don't despair - Sister Barbara," on a piece of paper, wrapped the \$100 bill in it, got the man's attention, and tossed it out the window to him. The stranger picked it up, and with a puzzled expression and a tip of his hat, went off down the street.

The next day, Sister Barbara was told that a man was at her door, insisting on seeing her.

She went down and found the stranger waiting. Without a word he handed her a huge wad of \$100 bills.

"What's this?" she asked.

"That's the \$8,000 you have coming Sister," he replied. "Don't Despair paid 80-to-1."

*A lady goes to her priest one day and tells him,
"Father, I have a problem. I have two female parrots, but they only know to say one thing."*

What do they say?" the priest asked.

"They say, 'Hi, we're hookers! Do you want to have some fun?'"

"That's obscene!" the priest exclaimed,

Then he thought for a moment....."You know," he said, "I may have a solution to your problem. I have two male talking parrots, which I have taught to pray and read the Bible...Bring your two parrots over to my house, and we'll put them in the cage with Francis and Peter. My parrots can teach your parrots to pray and worship, and your parrots are sure to stop saying that phrase in no time."

"Thank you," the woman responded, "this may very well be the solution."

The next day, she brought her female parrots to the priest's house....

As he ushered her in, she saw that his two male parrots were inside their cage holding rosary beads and praying.. Impressed, she walked over and placed her parrots in with them...

After a few minutes, the female parrots cried out in unison:

"Hi, we're hookers! Do you want to have some fun?"

There was stunned silence...

Shocked, one male parrot looked over at the other male parrot and says. "Put the beads away, Frank, our prayers have been answered !!!"



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Good Medicine

Celebrations

Countries around the world have celebrated the new year with fire-works, countdowns and gathering of families and friends - perhaps not the same as usual but the new year was still welcomed in. 'Despite it's excitement though, a new year can be unsettling ... none of us knows the future or what storms it may hold'. Will it be better or worse? In China fireworks were invented in the belief that they would ward off evil spirits and make a new season prosperous; and New Year resolutions come from the Babylonians trying to appease their gods. When I was 16 I decided I didn't believe in making NY resolutions ... probably because I couldn't keep them! 'This year you will face some mountains and go through some valleys ... and you need both. The strength gained from conquering your last mountain is what will get you through your next valley.'

In a way a new year is a bit like 'launching out into uncharted waters'. But we don't have to do it alone; God says *Don't be afraid, when you pass through the waters I will be with you, Isaiah 43:2.*

Perhaps it's a bit like the explorers of centuries ago charting lands and oceans in the new world. James Cook and others launched out not knowing where they were heading or what they would find.

We have just celebrated Australia Day, commemorating the arrival of the first fleet with Captain Arthur Phillip. However, much earlier, in 1606, a devout Roman catholic Portuguese navigator and visionary, Captain Pedro Fernandez de Quiroz, landed on the east coast of Queensland. He re-named Terra Australis as it was known - the south land - and gave it the name 'Australia del Espirito Santo' which means 'the great southland of the Holy Spirit'.

Have you heard the rousing Australia Day song of the same name – various versions can be found on YouTube.

First verse and chorus:

*This is our nation, this is our land,
This is our future, this is our hope.
A land of reaping, a land of harvest,
This is our land, this is our home.*

Chorus:

*This is the Great Southland of the Holy Spirit,
A land of red dust plains and summer rains,
To this sun-burnt land we will see a flood,
And to this Great Southland His Spirit comes.*

It reminds me a bit of that Aussie Christmas carol we learnt at school ... the red dust is over the town and the grass in the paddock is brown.

Talking of songs, in June last year a song called 'The Blessing' began circulating around the world. Also found on YouTube – type in 'the blessing Australia' – and known as a worldwide symbol of unity it is based on a bible verse, *Numbers 6: 24-26.*

What a great way to start a New Year ... with God's blessing.

***The Lord bless you and keep you;
The Lord make His face shine upon you,
and be gracious unto you;
The Lord lift up His countenance upon you,
and give you peace.***

Quotes from "Word for Today" and 'Our Daily Bread'

The Counsellor

News From The News

Nabiac Community Church

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

February times are Saturday 6th at 6:00pm - Saturday 13th at 6:00pm - Saturday 20th at 6:pm, Saturday 27th at 6pm, (contact Helen Legg on 6559 1211)
March Mass - Saturday 6th at 6:00pm

Krambach Bible Church (a ministry of Wingham Presbyterian)

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

St Paul's Anglican Church, Nabiac

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

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St Isidore's Catholic Church, Nabiac

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



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Hi everyone,

What can I say, it's February already. This year is disappearing faster than ever. Hope 2021 will be more pleasant than the last.

Well Barb will be having a well deserved holiday. Barb will be away from the 18th of February until Monday the 8th of March. So we will be doing our best to cater to everyone.

Stay safe and well, and I have our first saying for 2021, provided to us by one of our lovely clients.

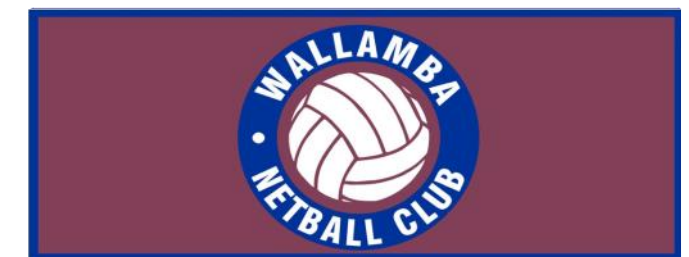
Yesterday is History
Tomorrow is a Mystery
But today is a gift
That's why we call it the Present.

Belinda ☺

Remember if you want to know what is happening in NABIAC, just look it up on the web - **nabiac.com**
If you want to advertise an event, visit the web site and click **SUBMIT**

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